

EveryDays

Age Level:

All Levels

Position:

All Players

Purpose of Drill:

Develop great habits that players will use every day.

Equipment

Link to Video

Area in the IF or OF

Need to Film

Time of Drill:

10 Minutes

of Reps per Player:

Varies

Infielders

45 short hops w/out glove, 5-10 feet away: 15 Straight at you, 15 FH, 15 BH

45 short hops w/ glove, 5-10 feet away: 15 Straight at you, 15 FH, 15 BH

45 GB's roll/throw to partner w/out glove 10-15 feet away: 15 Straight at you, 15 FH, 15 BH

45 GB's roll/throw to partner w/ glove 10-15 feet away: 15 Straight at you, 15 FH, 15 BH

For 3B

45 Feeds roll/throw to partner w/out glove 10-15 feet away: Same W/Glove

- 15 FH feet to 2B - 15 AT feet to 2B - 15 BH Plant, feet to 2B

For SS

45 Feeds to 2B. roll/throw to partner w/out glove 10-15 feet away: Same W/Glove

- 15 FH Flips - 15 AT turn/knee - 15 BH plant

For 2B

45 Feeds to 2B. roll/throw to partner w/out glove 10-15 feet away: Same W/Glove

- 15 FH pivot - 15 AT knee/turn - 15 BH flip

For 1B

45 Feeds roll/throw to partner w/out glove 10-15 feet away: Same W/Glove

- 15 FH pivot - 15 AT turn/feet to 2B - 15 BH feet to 2B

Outfielders

45 roll/thorws to partner w/ glove. Partner fields and throws back. After 15 switch.

10 Blocks throw to cut

10 Safety Charge, throw to cut

10 Charge, throw to cut

10 throw up in air, get feet right, throw to cut.

10 ¼ turns w/ throw, catch, feet to cut

10 ½ turns w/ throw, catch, feet to cut

10 ¾ turns w/ throw, catch, feet to cut

10 Read and come In to catch

Catchers - work with partner or group of 3

15 x 2 Receiving w/o glove tennis balls

15 x 2 Receiving w/o glove tennis ball bounce

15 x 2 Receiving w/ glove

15 x 2 Sway with ball

10 Blocking Middle w/ tennis ball

10 Blocking Away w/ tennis ball

10 Blcking Inside w/ tennis ball

10 Blcking Live ball - anywhere