



Master Practice Template

*Easy Practice Templates to guide to Success
and Less Stress*



**Coach Baseball
Right can help
you make
coaching
EASY!**

*Practice Template with Free Drills**

0:00 Start Stretch

0:05 -0:15 minutes — Baserunning

Organize into lines behind bases, 3 to 4 players per line. The players will watch an assistant coach/helper or another player.

[Reading the Pitcher](#) (use a coach, helper, or player as the pitcher)

[Reading Lefties](#) (use a coach, helper, or player as the pitcher)

0:15 -0:25 minutes — Throwing and Catching

Organize players into 2 groups of partners (throwing and receiving). We suggest using one of the foul lines in the outfield as a marker for one set of partners.

[Ready Break Throw w/Ball](#)

[Ready Break Throw with each other](#)

After they have done this, save about 2 minutes to have them try to implement these techniques on their own by playing catch by themselves. **No more than 2 minutes!**

0:25 - 0:40 minutes — Individual Drill Work

Depending on your team's level and age, you can either rotate these drills among all your players (ie do infield first, then catching, then OF) or ([CBR.com](#)'s recommendation) divide your players into the positions you want them to play.

Infielder

[Wake up your feet](#)

[Circle Backs](#)

[Poor Throws](#)

[Flip Drill](#)

[SS feed far left](#)

[In-between hop](#)

[Ball Hit throw 1B](#)

[Catching Fly Balls](#)

Catcher

[Agility Drill](#)

[Pitch out](#)

Outfield

[Find the spot](#)

0:40 - 0:55 minutes — Team Defense

[Cuts](#) (click here for the Coaching Academy's explanation)

Coach you will lead this by placing all the players into all the positions on the field. You may want to have another coach/helper do the baserunning. This way the players can visually see what the real game situation will be like.

1. Runner on 1st base; ball hit to any outfielder (OF). OF will throw one base ahead of runner. Throw to 3rd base, the shortstop (SS) is cut, Third baseman (3b) to 3rd base, Second baseman (2b) to 2nd base, First baseman (1b) to 1st base, pitcher back up 3rd base, all the way to the fence.
2. Runner on 2nd base; ball hit to center field or right field—1b is cut, 2b to 1st base, SS to 2nd base, 3b to 3rd base, pitcher back up home plate.
3. Runner on 2nd base and base hit to left fielder (at him or down the line), 3b is cut, SS to 3rd base, 2B to 2nd base, 1b to 1st base, pitcher back up home plate.
4. To teach this, set up a small field with 30 foot bases, and walk the kids thru this without using a ball

0:55 - 1:05 hour — Team Base Running

Situation is called 1st-3rd

Put players in a line at 1b and have them react to ball hit to right field as they run from first base to 3rd base

1. Proper arc—run wide so that when they touch 2nd base they can run in direct line to 3rd base
2. Put 3b coach into the drill and as the players rounds 2b he picks up coach. Runners run full speed around 2nd base anticipating coach will bring them to 3rd base. If the coach stops the runner, then runner will get back to 2nd base and look for ball.

1:05 - 1:25 hour — Hitting

Chair (Paid Member Only)

Hinge (Paid Member Only)

Batting practice – try to have multiple players hit at same time. You could have 4 groups of 3 hitting in different cages.

Throw batting practice from 30 feet using L screen. It is fine to use a front toss early in the season and do the below sequence.

1:25 - 1:45 hour — Pitching Bullpens / PFP (Pitcher Fielding Practice)

When throwing a bullpen, try to have pitcher block the first half of pen and throw to

Imaginary hitter during the second part. Blocking means throw 3 pitches at a spot and take notice of how it feels to get the ball where you want it to go.

Pitcher throws:

3 low away — 3 low away

3 low in — 3 high in

3 changeups (change in speed pitches)

Now the pitcher will throw to imaginary hitters (2 hitters at first) and this will be charted. Keep the bullpens to 30 pitches when you start out.

PFP (Pitcher fielding practice)

1. Cover 1st base—hit ball to 1b and have pitcher cover 1st base.

2. One hopper hit back at pitcher. With nobody on or 2 out, the pitcher will run this

*most of the drills are available for free.



<Week 1> Practice Template with Drills

0:00 Start Stretch

0:05 -0:15 minutes — Baserunning

Organize into lines behind bases, 3 to 4 players per line. The players will watch an assistant coach/helper or another player. You can make sure every player is getting it or you can help specific players.

[Get off Bag](#)

[Back to Bag](#)

[60-40](#)

0:15 -0:25 minutes — Throwing and Catching

Organize players into 2 groups of partners (throwing and receiving). We suggest using one of the foul lines in the outfield as a marker for one set of partners.

[Ready Break Throw w/Ball](#)

[Receiving \(Optional drill for very young teams\)](#)

After they have done this, save about 2 minutes to have them try to implement these techniques on their own by playing catch by themselves. **No more than 2 minutes!**

0:25 - 0:40 minutes — Individual Drill Work

Depending on your team's level and age, you can either rotate these drills among all your players (ie do infield first, then catching, then OF) or ([CBR.com](#)'s recommendation) divide your players into the positions you want them to play.

Infielder

[Hop](#)

[Triangle position](#)

[Approach](#)

[Two step throw](#)

Catcher

[Catching stances](#)

[Window frame](#)

[Framing pitches](#)

[Soda can drill](#)

Outfield

[Drop and Cross](#)

[Find the Spot](#)

[Long Toss](#)

[Find the spot](#)

[Movement Drill Challenge w/Ball](#)

[Movement Drill](#)

0:40 - 0:55 minutes — Team Defense

[Cuts](#) (click here for the Coaching Academy's explanation)

Coach you will lead this by placing all the players into all the positions on the field. You may want to have another coach/helper do the baserunning. This way the players can visually see what the real game situation will be like.

1. Runner on 1st base; ball hit to any outfielder (OF). OF will throw one base ahead of runner. Throw to 3rd base, the shortstop (SS) is cut, Third baseman (3b) to 3rd base, Second baseman (2b) to 2nd base, First baseman (1b) to 1st base, pitcher back up 3rd base, all the way to the fence.

2. Runner on 2nd base; ball hit to center field or right field—1b is cut, 2b to 1st base, SS to 2nd base, 3b to 3rd base, pitcher back up home plate.
3. Runner on 2nd base and base hit to left fielder (at him or down the line), 3b is cut, SS to 3rd base, 2B to 2nd base, 1b to 1st base, pitcher back up home plate.
4. To teach this, set up a small field with 30 foot bases, and walk the kids thru this without using a ball.

