

**Membership  
Package  
Year 1**

# **Practice Plans & Drills**



**NATIONAL FASTPITCH  
COACHES ASSOCIATION**

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## Practice Plan Introduction

Each of the following 9 Practice Plans will all follow the same format to make it easier for you to understand the specific Focus or purpose for each practice, know the Duration or how long each one will last, the Equipment you'll need to conduct each practice, the number of Coaches recommended to conduct each specific practice, and the specific Drills involved.

Each Practice Plan will include two parts:

- 1 The actual **Practice Plan** - which will list all the skills covered within the practice, the amount of time for each skill, the drills or activities within each skill and a physical diagram or layout when needed.
- 2 A **Practice Plan Explanation** page – which will explain in greater detail every part of the practice by an easy-to-follow numbering system. The **BIG red numbers** on the Explanation page correspond to a red numbered skill area on the Practice Plan.

It's all going to look like this:

### Practice Plan

Practice Plans & Drills  
Membership Package Year 1

NATIONAL FASTPITCH  
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**Practice Plan 001**

**Practice Summary**

Practice Number	001
Practice Focus	Game Strategy
Duration	20 Minutes
Equipment Needed	1. 3 Bases 2. Softball 3. Softball Glove 4. Softball Bat
Coaches	2 Coaches Recommended
Drills Involved	Set Sprites (VIDEO DRILL), Drill 001 - Rapid Hit, Drill 002 - Triangle, Drill 004 - 4 Part Batting Practice, Drill 005 - Home or Second

- 1 **Warmup** (10 minutes): Drill 002 - Set Sprites (VIDEO DRILL) followed by your team warming up throwing.
- 2 **Throwing & Fielding** (10 minutes): If done Drill 001 - Rapid Hit (on page 24) while Dr-002 - Triangle (on page 26).
- 3 **Hitting & Base-running** (4): 4 Part Batting Practice (on page 28).
- 4 **Game Strategy** (10 minutes): Drill 005 - Home or Second (on page 20).

**NOTE: Pitching & Catching** (10 minutes whenever it works within the practice plan): It's work on pitching their high & low pitches followed by their inside & outside pitches, 2 of each, then 1 each - 3 times through. It's work on going signals & timing.

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### Explanation Page

Practice Plans & Drills  
Membership Package Year 1

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**Practice Plan 001 Explanation**

- 1 **Warmup** (10 minutes): The first part of this practice is a 10-minute warmup that will involve the Drill 002 - Set Sprites (VIDEO DRILL). This drill can be done on any part of the field, but it's best done with a fence or permanent object for both lines to touch (like the backstop, dugout or edge fence). After Set Sprites, let everyone catch their breath and then have them get their gloves and split into pairs to begin warming up throwing.
- 2 **Throwing & Fielding** (10 minutes): This part of practice involves the infielders splitting off and doing the Drill 002 - Rapid Hit (on page 24) somewhere in the infield, while the Outfielders split off and do the Drill 002 - Triangle (on page 26) in the grass area. Each group should have a coach with it to ensure the best outcome. Instead of doing both of these drills until the players "get right", stick to the 10-minute time frame allowed. This keeps the practice on schedule. Have your pitchers and catchers go with the infielders and work on their fielding skills.  
"Take a water break following the Throwing and"
- 3 **Hitting & Base-running** (4): No matter how many players you have, you'll split your team into 4 groups and then station 1 group on the pitcher's mound, 1 group on the bases for base-running, 1 group in the outfield to be the Softball, and 1 group off your field somewhere to be the Infield. The last group will work on 4 different drills that you've pitched out ahead of time from the hitting Drill about that comes with your 100 Coaches membership. Every group stays at their station for 10 minutes, making sure each player gets a chance to rotate in. When the 10 minutes is up, each group rotates to the right.
- 4 **Game Strategy** (10 minutes): You'll close out this practice by doing the Drill 005 - Home or Second (on page 20). This drill involves decision-making in a game-like environment. Be sure to rotate players into different defensive positions. In addition to letting them all take turns at being base-runners.

**NOTE: The Pitching and Catching** portion of practice will take about 15 minutes and can happen at any point within the practice. It doesn't have to happen before or after practice but it can if that's the best time for these players to get in their workout. You'll make that decision based on whether your pitchers and catchers need to be involved in the different drills you have scheduled today and if not, which drills they can miss. Their workout will consist of the Pitchers throwing 2 of each of their high pitches and 2 of each of their low pitches, followed by 1 of each high pitch and 1 of each low pitch.

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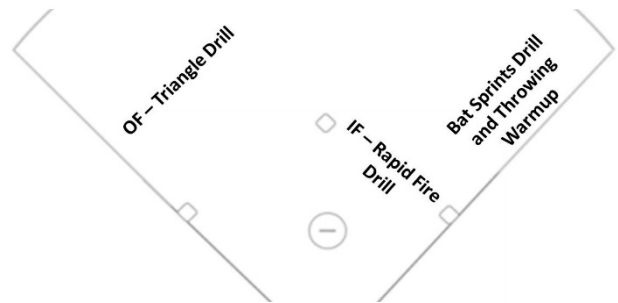
## Practice Plan 001

### Practice Summary

<b>Practice Number</b>	001					
<b>Practice Focus:</b>	Game Strategy					
<b>Duration</b>	2.0 Hours					
<b>Equipment Needed</b>	4	Bases	1	Bucket - Empty	☒	Gloves
	☒	Bat(s)	2	Bucket of Balls	☒	Helmets
	3	Batting T	3	Cones	1	Protective Screen
<b>Coaches:</b>	2 Coaches Recommended					
<b>Drills Involved:</b>	<i>Bat Sprints (VIDEO DRILL) , Drill 001 – Rapid Fire, Drill 003 – Triangle, Drill 004 – 4 Part Batting Practice, Drill 005 – Home or Second</i>					

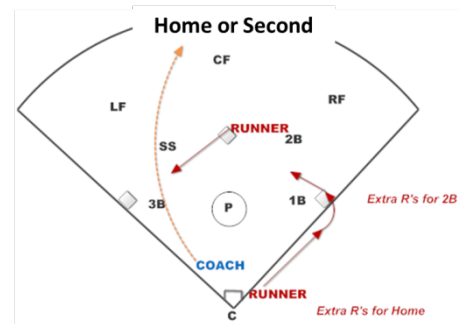
1 **Warmup (20 minutes):** *Drill 002 - Bat Sprints (VIDEO DRILL)* followed by your team warming up throwing.

2 **Throwing & Fielding (20 minutes):** IF does *Drill 001 – Rapid Fire (on page 29)* while OF does *Drill 003 – Triangle (on page 31)*.



