

## <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](http://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.

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 3<sup>rd</sup> base, Second baseman (2b) to 2<sup>nd</sup> base, First baseman (1b) to 1<sup>st</sup> base, pitcher back up 3rd base, all the way to the fence.

Runner on 2nd base; ball hit to center field or right field—1b is cut, 2b to 1<sup>st</sup> base, SS to 2<sup>nd</sup> base, 3b to 3<sup>rd</sup> base, pitcher back up home plate.

Runner on 2nd base and base hit to left fielder (at him or down the line), 3b is cut, SS to 3<sup>rd</sup> base, 2B to 2<sup>nd</sup> base, 1b to 1<sup>st</sup> base, pitcher back up home plate.

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 1<sup>st</sup>-3<sup>rd</sup>**

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

Proper arc—run wide so that when they touch 2<sup>nd</sup> base they can run in direct line to 3<sup>rd</sup> base

Put 3b coach into the drill and as the players rounds 2b he picks up coach. Runners run full speed around 2<sup>nd</sup> base anticipating coach will bring them to 3<sup>rd</sup> base. If the coach stops the runner, then runner will get back to 2<sup>nd</sup> 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)**

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

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

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