0:55 - 1:05 hour — Team Base Running

Situation is called 1st-3rd

Put players in a line at 1b and have them react to ball hit to right field as they run from first base to 3rd base

1. Proper arc—run wide so that when they touch 2nd base they can run in direct line to 3rd base
2. Put 3b coach into the drill and as the players rounds 2b he picks up coach. Runners run full speed around 2nd base anticipating coach will bring them to 3rd base. If the coach stops the runner, then runner will get back to 2nd base and look for ball.

1:05 - 1:25 hour — Hitting

[Chair](#)

[Hinge](#)

Batting practice –try to have multiple players hit at same time. You could have 4 groups of 3 hitting in different cages.

Throw batting practice from 30 feet using L screen. It is fine to use a front toss early in the season and do the below sequence.

1:25 - 1:45 hour — Pitching Bullpens / PFP (Pitcher Fielding Practice)

When throwing a bullpen, try to have pitcher block the first half of pen and throw to

Imaginary hitter during the second part. Blocking means throw 3 pitches at a spot and take notice of how it feels to get the ball where you want it to go.

Pitcher throws:

3 low away — 3 low away

3 low in — 3 high in

3 changeups (change in speed pitches)

Now the pitcher will throw to imaginary hitters (2 hitters at first) and this will be charted. Keep the bullpens to 30 pitches when you start out.

PFP (Pitcher fielding practice)

1. Cover 1st base—hit ball to 1b and have pitcher cover 1st base.
2. One hopper hit back at pitcher. With nobody on or 2 out, the pitcher will run this



<Week 2> Practice Template with Drills

0:00 Start Stretch

0:05 -0:15 minutes — Baserunning

Organize into lines behind bases, 3 to 4 players per line. The players will watch an assistant coach/helper or another player. You can make sure every player is getting it or you can help specific players.

[Get off Bag](#)

[Back to Bag](#)

[60-40](#)

[Lead for Stealing](#)

0:15 -0:25 minutes — Throwing and Catching

Organize players into 2 groups of partners (throwing and receiving). We suggest using one of the foul lines in the outfield as a marker for one set of partners.

[Ready Break Throw w/Ball](#)

[Receiving \(Optional drill for very young teams\)](#)

After they have done this, save about 2 minutes to have them try to implement these techniques on their own by playing catch by themselves. **No more than 2 minutes!**

0:25 - 0:40 minutes — Individual Drill Work

Depending on your team's level and age, you can either rotate these drills among all your players (ie do infield first, then catching, then OF) or (CBR.com's recommendation) divide your players into the positions you want them to play.

Infielder

[Hop](#)

[Triangle position](#)

[Approach](#)

[Two step throw](#)

[Crossover drill](#)

Catcher

[Catching stances](#)

[Window frame](#)

[Framing pitches](#)

[Soda can drill](#)

[Agility Drill](#)

Outfield

[Drop and Cross](#)

[Find the Spot](#)

[Long Toss](#)

[Find the spot](#)

[Movement Drill Challenge w/Ball](#)

Movement Drill

0:40 - 0:55 minutes — Team Defense

[Cuts](#) (click here for the Coaching Academy's explanation)

Coach you will lead this by placing all the players into all the positions on the field. You may want to have another coach/helper do the baserunning. This way the players can visually see what the real game situation will be like.

1. Runner on 1st base; ball hit to any outfielder (OF). OF will throw one base ahead of runner. Throw to 3rd base, the shortstop (SS) is cut, Third baseman (3b) to 3rd base, Second baseman (2b) to 2nd base, First baseman (1b) to 1st base, pitcher back up 3rd base, all the way to the fence.
2. Runner on 2nd base; ball hit to center field or right field—1b is cut, 2b to 1st base, SS to 2nd base, 3b to 3rd base, pitcher back up home plate.
3. Runner on 2nd base and base hit to left fielder (at him or down the line), 3b is cut, SS to 3rd base, 2B to 2nd base, 1b to 1st base, pitcher back up home plate.
4. To teach this, set up a small field with 30 foot bases, and walk the kids thru this without using a ball.

0:55 - 1:05 hour — Team Base Running

Situation is called 1st-3rd

Put players in a line at 1b and have them react to ball hit to right field as they run from first base to 3rd base

1. Proper arc—run wide so that when they touch 2nd base they can run in direct line to 3rd base
2. Put 3b coach into the drill and as the players rounds 2b he picks up coach. Runners run full speed around 2nd base anticipating coach will bring them to 3rd base. If the coach stops the runner, then runner will get back to 2nd base and look for ball.

1:05 - 1:25 hour — Hitting

[Chair](#) (can do this on 1 knee—right handed hitter have right knee on ground and left knee up with belly button facing out at pitcher)

Hinge

Upper Body

Batting practice –try to have multiple players hit at same time. You could have 4 groups of 3 hitting in different cages. Throw batting practice from 30 feet using L screen. It is fine to use a front toss early in the season and do the below sequence.

1:25 - 1:45 hour — Pitching Bullpens / PFP (Pitcher Fielding Practice)

When throwing a bullpen, try to have pitcher block the first half of pen and throw to

Imaginary hitter during the second part. Blocking means throw 3 pitches at a spot and take notice of how it feels to get the ball where you want it to go.

Pitcher throws:

3 low away — 3 low away

3 low in — 3 high in

3 changeups

Now the pitcher will throw to imaginary hitters (2 hitters at first) and this will be charted. Keep the bullpens to 30 pitches when you start out.

PFP (Pitcher fielding practice)

1. Cover 1b—hit ball to 1b and have pitcher cover 1b.
2. One hopper hit back at pitcher. With nobody on or 2 out, the pitcher will run this.
3. Bunt fielded by pitcher and throw to 1b using a rock step (field ball and shift weight to right leg and throw to 1b with 1 step



Week 3 Practice Template with Drills

0:00 Start Stretch

0:05 -0:15 minutes — Baserunning

Organize into lines behind bases, 3 to 4 players per line. The players will watch an assistant coach/helper or another player. You can make sure every player is getting it or you can help specific players.

[Get off Bag](#)

[Back to Bag](#)

[60-40 \(do 1st and 2nd part of drill today\)](#)

[Lead for Stealing](#)

0:15 -0:25 minutes — Throwing and Catching

Organize players into 2 groups of partners (throwing and receiving). We suggest using one of the foul lines in the outfield as a marker for one set of partners.