3 **Hitting & Baserunning (40 minutes):** *Drill 004 – 4 Part Batting Practice (on page 33)*.

4 **Game Strategy (30 minutes):** *Drill 005 – Home or Second (on page 35)*.



**NOTE:** **Pitching & Catching (45 minutes whenever it works within the practice plan):** P's work on

pitching their High & Low pitches followed by their Inside & Outside pitches. 3 of each, then 1 each – 3 times through. C's work on giving signals & framing.

## Practice Plan 001 Explanation

- 1 Warmups (20 minutes):** The first part of this practice is a 20 minute Warmup that will involve the *Drill 002 - Bat Sprints (VIDEO DRILL)*. This drill can be done on any part of the field, but is best done with a fence or permanent object for both lines to touch (like the backstop, dugout or side fences). After Bat Sprints, let everyone catch their breath and then have them get their gloves and split into pairs to begin warming up throwing.
- 2 Throwing & Fielding (20 minutes):** This part of practice involves the Infielders splitting off and doing the *Drill 001 – Rapid Fire (on page 29)* someplace in the infield, while the Outfielders split off and do the *Drill 003 – Triangle (on page 31)* in the grass someplace. Each group should have a coach with it to ensure the best outcome. Instead of doing both of these drills until the players “get it right”, stick to the 20 minute time frame allotted. This keeps the practice on schedule. Have your pitchers and catchers go with the Infielders and work on their fielding skills.

Take a water break following the Throwing and Fielding section.

- 3 Hitting & Baserunning (40 minutes):** This portion of practice will last 40 minutes no matter how many players you have on your team. It will involve the *Drill 004 – 4 Part Batting Practice drill (on page 33)*. No matter how many players you have on your team, it takes 40 minutes to do this drill so that every player gets a chance at each of the 4 stations. You’ll split your team into 4 groups and then station 1 group on the field for Live hitting, 1 group on the bases for Baserunning, 1 group in the outfield to be the Shaggers, and 1 group off your field someplace to be the Hitters. This last group will work on 4 different drills that you’ve picked out ahead of time from the *Hitting Drills eBook that comes with your NFCA membership*. Every group stays at their station for 10 minutes, making sure each player gets a chance to rotate in. When the 10 minutes is up, each group rotates to the right.
- 4 Game Strategy (30 minutes):** You’ll close out this practice by doing the *Drill 005 – Home or Second drill (on page 35)*. This drill involves decision-making in a game-like environment. Be sure to rotate players into different defensive positions in addition to letting them all take turns at being baserunners.

**NOTE:** The **Pitcher’s and Catcher’s** portion of practice will take about **45 minutes** and can happen at any point within this practice. It doesn’t have to happen before or after practice but it can if that’s the best time for these players to get in their workout. You’ll make that decision based on whether your pitchers and catchers need to be involved in the different drills you have scheduled today and if not, which drills they can miss. Their workout will consist of the Pitchers throwing 3 of each of their High pitches and 3 of each of their Low pitches, followed by 1 of each High pitch and 1 of each Low pitch.

They'll do this 4 times. Then they'll switch to 3 of each of their Inside pitches followed by 3 of each of their Outside pitches. Then 1 of each Inside pitch and 1 of each Outside pitch. They'll do this 4 times through. Meanwhile, the Catchers work on giving signals for these pitches & locations and on their framing.

## Practice Plan 002

### Practice Summary

<b>Practice Number</b>	002					
<b>Practice Focus:</b>	Game Strategy					
<b>Duration</b>	2.0 Hours					
<b>Equipment Needed</b>	4	Bases	2	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves
	<input checked="" type="checkbox"/>	Bat(s)	2	Bucket of Balls	<input checked="" type="checkbox"/>	Helmets
	1	Batting T	8	Cones		Protective Screen
	The cones can be any size and don't have to all be the same size.					
<b>Coaches:</b>	2 Coaches Recommended					
<b>Drills Involved:</b>	<i>Drill 006 – 8 Minutes, Drill 007 – Zig Zag, Belly Pops (VIDEO DRILL), Drill 009 – Numbered Line, Drill 010 – Protect the Island, Drill 011 – Balls on the Ground, Beat the Runner (VIDEO DRILL), Drill 012-RBI, Drill 014 – First to 10, Drill 015 – Lie Downs</i>					

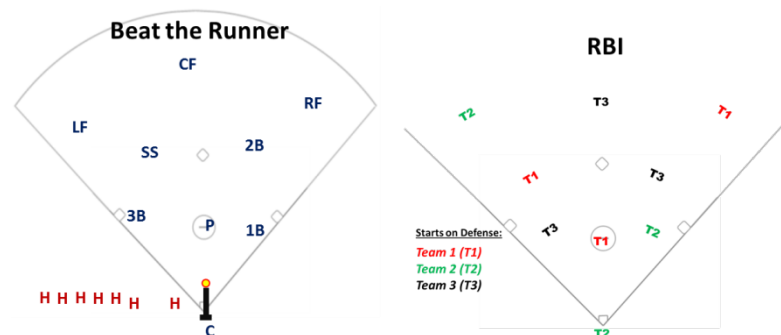
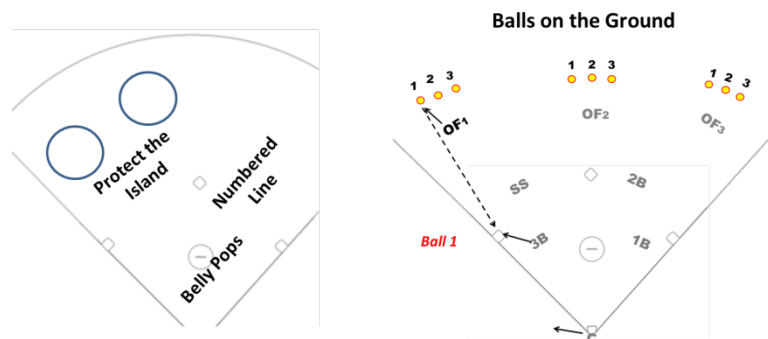
1 **Warmup (20 minutes):** *Drill 006 – 8 Minutes (on page 37)* followed by warming up throwing and then *Drill 007 – Zig Zag (on page 39)*.

2 **Fielding (40 minutes):** IF does *Drill 008 – Belly Pops (VIDEO DRILL)* followed by *Drill 009 – Numbered Line (on page 40)* while the OF does *Drill 010 – Protect the Island (on page 41)*. The IF & OF then together, do *Drill 011 – Balls on the Ground (on page 42)*.

3 **Hitting & Baserunning (30 minutes):**  
Focus – Is on Fielding & Throwing Against a Runner. *Drill 013 – Beat the Runner (VIDEO DRILL)*. Everyone rotates through hitting & fielding.

