Coach's Clinic
2/16/20

1 Warmup (10 min-15 min)

(15 yards)

Run down x 2
5 squats- jog down
5 squats- jog back
6 lunges- jog down
6 lunges- jog back
10 calf jumps- jog down
10 calf jumps- jog back
High knees- pump arms
Butt kicks- pump arms
Side shuffle high
Side shuffle low
Backward- then forward
Backward- then forward
5 push ups down
5 push ups back
Sprint down
Sprint back
Lunge position sprint
Lunge position sprint

Arm Stretch
Arm Circles forward and backward
Start small to large
Pull throwing arm across then switch
Pull throwing arm over shoulder
then switch
Goal post go backwards then forwards

2 Throwing Progression (20-25 min)

Recheck everyone's fastball grips
2 toes - 20- feet
2 toes - 40 feet
Figure 8 throws
Step and Throw
Shuffle and throw with near max effort into net
Pulldowns
(feel the ground with shuffle and pulldowns)

Lower Body engagement throws
Lower Body - jump back throws
Double jump back throws
Jump land in squat and throw

3 Fielding (15 min)

https://www.youtube.com/watch?v=t9tIZIzJHtc

BIG 5 FIELDING DRILLS - INFIELD - WITH PARTNERS

DRILL #1 Hop Variations - Sequencing A-F *throwing partner on knee through
A - funneling no glove - 4 times
B - short hop no glove - at them, backhand, glove hand - 2 times throu
C - funneling with glove - 4 times
D - short hop with glove - at them, backhand, glove hand - 2 times thr
E - short hop to power - at them, backhand, glove hand - 3 each spot
F - short hop - speed transitions - at them, backhand, glove side - 3 e

DRILL #2 3 Step/5 Step *throwing partner on knee through
Roll ball where they take 5 steps to the ball, field it, throw back to thro
Back and forth counts as 1 and the fielder should do this 3 times then

DRILL #3 Ozzie *fielder is standing up, partner on two knees
"Pick and Pop"
Throw one hoppers in front, pick it and make quick throw, then back h
and then glove hand - 3 to each spot

DRILL #4 Choose your hop *both standing
Vary the heights and distances, all about the feet
At them two hands
Then backhands
then glove side
3 to each spot

DRILL #5 Fly Balls *both standing
Throw the ball over their heads
Glove side 2 times - throw for a relay then tag
Throwing side 2 times - throw for a relay then tag
Straight overhead 2 times - throw for a relay, then tag

Call it "I GOT IT" Receiver calls "Hit me, hit me"

4 Hitting (35-45 min)

Combine two groups if necessary - works for 10-20+ players

Stations (may need to pull the nets back)

5 Other categories to add in during spring practices

1 Pitchers - Bullpens somewhere around week 3 or 4 after throwing

Station #1	Station #2	Station #3		
Tee work and movement patterns	Front Toss	Front toss or live throwing	3	Catchers - blocking, framing, set up, location sequencing,
(2-3 kids at each spot)	(8-10 swings and rotate)	(Live throwing- only if there is a good bp thrower)		communicating with pitchers, footwork for throwing
		IF FRONT TOSS		runners out, basic receiving mechanics
			4	Outfield footwork over head
1. PVC w/ tennis balls	1. Hit Pause	1. Inside FB's hit out in front	5	Infield - groundballs and running in on slow rollers
2. Heavy ball rotation off wall	2. Swing Away	2. Vary locations	6	Middle infield - footwork at 2nd on double plays
3. 1 handed (top hand) swings through	3. Changeups and Fastballs		7	Picking balls - all infield positions, especially 1B
4. High tee				
5. Hit pause drill				

2	Baserunning - leadoffs and timing secondary leads and stealling off pitchers

out

ugh

ough
 - GAIN POWER TO FIRST
ach spot - DO EACH QUICKLY

out
wer
switch

ands