[Ready Break Throw w/Ball](#)

[Receiving \(Optional drill for very young teams\)](#)

[Rapid Fire Drill](#)

0:25 - 0:40 minutes — Individual Drill Work

At this point in the season, you should be able to see who can play where in the field. So divide your players into the positions you want them to play.

Infielder

[Hop](#)

[Triangle position](#)

[Approach](#)

[Two step throw](#)

[Crossover drill](#)

[Wake up your feet](#)

[Wake up your feet with ball](#)

Catcher

[Catching stances](#)

[Window frame](#)

[Framing pitches](#)

[Soda can drill](#)

[Agility Drill](#)

[Blocking Drills](#)

Outfield

[Drop and Cross](#)

[Find the Spot](#)

[Long Toss](#)

[Find the spot](#)

[Movement Drill Challenge w/Ball](#)

[Movement Drill](#)

0:40 - 0:55 minutes — Team Defense

[Simple Bunt Defense](#) (click here for the Coaching Academy's explanation)

Set up infield and use outfielders as runners. Put runners at 1st and home. You may have to use no ball at first and just walk your players through it.

1. Runner on 1st base and hitters shows bunt
 - a. Third baseman (3b) charges, SS to cover 2nd base, Second baseman (2b) to 1st base, First baseman (1b) charges after pitcher delivers pitch
 - b. Catcher calls what base to throw to and will cover 3rd base if third baseman (3b) fields bunt
 - c. Pitcher would go to plate to cover home plate.
2. Runner on 2nd base **or** 1st base and 2nd base
 - a. Start 3b 6 feet off foul line and 6 feet in
 - b. First baseman (1b) will charge when hitter shows bunt
 - c. Second baseman (2b) to cover 1st base and SS to 2nd base.

- d. Pitcher will take cover down 3b line (if ball is bunted there)
- e. 3b must decide if pitcher will easily field ball then 3b goes back to 3b, if unsure then 3b will charge and make play to 1b—when in doubt charge and get out

0:55 - 1:05 hour — Team Base Running

Put players at both first and 2nd base and have them react to base hit.

(Note— put coach in outfield with a ball—when coach stops runners the coach in outfield will hold ball up or drop ball to ground. This will simulate the outfielder fielding ball cleanly or misplaying ball. If coach stops runner, but outfielder misplay ball then runners should advance to next base.)

First base to 3rd base

- a. Proper arc—run wide so that when they touch 2nd base they can run in direct line to 3rd base
- b. Put 3b coach into the drill and as the players rounds 2b he picks up coach.

Runners run full speed around 2nd anticipating coach will bring them to 3rd. If the coach stops the runner, then runner will get back to 2nd base and look for ball

2nd to home

- a. proper arc-player gets wide right away as player leaves 2nd base
- b. hit 3rd base inside corner and direct line to home
- c. read coach and anticipate the coach will score you
- d. if coach puts up stop sign get back to 3rd and find ball

1:05 - 1:25 hour — Hitting

[Chair](#) (can do this on 1 knee--rh hitter have right knee on ground and left knee up with belly button facing out at pitcher)

[Hinge](#)

[Upper Body](#)

[Front Elbow](#)

Batting practice –try to have multiple players hit at same time. You could have 4 groups of 3 hitting in different cages. Throw batting practice from 30 feet using L screen. It is fine to use a front toss early in the season and do the below sequence.

1. 5 pitches middle in (do not swing at pitches away)
2. 5 pitches away (do not swing at pitches inside)
3. 3– 2 strike pitches where hitter must protect plate
4. Bunt 3 pitches

1:25 - 1:45 hour — Pitching Bullpens / PFP (Pitcher Fielding Practice)

When throwing a bullpen, try to have pitcher block the first half of pen and throw to

Imaginary hitter during the second part. Blocking means throw 3 pitches at a spot and take notice of how it feels to get the ball where you want it to go.

Pitcher throws:

3 low away — 3 low away

3 low in — 3 high in

3 changeups

Now the pitcher will throw to imaginary hitters (2 hitters at first) and this will be charted. Keep the bullpens to 30 pitches when you start out.

PFP (Pitcher fielding practice)

1. Cover 1b—hit ball to 1b and have pitcher cover 1b.
2. One hopper hit back at pitcher. With nobody on or 2 out, the pitcher will run this
3. Bunt fielded by pitcher and throw to 1b using a rock step (field ball and shift weight to right leg and throw to 1b with 1 step



<Week 4> Practice Template with Drills

0:00 Start Stretch

0:05 -0:15 minutes — Baserunning

Organize into lines behind bases, 3 to 4 players per line. The players will watch an assistant coach/helper or another player. You can make sure every player is getting it or you can help specific players.

[Get off Bag](#)

[Back to Bag](#)

[60-40 \(do 1st and 2nd part of drill today\)](#)

[Lead for Stealing](#)

[How to Steal](#)

[Lead off \(This should not be done in practice. This is for Coach only\)](#)

0:15 – 0:25 min –Throwing and Catching

Organize players into 2 groups of partners (throwing and receiving). We suggest using one of the foul lines in the outfield as a marker for one set of partners.

[Ready Break Throw w/Ball](#)

[Receiving \(Optional drill for very young teams\)](#)

[Rapid Fire Drill](#)

0:25 – 0:40 min –Individual Drill Work

At this point in the season, you should be able to see who can play where in the field. So divide your players into the positions you want them to play.

Infielder

[Hop](#)

[Triangle position](#)

[Approach](#)

[Two step throw](#)

[Crossover drill](#)

[Wake up your feet](#)

[Wake up your feet with ball](#)

[Forehand throwing drill](#)

Put fielders in 2 lines and roll ball to them. Have them charge ball and field ball with a right left finish.

Catcher

[Catching stances](#)

[Window frame](#)

[Framing pitches](#)

[Soda can drill](#)

[Agility Drill](#)

[Hit with a ball](#)

Outfield (OF)

[Drop and Cross](#)

[Find the Spot](#)

[Long Toss](#)

[Find the spot](#)

[Movement Drill Challenge w/Ball](#)

[Movement Drill](#)

0:40 - 0:55 min – Team Defense

[Simple Bunt Defense](#) (click here for the Coaching Academy's explanation)

Set up infield and use outfielders as runners. Put runners at 1st and home. You may have to use no ball at first and just walk your players through it.