4 **Game Strategy (30 minutes):** *Drill 012- RBI (on page 44)*

**NOTE: Pitching & Catching (30 minutes whenever it fits within the practice plan):**  
The Pitchers warmup followed by *Drill 014 – First to 10 (on page 46)* against the other pitchers. P's help Catchers do *Drill 015 – Lie Downs (on page 47)* when finished with 10 game.



## Practice Plan 002 Explanation

- 1 Warmup (20 minutes):** Practice starts with your entire team doing a warmup drill *called Drill 006 – 8 Minutes (on page 37)* that should probably be done on the infield dirt or else anyplace on a gym floor. Following that drill, have all your players grab their gloves and pair up to start warming up their arms. They don't need to get totally warm as they'll do throwing *Drill 007 – Zig Zag (on page 39)* to finish warming up.
- 2 Fielding (40 minutes):** This part of practice will have the Infielders and Outfielders start out working separately, followed by a drill they will do together. The Infielders split off from the Outfielders and start by doing *Drill 008 – Belly Pops (VIDEO DRILL)* followed by *Drill 009 – Numbered Line (on page 40)*, while the Outfielders split off and do the *Drill 010 – Protect the Island (on page 41)* someplace on the outfield grass. Let both groups catch their breath and then the Infielders and Outfielders will come together to do the *Drill 011 – Balls on the Ground (on page 42)*.  
  
Take a water break following the Fielding section.
- 3 Hitting & Baserunning (30 minutes):** This portion of practice will involve everyone on your team rotating through the *Drill 013 – Beat the Runner (VIDEO DRILL)*. Make sure your players have time to hit as well as play defense in this drill. This is a great drill to give your players practice playing their 2<sup>nd</sup> or even 3<sup>rd</sup> position but will involve the entire field and will really tire out the runners.
- 4 Game Strategy (30 minutes):** The final section of practice will involve splitting your team up into smaller teams of 4-5 and doing the *Drill 012- RBI (on page 44)*. This drill emphasizes the ability to hit with runners in scoring position. Depending on the number of players you have on your team, or have at today's practice, you might have to get creative and have uneven teams but allow the smaller numbered team to have a player hit twice.

**NOTE:** The **Pitcher's and Catcher's** portion of practice will take about **30 minutes** and can happen at any point within this practice. It doesn't have to happen before or after practice but it can if that's the best time for these players to get in their workout. You'll make that decision based on whether your pitchers and catchers need to be involved in the different drills you have scheduled today and if not, which drills they can miss. Their workout will consist of the **Pitchers** warming up followed by all the Pitchers competing against their catcher's doing *Drill 014 – First to 10 (on page 46)*. Once all Pitchers have completed this drill they'll help their catchers do *Drill 015 – Lie Downs (on page 47)*. The Catchers should go through each ball in this drill at least 3 times and then their section of practice is complete. (Remember, NO THROWS with this drill, just footwork & balance).

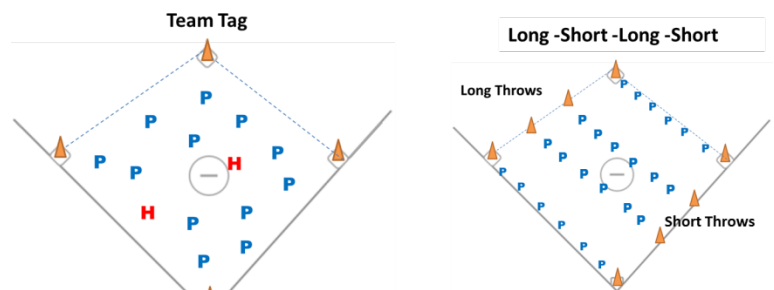
## Practice Plan 003

### Practice Summary

<b>Practice Number</b>	003					
<b>Practice Focus:</b>	Competition					
<b>Duration</b>	2.5 Hours					
<b>Equipment Needed</b>	4	Bases	1	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves
	<input checked="" type="checkbox"/>	Bat(s)	4	Bucket of Balls	<input type="checkbox"/>	Helmets
	3	Batting T	10	Cones		Protective Screen
	The cones don't need to all be the same size. If you don't have 10 you can mix cones & buckets.					
<b>Coaches:</b>	2 Coaches Recommended					
<b>Drills Involved:</b>	<i>Drill 016 – Team Tag, Drill 018 – Triangle-Square, Drill 017 – Long-Short-Long-Short, Drill 004 – 4 Part Batting Practice, Drill 019 – Frisby Football</i>					

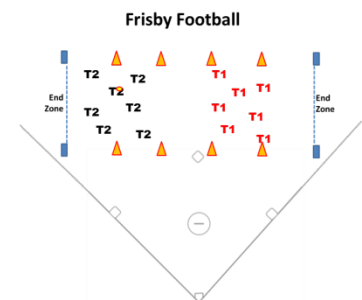
- 1 Warmup (20 minutes):** Entire team does *Drill 016 – Team Tag (on page 48)*. Then quickly warm up throwing followed by the *Drill 018 – Triangle-Square (on page 50)*.

- 2 Throwing (30 minutes):** Focus – Is on Different Throwing Distances. Entire team will do the *Drill 017 – Long-Short-Long-Short (on page 49)*. Make this into a competition by taking the Top 4 teams of 2 into a playoff, then the Top 3, then the Top 2 in the finals to determine the best team of 2!



- 3 Hitting (40 minutes):** The entire team will split up into 4 groups and do the *Drill 004 – 4 Part Batting Practice (on page 33)*.

You will add a competitive element to the live hitting section by counting points for all balls hit: +1 = groundball, +3 = line drive, -2 = popup. Count each players totals and combine with players on that specific team. Team with the most hitting points wins!



- 4 Competitive Game (20 minutes):** The entire team will play *Drill 019 – Frisby Football (on page 52)*.

**NOTE: Pitching & Catching (30 minutes whenever it works within your practice):** The Pitchers should warmup and then do pyramid workouts with all of their pitches. Start with 3 of each pitch, then 2 of each

pitch followed by 1 of each pitch, back to 2 of each pitch and ending with 3 of each pitch. If a pitch is bad the pitcher does not repeat it unless it's included in the number of reps she has left for that specific pitch.

