

# New Richmond Baseball Club

Drill	Time	Start Time	5 Min	Skill
<b>Dynamic Warm-Up</b>				<b>Flexibility/Stretching</b>
- Lunges, Open Gate, Monster Walk, Karaoke				
- Half Speed 60ft, 3/4 Speed 60f, Full Speed 60ft				

Throwing Progression	Time	20 Min	Build Arm Strength	Skill
- From One Knee (Snap Wrist)				
- From One Knee (TURN, BREAK, POWER L, FINISH)				
- Feet Together (TURN, BREAK, POWER L, FINISH)				
- Turned Sideways (BREAK, POWER L, FINISH)				
- Play Catch (Keep Feet Moving)				
- Long Toss (Move Back Every Minute)				
- Championship Catch (60 FT - NO TALKING)				
<b>Comments:</b>	<b>Really focus on proper mechanics. Don't rush throw it.</b>			

Coaches Talk	Time	5 Min	Team Building	Skill
- Expectations, Character, Etc.				

Hitting Drills	Time	45 Min	Hitting to all fields	Skill
Barry Larkin	Wiffle Balls - 4 Players - Coach			
Top/Bottom Hand Tee	Smush Balls - 4 Players - Coach			
Angle Toss	Heavy Balls - 4 Players - Coach			
<b>Comments:</b>	<b>3 Rotations, 15 Min., Keep kids moving, Quick between stations</b>			

Defensive Drills	Time	20 Min	IF Defense	Skill
Two Bat IF	3B to 1B and SS to 2B			
	SS to 1B and 3B to 2B			
	1B to 3B and 2B to SS			
<b>Comments:</b>	<b>4 Rotations, 5 Min., Keep kids moving, Quick between stations</b>			

Hitting Drills	Time	25 Min	Competing	Skill
Front Toss	Split kids in half. Half in Field, Half Bat			
	3 Free swings, then play ball, use runners and try to get outs.			
<b>Comments:</b>	<b>Work the front toss to all parts of the plate. Make the kids hit the ball to the opposite field.</b>			