1. Runner on 1st base and hitters shows bunt

- a. Third baseman (3b) charges, SS to cover 2nd base, Second baseman (2b) to 1st base, First baseman (1b) charges after pitcher delivers pitch
 - b. Catcher calls what base to throw to and will cover 3rd base if third baseman (3b) fields bunt
 - c. Pitcher would go to plate to cover home plate.
2. Runner on 2nd base **or** 1st base and 2nd base
- a. Start 3b 6 feet off foul line and 6 feet in
 - b. First baseman (1b) will charge when hitter shows bunt
 - c. Second baseman (2b) to cover 1st base and SS to 2nd base.
 - d. Pitcher will take cover down 3b line (if ball is bunted there)
 - e. 3b must decide if pitcher will easily field ball then 3b goes back to 3b, if unsure then 3b will charge and make play to 1b—when in doubt charge and get out

0:55 - 1:05 min – Team Base Running

Put players at both 1st and 2nd base and have them react to base hit.

(Note-put coach in outfield with a ball—when coach stops runners the coach in outfield will hold ball up or drop ball to ground. This will simulate the outfielder fielding ball cleanly or misplaying ball. If coach stops runner, but outfielder misplay ball then runners should advance to next base.

First base to 3rd base

- a. Proper arc—run wide so that when they touch 2nd base they can run in direct line to 3rd base
- b. Put 3b coach into the drill and as the players round 2b, he picks up coach. Runners run full speed around 2nd anticipating coach will bring them to 3rd. If the coach stops the runner, then runner will get back to 2nd base and look for ball

2nd base to home

- a. Proper arc-player gets wide right away as player leaves 2nd base

- b. Hit 3rd base inside corner and direct line to home
- c. Read coach and anticipate the coach will score you
- d. If coach puts up stop sign get back to 3rd and find ball

1:05 - 1:25 min – Hitting

Chair (can do this on 1 knee-RH hitter have right knee on ground and left knee up with belly button facing out at pitcher)

Hinge

Upper Body

Front Elbow

Batting practice – try to have multiple players hit at same time. You could have 4 groups of 3 hitting in different cages. Throw batting practice from 30 feet using L screen. It is fine to use a front toss early in the season and do the below sequence.

Batting Practice Structure:

1. 5 pitches middle in (do not swing at pitches away)
2. 5 pitches away (do not swing at pitches inside)
3. 3 2 strike pitches where hitter must protect plate
4. Bunt 3 pitches

1:25 - 1:45 min – Pitching Bullpens / PFP (Pitcher Fielding Practice)

When throwing a bullpen, try to have pitcher block the first half of pen and throw to Imaginary hitter during the second part. Blocking means throw 3 pitches at a spot and take notice of how it feels to get the ball where you want it to go.

3 low away — 3 low away

3 low in — 3 high in

3 changeups

Now the pitcher will throw to imaginary hitters (2 hitters at first) and this will be charted. Keep the bullpens to 30 pitches when you start out.

PFP (Pitcher Fielding Practice)

1. One hopper hit back at pitcher. With nobody on or 2 out, the pitcher will run this

2. Bunt fielded by pitcher and throw to 1b using a rock step (field ball and shift weight to right leg and throw to 1b with 1 step)
3. Bunt down 3rd base line and rh pitcher will circle ball (belly button and feet already pointed in direction of cf so the shoulders are lined up to throw to 3rd) and throw to 3b.



<Week 5> Practice Template with Drills

0:00 Start Stretch 21

0:05 -0:15 minutes — Baserunning

Organize into lines behind bases, 3 to 4 players per line. The players will watch an assistant coach/helper or another player. You can make sure every player is getting it or you can help specific players.

[60-40](#) (do 1st and 2nd part of drill today)

[Lead for Stealing](#)

[How to Steal](#)

[Leadafter from 3rd](#)

0:15 – 0:25 min –Throwing and Catching

Organize players into 2 groups of partners (throwing and receiving). We suggest using one of the foul lines in the outfield as a marker for one set of partners.

[Ready Break Throw w/Ball](#)

[Playing Catch for a Purpose](#) (Coach view this prior to practice and then explain to players)

[V-Drill](#)

0:25 – 0:40 min –Individual Drill Work

At this point in the season, you should be able to see who can play where in the field. So divide your players into the positions you want them to play.

Infielder (as new drills are added, quicken the pace for the first 7 drills)

[Hop](#)

[Triangle position](#)

[Approach](#)

[Two step throw](#)

[Crossover drill](#)

[Wake up your feet](#)

[Wake up your feet with ball](#)

[Forehand throwing drill](#)

[Backhand throw left foot](#)

[Backhand throw right foot](#)

Put fielders in 2 lines and fungo balls to them. Have them charge ball and field ball with a right left finish.

Catcher (quicker pace for drills that we have been using the first 4 practices)

[Bow and Arrow](#)

[Window frame](#)

[Framing pitches](#)

[Soda can drill](#)

[Agility Drill](#)

[Hit with a ball](#)

[Blocking from 15ft](#)

Outfield (OF)

[Drop and Cross](#)

[Find the Spot](#)

[Long Toss](#)

[Find the spot](#)

[Movement Drill Challenge w/Ball](#)

[Movement Drill](#)

0:40 - 0:55 min – Team Defense

[Simple Rundowns](#)

Set up infield and use outfielders as runners. Put runners at 1st and 3rd.

1. runner on first base is picked off
 - a. pitcher goes to 1st base
 - b. 2b cuts into baseline about 10 feet in front of 2nd base, ss goes to 2b
 - c. all fielders will circle back after they throw ball to base where they started from
2. runner 3rd base is picked off
 - a. pitcher goes to home and is 2nd man behind catcher
 - b. ss goes behind 3b
 - c. all fielders will circle back after they throw ball to base where they started

Note—we will have 2 pitchers on the mound-one picking off a runner at 1st and other picking off runner at 3rd. We have 2 run downs going on at same time. Today, don't get too fancy. Just have the kids try to get the runner out and circle back. We will get more specific the next practice.

If a runner is picked off at 2b, pitcher goes to 3rd, 2b and ss go to 2nd. We will not practice this in this drill!

0:55 - 1:05 min – Team Base Running

Situation: Runner on 2nd base and reacting to ball off bat put players in 3 lines at 2b. Put cones at the places where 3b, ss, 2b and 1b play.