## Practice Plan 003 Explanation

- 1 Warmup (20 minutes):** Practice starts a game of *Drill 016 – Team Tag (on page 48)* followed by *Drill 018 – Triangle-Square (on page 50)*, which helps your players throw while their focus & concentration is challenged.
- 2 Throwing (30 minutes):** This section will focus on helping players practice making throws from different distances, both long and short throws, as well as including the competitive element. Your entire team will do the *Drill 017 – Long-Short-Long-Short (on page 49)*. The drill itself is a race to see who can finish first, but add another layer to it by making it a mini tournament. Take the top 4 finishing teams of 2 and let them have a playoff to determine the #1 Long-Short-Long-Short team of 2!
- 3 Hitting (40 minutes):** The segment will last 40 minutes no matter how many players you have on your team since it will consist entirely of the *Drill 004 – 4 Part Batting Practice (on page 33)*. This drill allows all of your players to have live hitting, baserunning, shagging and hitting drills work all within a 40 minute period. Be sure to select 4-5 hitting drills from *the Hitting Drills eBook provided by the NFCA with your membership*. You'll have your players do these hitting drills just off to the field someplace as one of the 4 stations in this drill.
- 4 Competitive Games (20 minutes):** The final 20 minutes of practice will involve a play a throwing game called *Drill 019 – Frisby Football (on page 52)* that is a very competitive throwing game, but doesn't have anything to do with an actual frisbee. It's a great game to help your players learn to work together, throw accurately, catch under pressure, focus and concentrate – as well as compete. It's also a great cardio workout so there's a beneficial conditioning element as well!

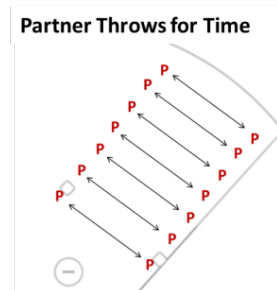
**NOTE:** The **Pitching & Catching** part of practice will last **30 minutes** and can happen at any point within this practice, including before or afterwards. You'll make that decision based on whether your pitchers and catchers need to be involved in the different drills you have scheduled and which drills they can miss. The Pitchers will warmup and then do what's called pyramid workouts with all of their pitches. They will start by pitching 3 of each pitch they have, then 2 of each pitch followed by 1 of each pitch, back to 2 of each pitch and ending with 3 of each pitch. This includes changeups. If a pitch is bad the pitcher does not repeat it unless it's included in the number of reps she has left for that specific pitch. While this isn't a long workout for the pitchers it does give them a chance to work on any adjustments they need to make with a certain pitch during the 3 reps per pitch, and also help them alternate single pitches like they have to do during games.

## Practice Plan 004

### Practice Summary

<b>Practice Number</b>	004					
<b>Practice Focus:</b>	Competition					
<b>Duration</b>	2.0 Hours					
<b>Equipment Needed</b>	4	Bases	2	Bucket - Empty	☒	Gloves
	☒	Bat(s)	2	Bucket of Balls	☒	Helmets
	1	Batting T	1	Cones	1	Protective Screen
<b>Coaches:</b>	You'll also need at least 2 dozen Anywhere Balls (or any ultra-soft, restricted flight balls) 2 Coaches Recommended					
<b>Drills Involved:</b>	<i>Bat Sprints (VIDEO DRILL), Drill 020 – Partner Throws for Time, Drill 021 – Take a Seat, Drill 022 – Race to First, Beat the Runner (VIDEO DRILL), Drill 029 – 4 Step Bunting, Drill 023 – Last Player Standing, Drill 031 - Scatter, Drill 015 – Lie Downs</i>					

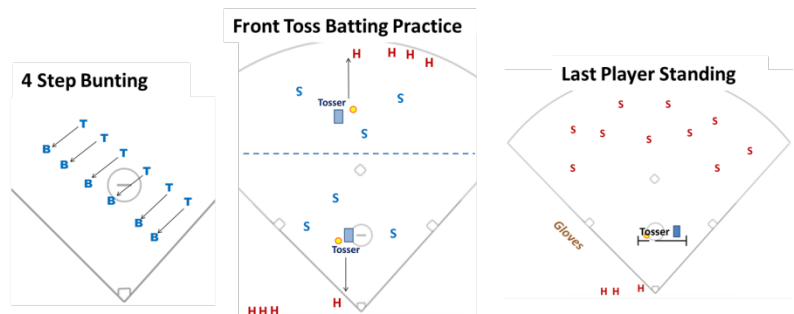
- 1 Warmup (20 minutes):** The team will do *Drill 002 – Bat Sprints (VIDEO DRILL)* to warm up followed by the team warming up their arms by throwing in pairs.



- 2 Throwing (20 minutes):** Focus – Throwing Under Pressure. Players will stay in pairs and do the *Drill 020 – Partner Throws for Time (on page 54)* followed by the *Drill 021 – Take a Seat (on page 55)*.

- 3 Baserunning (15 minutes):** Focus – Sprinting All the Way Through 1<sup>st</sup> Base. Players will do the *Drill 022 – Race to First (on page 57)*, making sure that they rotate through and are both the hitter as well as the runner.

- 4 Fielding (15 minutes):** Focus – Making Players Under the Pressure of a Runner. The team will do the *Drill 013 – Beat the Runner (VIDEO DRILL)*.



- 5 Hitting & Bunting (30 minutes):** Focus - Bunting & Hitting Under Pressure. Players will spend 10 minutes doing 3 different drills. The first drill will involve the entire team breaking up into pairs and doing the *Drill 029 – 4 Step Bunting (on page 68)*, followed by 10 minutes of batting practice off of front toss. Break your team up into 2 different groups and using the Anywhere

Balls (or any ultra-soft restricted flight balls) do 10 minutes of batting practice off of front toss, allowing every player 6 tosses (not hits) and then switch. Following front toss batting practice the entire team will do a competitive hitting drill called ***Drill 023 – Last Player Standing (on page 59)***

- 6 Competitive Game (15 minutes):** The final section of practice will be a competitive game called ***Drill 031 - Scatter (on page 70)***

**NOTE: Pitcher's and Catcher's (45 minutes whenever it fits within the practice plan).** The pitchers will warmup to each other while the catchers do ***Drill 015 – Lie Downs (on page 47)***. When they're finished the pitchers will then do a changeup alternating workout, meaning they'll throw each of their pitches 1 time alternating a changeup in between each pitch.

