

COACHES~ YOU NEED TO GET YOUR PLAYERS THROWING AND MOVING EVERYDAY!

Praise effort and hard work! Do not focus on the misses. They will get where you want them to go if you give them room to fail and praise for them stepping out of their comfort zone.

End each practice with a team bonding game / competition.

YOUNGER PLAYERS THROWING DRILLS

THROW INTO NET FROM KNEE (GOOD BYE, FIELD GOAL, FINISH ACROSS AT KNEE)

THROW INTO NET WITH TOSS FROM COACH (GOOD BYE, FIELD GOAL, FINISH ACROSS AT KNEE)

FIELD GROUNDER, THROW INTO A NET

CATCH LITE FLITES BEFORE WORKING GLOVE

THROW TO AN ADULT AT FIRST... BEFORE PUTTING PLAYER THERE

WHEN CATCHING ... CATCH FINGERS UP, 2 HANDS, GLOVE ANGLE TO EAR

WORK ON RUNNING AND TUCKING GLOVE TIL YOU GET TO SPOT (CONE)

CONES ARE YOUR FRIEND WITH YOUNGER PLAYERS

EVERYTHING IS ABOUT MOVING PLAYERS TO BALL

OF: ZIGS WITH CONES, SQUARES WITH CONES, LINES WITH CONES

IF: WORK BETWEEN CONES, AROUND CONES

GROUNDERS~ BEND AT KNEES, DO NOT ROLL GROUNDER UNTIL IN POSITION, GLOVE IS GLOVE IS A STOP SIGN (GLOVE FINGERS DOWN) NOT A RAMP

SLIDING~ PRACTICE THIS A LOT. IT'S FUN AND HARD TO TEACH OLDER KIDS. FIGURE 4 WITH 2 COACHES GUIDING PLAYER IN.

PROGRESSION	
21 OUTS WITH BACK UPS	
MENTAL TOUGHNESS	IF 2/1 OF 3/2 IF 1/3 OF 2/4 IF 1/2 OF 2/3 IF 4/1 OF 4/2
GAMES BAT GAME BAT CIRCLE GAME BALL DROP GAME	
MORE GAMES GLOVE CIRCLE GAME T-GAME... HIT FROM HOME, RACE AROUND BASES TIL EACH TEAM TOUCHES BALL STARTING AT 1 AND 3	
BUCKET GAME TEAMS AT 1 ST AND 3 RD , GROUNDER, TRY TO THROW AT BUCKET AT HOME	
HIT OF T FROM PITCHER MOUND, POINTS FOR HITTING LINE DRIVES AT BACK STOP	
GUTS~ 2 LINES 2 ND / 3 RD AND HOME /1 ST THROWING BALL AT LINES, GETS THROW, OUT A PLAYER	

OF BUCKETS LONG AND SHORT OF BUCKETS SHOE LACE AND OVER SHOULDER	
ZIGS	
SQUARE	
SHUFFLE	
LONG AND SHORT (DIVE)	
BACK UPS 2 lines one calls ball other gets back up	
ONE HANDED TENNIS BALLS OVER SHOULDERS NO GLOVE	
FENCE TOUCH	

BUCKETS AT SS ADD DOUBLE PLAY WITH 2 ND ADD BUNTS FOR FIRST THROW 1 /2	
AROUND 3 RD THROW 1ST	
COMBAT	
BUNT LINES 3/H P/2 1/2 CAN MIX THROW LOCATIONS	
LUTHER RAPID	
TRIANGLES WITH CONES	
5 RAPID GROUNDERS BETWEEN CONES THROW 1	
PITCHER ROLL, THROW BASE AHEAD CATCHER 2 BASES AHEAD (CHAD'S DRILL)	

FROM KNEE	
STAND UP LOOKS	
THROW AND GOES CAN ADD A TAG	
SQUARE THROWS	
RELAY THROWS	RACE WITH BALL ROLL START AND LONG THROW FINISH
SHUFFLE AROUND BASES AND THROW CAN ADD TAG CAN REVERSE	
BOUNCE SOFTIES AND THROW	
STAR DRILL CAN ADD RUNNERS CAN DOUBLE BALL / TRIPLE BALL	