Have a coach on the pitchers mound and another coach at the plate with a fungo.

These plays are with no out or 1 out

- a. ground ball hit to left of runner—runners make sure ball can not be caught by pitcher and then advance to 3rd
- b. ground ball to right of runner—let ball get thru infield and advance
- c. gr ball hit hard back up middle-let ball get past pitcher and advance
- d. slow hit ball down each line, ball will not even get half way to base—runner advances
- e. line drive-runner stop, take 1 step back toward 2b and read to see if ball gets thru then advance to 3b

With 2 out-runner advances on contact (except a ball hit right at the 3b who is playing close to 3b. Runner must stop on this and let fielder field ball and throw. Why? If fielder muffs ball and does not have a play on batter runner, but the runner from 2nd will run into an easy out on a tag play at 3b

1:05 - 1:25 min – Hitting

[Chair](#) (can do this on 1 knee--rh hitter have right knee on ground and left knee up with belly button facing out at pitcher)

[Hinge](#)

[Upper Body](#)

[Front Elbow](#)

[Upper Body Setup](#)

Batting practice –try to have multiple players hit at same time.

You could have 4 groups of 3 hitting in different cages. Throw batting practice from 30 feet using L screen. It is fine to use a front toss early in the season and do the below sequence.

1. 5 pitches middle in (do not swing at pitches away)
2. 5 pitches away (do not swing at pitches inside)
3. 3 2 strike pitches where hitter must protect plate bunt 3 pitches

1:25 - 1:45 min – Pitching Bullpens / PFP (Pitcher Fielding Practice)

When throwing a bullpen, try to have pitcher block the first half of pen and throw to Imaginary hitter during the second part. Blocking means throw 3 pitches at a spot and take notice of how it feels to get the ball where you want it to go.

3 low away 3 low away

3 low in 3 high in

3 changeups

Now the pitcher will throw to imaginary hitters (2 hitters at first) and this will be charted. Keep the bullpens to 30 pitches when you start out.

PFP (Pitcher Fielding Practice)

1. One hopper hit back at pitcher with a man on 1st base, field ball and make lead throw to 2b.
2. Bunt fielded by pitcher and throw to 1b using a rock step (field ball and shift weight to right leg and throw to 1b with 1 step

Bunt down 3rd base line and rh pitcher will circle ball (belly button and feet already pointed in direction of cf so the shoulders are lined up to throw to 3rd) and throw to 3b.



<Week 6> Practice Template with Drills

0:00 Start Stretch

0:05 -0:15 minutes — Baserunning

Organize into lines behind bases, 3 to 4 players per line. The players will watch an assistant coach/helper or another player. You can make sure every player is getting it or you can help specific players.

[60-40 \(do 1st and 2nd part of drill today\)](#)

[Lead for Stealing](#)

[How to Steal](#)

[Leadafter from 3rd](#)

[Break the Tape](#) (just the very first part of this new drill today)

0:15 – 0:25 min –Throwing and Catching

Organize players into 2 groups of partners (throwing and receiving). We suggest using one of the foul lines in the outfield as a marker for one set of partners.

[Ready Break Throw w/Ball](#)

[Playing Catch for a Purpose](#) (Coach view this prior to practice and then explain to players)

Long Range Throwing-have players begin to move away from each other after they are loose. When moving out have them throw the ball with a little arc going out. Turn sideways and hop with their throwing foot going forward behind the front foot (for a RH thrower, the right foot will hop behind of and passing the left foot).

Go out gradually about 50 feet from their normal throws. When they start to come back, players should throw semi line drive to

their partner. The last 5 throws as they walk back in, should be thrown at the belly button of their partner and below.

0:25 – 0:40 min –Individual Drill Work

At this point in the season, you should be able to see who can play where in the field. So divide your players into the positions you want them to play.

Infielder (as new drills are added, quicken the pace for the first 7 drills)

[Hop](#)

[Triangle position](#)

[Approach](#)

[Two step throw](#)

[Crossover drill](#)

[Wake up your feet](#)

[Wake up your feet with ball](#)

[Forehand throwing drill](#)

[Backhand throw left foot](#)

[Backhand throw right foot](#)

Put fielders in 2 lines and fungo balls to them. Have them charge ball and field ball with a right left finish.

Catcher (quicker pace for drills that we have been using the first 4 practices)

[Bow and Arrow](#)

[Window frame](#)

[Framing pitches](#)

[Soda can drill](#)

[Agility Drill](#)

[Hit with a ball](#)

[Blocking from 15ft](#)

[T-drill](#)

Outfield (OF)

[Drop and Cross](#)

[Find the Spot](#)

[Long Toss](#)

[Find the spot](#)

[Movement Drill Challenge w/Ball](#)

[Movement Drill](#)

0:40 - 0:55 min – Team Defense

[Simple Rundowns](#)

Set up infield and use outfielders as runners. Put runners at 1st and 3rd.

1. runner on first base is picked off
 - a. pitcher goes to 1st base
 - b. 2b cuts into baseline about 10 feet in front of 2nd base, ss goes to 2b
 - c. all fielders will circle back after they throw ball to base where they started from
2. runner 3rd base is picked off
 - a. pitcher goes to home and is 2nd man behind catcher
 - b. ss goes behind 3b
 - c. all fielders will circle back after they throw ball to base where they started

Note—we will have 2 pitchers on the mound-one picking off a runner at 1st and other picking off runner at 3rd.

We have 2 run downs going on at same time. Once the back fielder has the ball he should get his feet around ready to throw ball to next base.

If the runner is not committed to running to next base, then fielder must SPRINT at the runner and then dump the ball to the front side man in rundown. No fake throws here!

If a runner is picked off at 2b, pitcher goes to 3rd, 2b and ss go to 2nd. We will not practice this in this drill!

0:55 - 1:05 min – Team Base Running

Situation: Runner on 2nd base and reacting to ball off bat put players in 3 lines at 2b. Put cones at the places where 3b, ss, 2b and 1b play.

Have a coach on the pitchers mound and another coach at the plate with a fungo.