## Practice Plan 004 Explanation

- 1 Warmup (20 minutes):** The first 20 minutes of practice will consist of ***Drill 002 – Bat Sprints (VIDEO DRILL)*** followed by them all getting their gloves, catching their breath and then warming up their arms by throwing in pairs, 1 ball per pair.
- 2 Throwing (20 minutes):** This portion of practice will focus on helping your players throw better under pressure. The 2 drills you'll do during this section will either force your players to throw against the clock in the ***Drill 020 – Partner Throws for Time (on page 54)***, or against each other in the ***Drill 021 – Take a Seat (on page 55)***. Make sure you allow about 5 minutes of setup time between drills.
- 3 Baserunning (15 minutes):** Here you'll help your players focus on your sprinting all the way through 1<sup>st</sup> base by doing the ***Drill 022 – Race to First (on page 57)***. If this is the first time you've done this drill you'll have to experiment with how far apart to put your hitter and your runner to start the drill in order to make it challenging, and yet not impossible.
- 4 Fielding (15 minutes):** Your entire team will be focus on making defensive plays against the speed and pressure of a runner by doing the ***Drill 013 – Beat the Runner (VIDEO DRILL)***.
- 5 Hitting & Bunting (30 minutes):** This portion of practice will allow for some intense bunting practice with the partner ***Drill 029 – 4 Step Bunting (on page 68)***, followed by splitting your team up in half and doing **two front toss batting practices** using a soft, safe ball Anywhere Ball (formerly the MoJo ball) for 10 minutes. The final 10 minute hitting drill will be a challenging and competitive pressure drill called ***Drill 023 – Last Player Standing (on page 59)***. This is a difficult drill so watch for your players getting discouraged and keep them focused on how they can improve the next time they play it.

6 **Competitive Games (15 minutes):** Your team will focus on a drill that designed to create confusion (thus the name) to encourage communication while also stressing competition. The *Drill 031 - Scatter (on page 70)* is much like the game of softball in that the offense is trying to best the defense.

**NOTE:** The Pitcher's and Catcher's portion of practice will take about **45 minutes** and can happen at any point within this practice. It doesn't have to happen before or after practice but it can if that's the best time for these players to get in their workout. You'll make that decision based on whether your pitchers and catchers need to be involved in the different drills you have scheduled today and if not, which drills they can miss. The pitchers will warmup to each other while the catchers do *Drill 015 – Lie Downs (on page 47)*. When they're finished the pitchers will then do a changeup alternating workout, meaning they'll throw each of their pitches 1 time alternating a changeup in between each pitch.

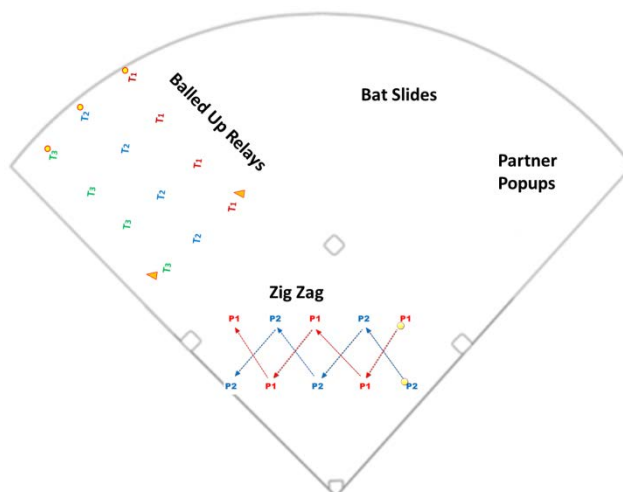
## Practice Plan 005

### Practice Summary

<b>Practice Number</b>	005					
<b>Practice Focus:</b>	Fundamentals					
<b>Duration</b>	2.0 Hours					
<b>Equipment Needed</b>	4	Bases	2	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves
	<input checked="" type="checkbox"/>	Bat(s)	6	Bucket of Balls	<input type="checkbox"/>	Helmets
		Batting T	4	Cones		Protective Screen
<b>Coaches:</b>	2 Coaches Recommended					
<b>Drills Involved:</b>	<i>Bat Sprints (VIDEO DRILL), Drill 007 – Zig Zag, Drill 024 – Balled Up Relays, Drill 025 – Bat Slides, Drill 026 – Partner Popups, Drill 027 – Fielding Ball Blast, Drill 019 – Frisby Football</i>					

1 **Warmup (20 minutes):** The team will do *Drill 032 – Base Bash (on page 71)* for 15 minutes followed by throwing with a partner to warmup their arms.

2 **Throwing & Baserunning (20 minutes):** You will split your team in half – half will go to the baserunning stations and half will start at the throwing stations. They'll each do 2, 5 minute drills at each station and then rotate to the other skill. The Throwing stations will focus on Accuracy, Concentration & Quickness and will do *Drill 007 – Zig Zag (on page 39)* for 5 minutes followed by *Drill 024 – Balled Up Relays (on page 60)*. Meanwhile, the Baserunning stations will focus on Sliding and will do *Drill 025 – Bat Slides (on page 62)* for 5 minutes followed by *Drill 026 – Partner Popups (on page 63)* for 5 minutes.



3 **Fielding (25 minutes):** Your entire team will do *Drill 027 – Fielding Ball Blast (on page 64)*.

4 **Hitting (25 minutes):** Choose 5 different hitting drills and have your players do these hitting drills in whatever space you have within your field, gym or facility. Split your team into 5 groups with one group starting at each drill. Spend 5 minutes per station per group to ensure all of your players get to do each drill before rotating on to the next one.

5 **Game Situations (20 minutes):** The final drill will be *Drill 019 – Frisby Football (on page 52)*.

**NOTE: Pitcher's and Catcher's (30 minutes whenever it fits within the practice plan).** The pitchers will warmup and focus on throwing Inside and Outside locations using only their top 2 pitches plus a changeup, but making sure they work both sides of the plate.

## Practice Plan 005 Explanation

- 1 Warmup (20 minutes):** Practice begins with a 20 minute highly intense conditioning drill that involves the entire team. *Drill 032 – Base Bash (on page 71)* is a great conditioning drill that will really challenge their strength & fitness and give them a good core workout as well.
- 2 Throwing & Baserunning (20 minutes):** Both skills will happen simultaneously and last a total of 20 minutes. They will involve you splitting your team in half – one half will start on the outfield part of the field focusing on sliding, while the other half will focus on their throwing accuracy and quickness on the other half of the field. The Sliding group will do 2 different sliding drills that will each last for 5 minutes. The first drill is called *Drill 025 – Bat Slides (on page 62)* and requires 2 coaches holding the bat so the players can practice their feet first slides. After 5 minutes the entire sliding group will then switch to *Drill 026 – Partner Popups (on page 63)* for 5 minutes. Meanwhile, the Throwing group will start with *Drill 024 – Balled Up Relays (on page 60)* for 5 minutes followed by 5 minutes of *Drill 007 – Zig Zag (on page 39)*. After each group has completed their 2 drills, and 10 minutes is up – then rotate – the Sliding group goes to Throwing and the Throwing group heads for Sliding practice.

