

Throw/Everydays

- ❖ Throwing
 - Wrist flicks (5)
 - Isolate top half (8)
 - Full Throws (10-15)
 - Side flips (5)
 - Underhand flips (5)

- ❖ Everdays - Infield
 - Drifters (knees) - (5 forehand, 5 one hop middle, 5 backhand)
 - Close one hops (6)
 - Grounders (6)

- ❖ Everdays - Outfield
 - Grounders and get knee down on ground to keep in front - Play It Safe (6)
 - One Knee to Crow Hop (6)
 - Pop Ups (6)

- ❖ Everydays - P/C
 - Grounders for P (6)
 - Framing for C (12 - 3 in, 3 out, 3 high, 3 low)
 - Blocks for C (4)

- ❖ Hitting - ALL TEE WORK
 - Top Hand (10 - 3 inside, 4 middle, 3 outside)
 - Bottom Hand (10 - 3 inside, 4 middle, 3 outside)
 - Half Swings (10 - 3 inside, 4 middle, 3 outside)
 - Full Swings (10)
 - Happy Gilmore (10)

- ❖ Hitting for younger - ALL TEE WORK
 - Half swings (10 - middle)
 - Freeze on contact, come back and swing (5)
 - Full Swings (10)

After this you can do some situations for IQ, front toss or isolate skills like tagging at a base or force plays

Drill ideas:

- **The 2-3 Shuffle Drill** (Line @ 2B, Line @ 3B - grounders to 3B and 2B covers base ... this drill can be done at any positions SS - 1B, etc.)
- Tennis ball work - field tennis balls then add gloves
- **Two Line Drill** - line at 3B, line at SS - hit ball in between
- **Relay Skill Race** - 2 Nets at P Mound, tee at home, buckets stacked on 3B baseline - hit ball off tee, run to 1B, throw a ball in the net, run to 2B, throw a ball in the net, run to 3B, knock bucket down on 3B baseline
- **Fast feet drill** - Line, first player faces away from you, yell fast feet, then have them turn and hit them or roll them a grounder

Younger:

- Cones and have them move and field no ball, back and forth then add ball
- Tennis ball work - field tennis balls then add gloves
- Outfield - Unicorn outfield drill with tennis ball, helmets let whiffles fall on their head to reinforce getting under the ball
- **Fast feet drill** - Line, first player faces away from you, yell fast feet, then have them turn and roll them a grounder