These plays are with no out or 1 out

- a. ground ball hit to left of runner—runners make sure ball can not be caught by pitcher and then advance to 3rd
- b. ground ball to right of runner—let ball get thru infield and advance
- c. gr ball hit hard back up middle-let ball get past pitcher and advance
- d. slow hit ball down each line, ball will not even get half way to base—runner advances
- e. line drive-runner stop, take 1 step back toward 2b and read to see if ball gets thru then advance to 3b

With 2 out-runner advances on contact (except a ball hit right at the 3b who is playing close to 3b. Runner must stop on this and let fielder field ball and throw. Why? If fielder muffs ball and does not have a play on batter runner, but the runner from 2nd will run into an easy out on a tag play at 3b

1:05 - 1:25 min – Hitting

[Chair](#) (can do this on 1 knee--rh hitter have right knee on ground and left knee up with belly button facing out at pitcher)

[Hinge \(first part\)](#)

[Hinge \(2nd part rotate\)](#)

[Front Elbow](#)

[Upper Body Setup](#)

[Upper Body](#)

Batting practice –try to have multiple players hit at same time. You could have 4 groups of 3 hitting in different cages. Throw batting practice from 30 feet using L screen. It is fine to use a front toss early in the season and do the below sequence.

1. 5 pitches middle in (do not swing at pitches away)
2. 5 pitches away (do not swing at pitches inside)
3. 3 2 strike pitches where hitter must protect plate
4. bunt 3 pitches

1:25 - 1:45 min – Pitching Bullpens / PFP (Pitcher Fielding Practice)

When throwing a bullpen, try to have pitcher block the first half of pen and throw to

Imaginary hitter during the second part. Blocking means throw 3 pitches at a spot and take notice of how it feels to get the ball where you want it to go.

3 low away - 3 low away

3 low in - 3 high in

3 changeups

Now the pitcher will throw to imaginary hitters (2 hitters at first) and this will be charted. Keep the bullpens to 30 pitches when you start out.

PFP (Pitcher fielding practice)

1. One hopper hit back at pitcher with a man on 1st base, field ball and make lead throw to 2b.
2. Bunt fielded by pitcher and throw to 1b using a rock step (field ball and shift weight to right leg and throw to 1b with 1 step

Bunt down 3rd base line and rh pitcher will circle ball (belly button and feet already pointed in direction of cf so the shoulders are lined up to throw to 3rd) and throw to 3b.



<Week 7> Practice Template with Drills

0:00 Start Stretch

0:05 -0:15 minutes — Baserunning

Organize into lines behind bases, 3 to 4 players per line. The players will watch an assistant coach/helper or another player. You can make sure every player is getting it or you can help specific players.

[60-40 \(do 2nd part of drill today\)](#)

[Lead for Stealing](#)

[How to Steal](#)

[Leadafter from 3rd](#)

[Break the Tape](#) (do 1st part and 2nd part of this new drill)

0:15 – 0:25 min –Throwing and Catching

Organize players into 2 groups of partners (throwing and receiving). We suggest using one of the foul lines in the outfield as a marker for one set of partners.

[Ready Break Throw w/Ball](#)

[Playing Catch for a Purpose](#) (Coach view this prior to practice and then explain to players)

[Line Drill](#)

0:25 – 0:40 min –Individual Drill Work

At this point in the season, you should be able to see who can play where in the field. So divide your players into the positions you want them to play.

Infielder

Infielder (as new drills are added, quicken the pace for the first 7 drills)

[Hop](#)

[Triangle position](#)

[Approach](#)

[Two step throw](#)

[Glove side approach](#)

[Crossover drill](#)

[Circle Backs](#)

[Forehand throwing drill](#)

[Backhand throw left foot](#)

[Backhand throw right foot](#)

Put fielders in infield position and have 2 fungos hitting at them. One from 1st line near home (hitting to ss and 3b, and one on 3b line near home hitting to 1b and 2b). One side actually throws to 1b while other side brings ball back to fungo coach. Switch after 3 or 4 minutes.

Catcher

[Bow and Arrow](#)

[Agility Drill](#)

[Hit with a ball](#)

[Blocking from 15ft](#)

[T-drill](#)

Footwork to 3rd

Outfield (OF)

Drop and Cross

Find the Spot

Long Toss

Find the spot

Movement Drill Challenge w/Ball

Movement Drill

0:40 - 0:55 min – Team Defense

Simple Infield Situations

Set up infield and use outfielders as runners. Coach will fungo balls to infielders and they will react to the following plays:

- a. nobody on—throw to 1st base
- b. man on 1st base, can throw to 2b or 1b. If ball hit to 3b or ss the 2b will cover 2b. If ball hit to 2b, 1b or pitcher, the ss will cover 2b.

Anytime a fielder has to charge ball the play will be made at 1b.

0:55 - 1:05 min – Team Base Running

Situation: Runner on 3rd base and reacting to ball off bat

Put players in 3 lines at 3b. Put cones at the places where 3b, ss, 2b and 1b play. Have the cones in where the infielders would play if the infield were in to throw out runner from 3rd base. If unsure, just put cones 3 feet inside base paths.

Have a coach on the pitchers mound and another coach at the plate with a fungo.

These plays are with no out or 1 out

- a. Ground ball hit anywhere in infield, ball must go through before runner goes home.
- b. Ground ball hit anywhere and runners advance on down contact. (Coach needs to hit line drive or fly ball sometimes so runners have to read ball off bat.

With 2 out-runner advances on contact

1:05 - 1:25 min – Hitting

[Chair](#) (can do this on 1 knee--RH hitter have right knee on ground and left knee up with belly button facing out at pitcher)

[Hinge \(first part\)](#)

[Hinge \(2nd part rotate\)](#)

[Front Elbow](#)

[Upper Body Setup](#)

[Upper Body](#)

[Early 2](#)

Batting practice –try to have multiple players hit at same time. You could have 4 groups of 3 hitting in different cages. Throw batting practice from 30 feet using L screen. It is fine to use a front toss early in the season and do the below sequence.

1. 5 pitches middle in (do not swing at pitches away)
2. 5 pitches away (do not swing at pitches inside)
3. 3 - '2' strike pitches where hitter must protect plate
bunt 3 pitches

1:25 - 1:45 min – Pitching Bullpens / PFP (Pitcher Fielding Practice)

When throwing a bullpen, try to have pitcher block the first half of pen and throw to imaginary hitter during the second part.

Blocking means throw 3 pitches at a spot and take notice of how it feels to get the ball where you want it to go.

3 low away - 3 low away

3 low in - 3 high in

3 changeups

Now the pitcher will throw to imaginary hitters (2 hitters at first) and this will be charted. Keep the bullpens to 30 pitches when you start out.