Let everyone take a water break at this point

- 3 Fielding (25 minutes):** This entire segment will consist of everyone involved with a single defensive drill called *Drill 027 – Fielding Ball Blast (on page 64)* that really does, blast your team with defensive practice. This drill involves your entire team and takes up your entire field. It looks complicated at first but is a fantastic way to get a tremendous amount of defensive reps that are position specific in a pretty short amount of time. Make sure you have enough balls and or buckets of balls placed near each of the groups to allow maximum number of reps and minimum amount of chasing.
- 4 Hitting (25 minutes):** This hitting practice will involve 5 drills that you select from the *Hitting Drills eBook you received from the NFCA with your membership*. Pick any 5 drills that will help the majority of your players. You can do these drills any place on or around your field. Split your team up into 5 different groups and assign one group to each drill. Players will rotate first within their group to make sure everybody does the drill, and then, after 5 minutes, each group will rotate to the next drill. 5 minutes per drill doing 5 different drills.

- 5 **Game Situations (20 minutes):** The final part of this practice will consist of your entire team doing the [Drill 019 – Frisby Football \(on page 52\)](#). This is a competitive and challenging drill that involves throwing, catching, running and competing.

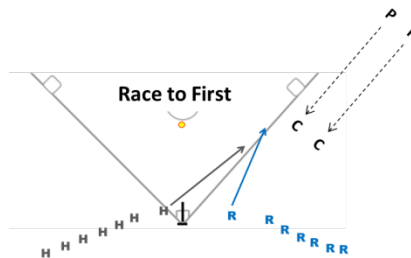
**NOTE:** The **Pitcher's and Catcher's** portion of practice will take about **30 minutes** and can happen at any point within this practice. It doesn't have to happen before or after practice but it can if that's the best time for these players to get in their workout. You'll make that decision based on whether your pitchers and catchers need to be involved in the different drills you have scheduled today and if not, which drills they can miss. The pitchers will warmup and focus on throwing Inside and Outside locations with only their top 2 pitches, including a changeup, while working both sides of the plate. This type of workout helps the pitcher's gain confidence and command with their best stuff, while also helping the catchers get a more accurate sense of which pitches to rely on, on each side of the plate.

## Practice Plan 006

### Practice Summary

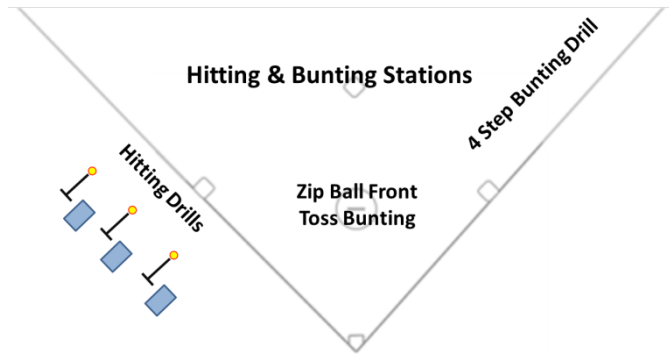
<b>Practice Number</b>	006					
<b>Practice Focus:</b>	Fundamentals					
<b>Duration</b>	2.5 Hours					
<b>Equipment Needed</b>	4	Bases	2	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves
	<input checked="" type="checkbox"/>	Bat(s)	4	Bucket of Balls	<input checked="" type="checkbox"/>	Helmets
	3	Batting T		Cones		Protective Screen
<b>Coaches:</b>	2 Coaches Recommended					
<b>Drills Involved:</b>	<i>Drill 006 – 8 Minutes, Drill 018 – Triangle-Square, Drill 022 – Race to First, Drill 028 – Whistle Leads, Drill 020 – Partner Throws for Time, Drill 024 – Balled Up Relays, Drill 027 – Fielding Ball Blast, Drill 029 – 4 Step Bunting, Beat the Runner (VIDEO RUNNER)</i>					

- 1 Warmup (15 minutes):** Team does *Drill 006 – 8 Minutes (on page 37)* followed by warming up their arms doing the *Drill 018 – Triangle-Square (on page 50)*, while the Pitchers & Catchers warmup off to the side.
- 2 Baserunning, Pitching & Catching (40 minutes):** Focus – Leading Off and Sprinting Through 1<sup>st</sup> Base. The team does *Drill 022 – Race to First (on page 57)* while the Pitchers and Catchers finish warming up (10 minutes maximum). The team now does *Drill 028 – Whistle Leads (on page 66)* with the Pitchers & Catchers doing their actual workout in the middle of the field as part of this drill.



- 3 Throwing (20 minutes):** Focus – on Accuracy and Concentration. The team will first do *Drill 020 – Partner Throws for Time (on page 54)* 3 times, followed by *Drill 024 – Balled Up Relays (on page 60)*.
- 4 Fielding (25 minutes):** Everyone will do *Drill 027 – Fielding Ball Blast (on page 64)* with the Outfielders rotating through to do all Outfield positions in this drill, the Infielders rotating through to do all Infield drills, and the Pitchers and Catchers rotating through to do all the Pitcher and Catcher drills.

- 5 **Hitting & Bunting (20 minutes):** Split your team into 2 groups – one group will go to the Hitting stations and one group will go to the Bunting stations. The hitters group will then split into 3 groups and do 3 Hitting Drills (for a total of 10 minutes). The other half of the team will split into 2 groups and do 2 Bunting Drills for 5 minutes each. The first bunting drill is *Drill 029 – 4 Step Bunting (on page 68)*, and the second bunting drill is bunting Zip Ball® from front toss. When both the hitting and the bunting groups have spent their 10 minutes at their respective stations, then rotate – the hitters go bunt and the bunter go hit.
- 6 **Game Situations (20 minutes):** Your entire team will finish practice with *Drill 013 – Beat the Runner (VIDEO DRILL)*.



## Practice Plan 006 Explanation

- 1 **Warmup (15 minutes):** The first part of practice has the team doing the following 2 drills: *Drill 006 – 8 Minutes (on page 37)* followed by *Drill 018 – Triangle-Square (on page 50)*, while the **Pitcher's & Catcher's** warmup for the next part of practice which will directly involve them. Since the players are using Triangle-Square to warmup their arms be sure they start fairly close together.
- 2 **Baserunning, Pitching & Catching (40 minutes):** This segment combines the pitchers and catchers doing their workout for the day in the middle of a Baserunning drill. The focus is on getting your players to sprint through 1<sup>st</sup> base and getting them to get a good jump on their lead offs. While the Pitchers and Catchers continue warming up, the team will do a baserunning *Drill 022 – Race to First (on page 57)*. This drill takes no more than 10 minutes so the Pitchers need to make sure they're warm by that point. The Pitchers and Catchers will do their actual workout for the day during the next drill, which is a baserunning drill for the entire team, *Drill 028 – Whistle Leads (on page 66)*. The Pitcher's will throw an every-other type workout with their changeup being the pitch they alternate after each of their other pitches. So, it might go like this: riseball, changeup, dropball, changeup, screwball, changeup, fastball, changeup, riseball, changeup...
- 3 **Throwing (20 minutes):** The focus for throwing will be on their accuracy and concentration by forcing them to compete against each other. Your entire team do *Drill 020 – Partner Throws for Time (on page 54)* followed by *Drill 024 – Balled Up Relays (on page 60)*.