PFP

1. Ball bunted at pitcher with man on 3rd base (squeeze). Pitcher charges ball and makes underhand flip to catcher at plate. The flip should be no higher than knees of catcher.
2. Bunt fielded by pitcher and throw to 1b using a rock step (field ball and shift weight to right leg and throw to 1b with 1 step

Bunt down 3rd base line and rh pitcher will circle ball (belly button and feet already pointed in direction of cf so the shoulders are lined up to throw to 3rd) and throw to 3b.



<Week 8> Practice Template with Drills

0:00 Start Stretch

0:05 -0:15 minutes — Baserunning

Organize into lines behind bases, 3 to 4 players per line. The players will watch an assistant coach/helper or another player. You can make sure every player is getting it or you can help specific players.

[60-40 \(do 2nd part of drill today\)](#)

[Delay v Leadafter](#) (for coach)

[Delay Steal](#)

[Leadafter from 3rd](#)

[Break the Tape](#) (do first part and 2nd part of this drill of this new drill today)

[Reading Feet](#)

0:15 – 0:25 min –Throwing and Catching

Organize players into 2 groups of partners (throwing and receiving). We suggest using one of the foul lines in the outfield as a marker for one set of partners.

[Ready Break Throw w/Ball](#)

[Playing Catch for a Purpose](#) (Coach view this prior to practice and then explain to players)

Organize players into size of a large square (resembling infield), place the players 2 - 3 players deep at each corner.

[Around the Horn](#)

0:25 – 0:40 min –Individual Drill Work

At this point in the season, you should be able to see who can play where in the field. So divide your players into the positions you want them to play.

Infielder (as new drills are added, quicken the pace for the first 7 drills)

[Hop](#)

[Triangle position](#)

[Approach](#)

[Two step throw](#)

[Glove side approach](#)

[Glove side retreat](#)

[Transition drill](#)

Put fielders in infield position and have 2 fungos hitting at them. One from 1st line near home (hitting to ss and 3b, and one on 3b line near home hitting to 1b and 2b). One side actually throws to 1b while other side brings ball back to fungo coach. Switch after 3 or 4 minutes.

Catcher

[Bow and Arrow](#)

[Agility Drill](#)

[Hit with a ball](#)

[Blocking from 15ft](#)

[T-drill](#)

[Footwork to 3rd](#)

[Bunt Angles](#)

[Catching a pop-up](#)

Outfield (OF)

[Drop and Cross](#)

[Find the Spot](#)

[Long Toss](#)

[Find the spot](#)

[Movement Drill Challenge w/Ball](#)

[Movement Drill](#)

0:40 - 0:55 min – Team Defense

[Cuts](#) (click here for the Coaching Academy's explanation)

Coach you will lead this by placing all the players into all the positions on the field. You may want to have another coach/helper do the baserunning. This way the players can visually see what the real game situation will be like.

1. Runner on 1st base; ball hit to any outfielder (OF). OF will throw one base ahead of runner. Throw to 3rd base, the shortstop (SS) is cut, Third baseman (3b) to 3rd base, Second baseman (2b) to 2nd base, First baseman (1b) to 1st base, pitcher back up 3rd base, all the way to the fence.
2. Runner on 2nd base; ball hit to center field or right field—1b is cut, 2b to 1st base, SS to 2nd base, 3b to 3rd base, pitcher back up home plate.

3. Runner on 2nd base and base hit to left fielder (at him or down the line), 3b is cut, SS to 3rd base, 2B to 2nd base, 1b to 1st base, pitcher back up home plate.
4. To teach this, set up a small field with 30 foot bases, and walk the kids thru this without using a ball

0:55 - 1:05 min – Team Base Running

Situation: Runner on 3rd base and reacting to ball off bat.

Put players in 3 lines at 3b. Put cones at the places where 3b, ss, 2b and 1b play. Have the cones in where the infielders would play if the infield were in to throw out runner from 3rd base. If unsure, just put cones 3 feet inside base paths.

Have a coach on the pitchers mound and another coach at the plate with a fungo. These plays are with no out or 1 out

- a. Ground ball hit anywhere in infield, ball must go through before runner goes home.
- b. Ground ball hit anywhere and runners advance on down contact. (Coach needs to hit line drive or fly ball sometimes so runners have to read ball off bat.

With 2 out-runner advances on contact

1:05 - 1:25 min – Hitting

[Chair](#) (can do this on 1 knee--rh hitter have right knee on ground and left knee up with belly button facing out at pitcher)

[Hinge \(first part\)](#)

[Hinge \(2nd part rotate\)](#)

[Front Elbow](#)

[Upper Body Setup](#)

[Upper Body](#)

[Early 2](#)

[Wall](#)

[Carpet](#)

Batting practice –try to have multiple players hit at same time.

You could have 4 groups of 3 hitting in different cages. Throw batting practice from 30 feet using L screen. It is fine to use a front toss early in the season and do the below sequence.

1. 5 pitches middle in (do not swing at pitches away)
2. 5 pitches away (do not swing at pitches inside)
3. 3- '2' strike pitches where hitter must protect plate
4. Bunt 3 pitches

1:25 - 1:45 min – Pitching Bullpens / PFP (Pitcher Fielding Practice)

When throwing a bullpen, try to have pitcher block the first half of pen and throw to Imaginary hitter during the second part. Blocking means throw 3 pitches at a spot and take notice of how it feels to get the ball where you want it to go.

3 low away — 3 low away

3 low in — 3 high in

3 changeups

Now the pitcher will throw to imaginary hitters (2 hitters at first) and this will be charted. Keep the bullpens to 30 pitches when you start out.

PFP (Pitcher Fielding Practice)

1. All pitchers work on their pick offs to 1st base
 - a. Weight on front foot
 - b. Quick feet
 - c. Snap throw
2. All pitchers work on their pick off throws to 2b
 - a. Spin move where feet replace each other



- b. Inside out move (looks like a pitch will be made but pitcher spins around and throws back to 2b Baseball Drills!

Over 130+ Video Baseball Drills and more to come!

Here is our massive library of baseball drills that Coach Nicollerat has accumulated over the past 35+ years of coaching!

General Infielder Drills

- 1 [Approach](#)
- 2 [Backhand 1](#)
- 3 [Backhand 2](#)
- 4 [Backhand throw left foot](#)
- 5 [Backhand throw right foot](#)
- 6 [Circle Backs](#)
- 7 [Crossover drill](#)
- 8 [Forehand throwing drill](#)
- 9 [Glove side approach](#)
- 10 [Glove side retreat](#)
- 11 [Hop](#)
- 12 [Sharp angle cut](#)
- 13 [Transition drill](#)
- 14 [Triangle position](#)
- 15 [Two step throw](#)
- 16 [Wake up your feet](#)
- 17 [Wake up your feet with ball](#)

Free General Infielder Drills!

- 16 [Wake up your feet](#)
- 6 [Circle Backs](#)

1B Infielder Drills

- 1 [Agilities: No ball](#)
- 2 [Agility w/Ball](#)
- 3 [Poor Throws](#)
- 4 [Run Down Reaction/Pickoffs](#)
- 5 [Picks/Catching in Dirt](#)
- 6 [Cuts/Cutfootwork](#)
- 7 [DP Lead Throws](#)
- 8 [Flip Drill](#)
- 9 [Missed bunt](#)
- 10 [Reaction to Bunt Drills](#)
- 11 [Getting Off Bag](#)
- 12 [Practice drills](#)

Free 1B Infielder Drills!

- 3 [Poor Throws](#)
- 8 [Flip Drill](#)

2B Baseball Drills

- 1 [2b Feed-ball right](#)
- 2 [2b Feed-ball to 2nd](#)
- 3 [2b Feed-ball to left](#)
- 4 [2b Feed-ball far left](#)
- 5 [2b Feed-ball far right](#)
- 6 [2b pivot away from 2nd](#)
- 7 [2b pivot ball to pitcher](#)
- 8 [2nd base pivot ball to SS](#)
- 9 [Circleback](#)
- 10 [Covering bag on steal](#)
- 11 [In-between hop](#)
- 12 [Pickoff play](#)

SS Baseball Drills

- 13 [ShortStop](#)
- 14 [SS feed far left](#)
- 15 [SS feed left](#)
- 16 [SS Feed right](#)
- 17 [SS pivot ball to 1st](#)
- 18 [SS pivot ball to 2nd](#)
- 19 [SS pivot ball to pitcher](#)
- 20 [SS feed SS \(Underhand Flip\)](#)

Free SS and 2B Infielder Drills!

- 14 [SS feed far left](#)
- 11 [In-between hop](#)

3B Infielder Drills

- 1 [Backhanded Plays](#)
- 2 [Catching Fly Balls](#)
- 3 [Position with man on 2nd](#)
- 4 [Cut Drill](#)
- 5 [Run Down Reaction](#)
- 6 [Ball Hit throw 1B](#)
- 7 [Ball Hit to throw to 2B](#)
- 8 [Off Balance](#)

Free 3b Infielder Drills!

- 6 [Ball Hit throw 1B](#)
- 2 [Catching Fly Balls](#)

Catcher Baseball Drills

- 1 [Agility Drill](#)
- 2 [Ankle Sway](#)
- 3 [Blocking Drills](#)

- 4 [Blocking from 15ft](#)
- 5 [Bow and Arrow](#)
- 6 [Bunt Angles](#)
- 7 [Catch and swipe](#)
- 8 [Catcher tag plays](#)
- 9 [Catching a pop-up](#)
- 10 [Catching stances](#)
- 11 [DP pivots](#)
- 12 [Footwork to 3rd](#)
- 13 [Framing pitches](#)
- 14 [Getting the second play](#)
- 15 [Hit with a ball](#)
- 16 [Man on 2nd setup](#)
- 17 [One knee drill](#)
- 18 [Picking up a baseball](#)
- 19 [Pitch out](#)
- 20 [Pounce drill](#)
- 21 [Soda can drill](#)
- 22 [T-drill](#)
- 23 [Window frame](#)

Free Catcher Infielder Drills!

- 1 [Agility Drill](#)
- 19 [Pitch out](#)

Outfielder Drills

- 1 [Drop and Cross](#)
- 2 [Find the Spot](#)
- 3 [Long Toss](#)
- 4 [Find the spot](#)
- 5 [Movement Drill Challenge w/Ball](#)
- 6 [Movement Drill](#)

Free OF Baseball Drills!

- 4 [Find the spot](#)

Baserunning Baseball Drills

- 1 [Get off Bag](#)
- 2 [Lead off](#)
- 3 [60-40](#)
- 4 [Leadafter](#)
- 5 [Leadafter from 3rd](#)
- 6 [Back to Bag](#)
- 7 [Delay Steal](#)
- 8 [Delay v Leadafter](#)
- 9 [Lead for Stealing](#)
- 10 [How to Steal](#)
- 11 [1 Way Lead](#)
- 12 [Reading Feet](#)
- 13 [Reading Lefties](#)
- 14 [Reading the Pitcher \(Righthander\)](#)
- 15 [Walking Lead](#)
- 16 [Break Tape](#)
- 17 [Thinking Double](#)
- 18 [Double Steal Fake](#)
- 19 [Double Steal Score](#)
- 20 [Special](#)
- 21 [Squeeze](#)
- 22 [Stealing Home](#)
- 23 [Get Off Bag \(Was "The Lead Off"\)](#)
- 24 [Back to Bag](#)
- 25 [Lead After vs. Stealing Lead](#)
- 26 [Lead After from Third \(Was "2A. Lead After Part 2"\)](#)
- 27 [How to Steal \(6-7 Condensed\)](#)
- 28 [Break the Tape \(8-11 Condensed\)](#)

Free Baserunning Baseball Drills!

- 13 [Reading Lefties](#)
- 14 [Reading the Pitcher \(Righthander\)](#)

Hitting Baseball Drills

- 1 [Hinge](#)
- 2 [Machine](#)
- 3 [Carpet](#)
- 4 [Numbers](#)
- 5 [Still Ball](#)
- 6 [Chair](#)
- 7 [Front Toss](#)
- 8 [Hands Inside](#)
- 9 [Upper Body Setup](#)
- 10 [Front Elbow](#)
- 11 [Early 2](#)
- 12 [The Load](#)
- 13 [Upper Body](#)
- 14 [Wall](#)

Throwing and Catching

- 1 [Around the Horn](#)
- 2 [Line Drill](#)
- 3 [Playing Catch for a Purpose](#)
- 4 [Rapid Fire Drill](#)
- 5 [Ready Break Throw w/Ball](#)
- 6 [Ready Break Throw with each other](#)
- 7 [Receiving](#)
- 8 [V-Drill](#)