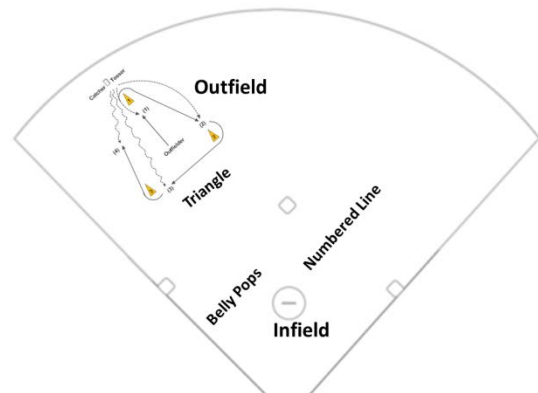
- 4 **Fielding (20 minutes):** Involves the entire team, Pitchers & Catchers included, doing the *Drill 027 – Fielding Ball Blast (on page 64)*. Normally, in this drill you'll have all of your players rotate through all of the Infield and Outfield positions. But today, since we're only doing this drill for 20 minutes, the Outfielders will only rotate through all 3 Outfield positions and the Infielders will only rotate through all the Infield positions. The Pitchers and Catchers will rotate through both of those positions. If certain positions finish early have those players take a water break and get their bats so they're ready for the next part of practice.
  
- 5 **Hitting & Bunting (20 minutes):** This section will involve both skills but your players will be doing stations simultaneously. Split your team in half – one half starts at the Hitting station and one half starts at the Bunting station. Each group stays at their station for 10 total minutes and then switches to the other skill. The Hitting station will consist of 3 Hitting Drills you select from the *Hitting Drills eBook that came with your NFCA membership*. Select 3 drills that will be helpful for the majority of your team, then split this group into 3 smaller groups assigning each a drill. These players will rotate through to all 3 drills within their 10 minutes so they won't stay at any one drill more than 3 minutes. Meanwhile, the Bunting group is split into 2 groups and they'll be doing 2 different bunting drills simultaneously. Each drill will last 5 minutes and then they'll rotate to the other bunting drill. The two bunting drills are: *Drill 029 – 4 Step Bunting (on page 68)* and bunting Zip Balls<sup>®</sup> that are tossed by a coach from front toss. After 10 minutes and all the groups have rotated within the drills at their station, the groups will rotate with the Hitting group going to the Bunting stations and the Bunting groups going to the Hitting Stations – again, for another 10 minutes.
  
- 6 **Game Situations (20 minutes):** Practice ends with your entire team *doing Drill 013 – Beat the Runner (VIDEO DRILL)*. Be sure that everyone gets a chance to hit and play defense (just maybe not in their #1 position the entire time).

## Practice Plan 007

### Practice Summary

<b>Practice Number</b>	007					
<b>Practice Focus:</b>	Fundamentals					
<b>Duration</b>	2.0 Hours					
<b>Equipment Needed</b>	4	Bases	1	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves
	<input checked="" type="checkbox"/>	Bat(s)	3	Bucket of Balls	<input checked="" type="checkbox"/>	Helmets
	5	Batting T	3	Cones		Protective Screen
	If you don't have 5 Batting T's, then select a couple Hitting Drills that don't involve T's.					
<b>Coaches:</b>	2 Coaches Recommended					
<b>Drills Involved:</b>	<i>Drill 016 – Team Tag, Drill 030 – 2 and Stop, Drill 007 – Zig Zag, Belly Pops (VIDEO DRILL), Drill 003 – Triangle, Drill 031 - Scatter, Beat the Runner (VIDEO DRILL), Drill 014 – First to 10</i>					

- 1 Warmup (10 minutes):** The entire team will play *Drill 016 – Team Tag (on page 48)* for 10 minutes.
- 2 Baserunning (20 minutes):** Focus – Taking Extra Bases. Everyone will do *Drill 030 – 2 and Stop (on page 69)*.
- 3 Throwing (20 minutes):** Focus – Quick Feet and Concentration. The entire team will do *Drill 007 – Zig Zag (on page 39)*.
- 4 Fielding (20 minutes):** The **Infielders** and **Outfielders** will split, with the **Infielders** first doing *Drill 009 – Numbered Line (on page 40)* for 10 minutes followed by *Drill 008 – Belly Pops (VIDEO DRILL)* for 10 more minutes, while the **Outfielders** do *Drill 003 – Triangle (on page 31)* the entire 20 minutes.
- 5 Hitting (25 minutes):** You will select 5 Hitting Drills from the Hitting Drills eBook divide your team into 5 groups and assign one group per drill. Each group will spend 5 minutes at each drill making sure that everyone in the group gets equal time or reps, before rotating to the next drill.
- 6 Game Situations (20 minutes):** The final section of practice will put your team into various game-like situations by using two different drills, for 10 minutes each. First, your team will do *Drill 031 - Scatter (on page 70)*, followed by *Drill 013 – Beat the Runner (VIDEO DRILL)*.



**NOTE: Pitcher's and Catcher's (40 minutes)** whenever it fits within the practice plan). The pitchers will warmup and then compete against their catchers playing [Drill 014 – First to 10 \(on page 46\)](#). Following that game, they will alternate pitching 2 of each of their pitches followed by 1 of each pitch for the remainder of the time.

## Practice Plan 007 Explanation

- 1 Warmup (10 minutes):** The first part of practice is a 10 minute warmup that will start with the whole team doing [Drill 016 – Team Tag \(on page 48\)](#). You'll need helmets for this drill so make sure you have them out and ready for quick access by the players that need them.
- 2 Baserunning (20 minutes):** The Focus of the Baserunning portion of practice is helping your players Take Extra Bases and they'll practice this by doing [Drill 030 – 2 and Stop \(on page 69\)](#). Your team will need their gloves, helmets and you'll need a bat and some balls. If it's the first time your team has done this drill it can seem kind of confusing, but help them remember that: Hitters always just run to 1<sup>st</sup> base, and once you're on base, you stay on base and you always run 2 bases and then stop.
- 3 Throwing (20 minutes):** The Focus here is Quick Feet and Concentration and your entire team will practice this by doing the [Drill 007 – Zig Zag \(on page 39\)](#). Let them start closer together to help give them time to warmup their arms, and then you can move them a little farther apart. The closer they are, the quicker they need to be with their hands and feet.
- 4 Fielding (20 minutes):** The Fielding part of practice will involve splitting up your **Infielders** and **Outfielders** with the **Infielders** on the dirt (if outside) first doing [Drill 009 – Numbered Line \(on page 40\)](#) for 10 minutes followed by [Drill 008 – Belly Pops \(VIDEO DRILL\)](#) for 10 more minutes. Meanwhile the **Outfielders** will do [Drill 003 – Triangle \(on page 31\)](#) the entire 20 minutes. Both Numbered Line and Triangle involve a coach so be sure you split up and know which coach will take which drill, and have your equipment ready to go.
- 5 Hitting (25 minutes):** The hitting portion of practice will last 25 minutes and since the focus of this practice is on the Fundamentals you'll **select 5 Hitting Drills** from the *Hitting Drills eBook that came with your NFCA membership* that will pretty much work for everyone on your team to help them improve in some specific area of their swing. Divide your team into 5 groups and assign one group per drill. Each group will spend 5 minutes at each drill making sure that everyone in the group gets equal time or reps, before rotating to the next drill. As coaches, avoid locking yourself into one drill and instead, be free to roam between the drills helping and encouraging your players.

6 **Game Situations (20 minutes):** The final section of practice will put your team into various game-like situations by using two different drills, for 10 minutes each. First, your team will do *Drill 031 - Scatter (on page 70)*, followed by *Drill 013 – Beat the Runner (VIDEO DRILL)*. Since this section is only 20 minutes total, keep an eye on the clock so you don't run over, and have all of your equipment ready to go.

**NOTE** The Pitcher's and Catcher's portion of practice will take about **40 minutes** and can happen at any point within this practice. It doesn't have to happen before or after practice but it can if that's the best time for these players to get in their workout. You'll make that decision based on whether your pitchers and catchers need to be involved in the different drills you have scheduled today and if not, which drills they can miss. The pitchers will warmup and then compete against their catchers playing *Drill 014 – First to 10 (on page 46)*. Following that game, they will alternate pitching 2 of each of their pitches followed by 1 of each pitch (including changeups) for the remainder of the time.

## Practice Plan 008

### Practice Summary

<b>Practice Number</b>	008					
<b>Practice Focus:</b>	Game Strategy					
<b>Duration</b>	2.0 Hours					
<b>Equipment Needed</b>	4	Bases	2	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves
	<input checked="" type="checkbox"/>	Bat(s)	2	Bucket of Balls	<input checked="" type="checkbox"/>	Helmets
	4	Batting T	2	Cones	1	Protective Screen
	Enter additional text here					
<b>Coaches:</b>	2 Coaches Recommended					
<b>Drills Involved:</b>	<i>Drill 032 – Base Bash, Drill 024 – Balled Up Relays, Drill 033 – Double Downs, Drill 031 - Scatter, Drill 011 – Balls on the Ground</i>					

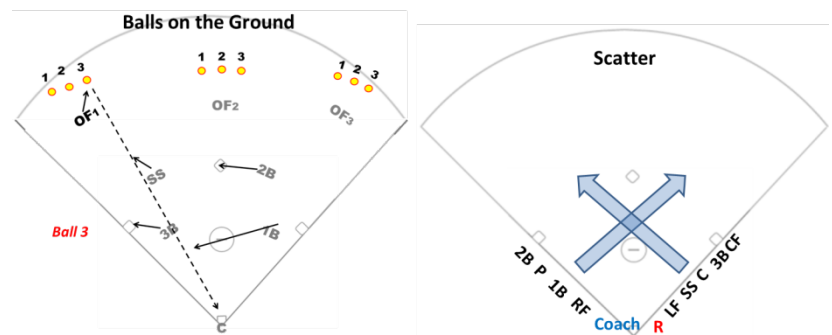
**1 Warmup (20 minutes):** Your team will all do *Drill 032 – Base Bash (on page 71)* and then warmup throwing. Once warm, they'll all do *Drill 024 – Balled Up Relays (on page 60)*.

**2 Fielding (20 minutes):** The Fielding portion of practice will involve the entire team doing *Drill 033 – Double Downs (on page 73)*. This will also help the pitchers get warm for their Pitching & Catching segment of practice.

**3 Hitting (40 minutes):** You'll split your team up into 4 groups and do the *Drill 004 – 4 Part Batting Practice (on page 33)*.



**4 Game Situations (40 minutes):** You'll do 2 different drills in this section, both involving your entire team. First you'll do *Drill 011 – Balls on the Ground (on page 42)* followed by the game *Drill 031 - Scatter (on page 70)*.



**NOTE: Pitchers & Catchers (45**

**minutes** whenever it fits within your practice plan): The pitchers will warmup and then work on first their High and Low locations followed by their In and Out.

## Practice Plan 008 Explanation

- 1 Warmup (20 minutes):** Your team will all do *Drill 032 – Base Bash (on page 71)* and after taking a break to get some water and catch their breath, they'll grab their gloves and get into pairs to warmup throwing. Make sure they place their gloves out on the field along with a bucket of balls prior to doing the Base Bash so they can find them quickly and easily and begin warming up their arms. Once warm, they'll all do *Drill 024 – Balled Up Relays (on page 60)*.
- 2 Fielding (20 minutes):** The Fielding portion of practice will involve the entire team *doing Drill 033 – Double Downs (on page 73)*. This will also help the pitchers get warm for their Pitching & Catching segment of practice so make sure you have an idea which defensive players you want starting out on defense so the other ones can become runners. Switch in your backup infielders to make sure they also get time doing rundowns. If the pitcher's don't feel warm enough to throw from the full distance then let them remind them to start out throwing slower and also move up closer to start the drill.
- 3 Hitting (40 minutes):** The hitting portion of practice will last 40 minutes and will involve the *Drill 004 – 4 Part Batting Practice (on page 33)*. You'll split your team up into 4 groups for this drill and be sure you put out any Batting T's or other hitting drill equipment needed to help make setup quick and easy. For the hitting drills portion of this drill you'll **select 3-4 Hitting Drills** from the *Hitting Drills eBook that came with your NFCA membership* that will pretty much work for everyone on your team to help them improve in some specific area of their swing. As coaches, have one of you do front toss for the live hitting station and allow the other coach to be free to roam to allow her/him to instruct, help and encouraging your players.
- 4 Game Situations (40 minutes):** This section involves your team doing 2 different drills and both involving your entire team. First you'll do *Drill 011 – Balls on the Ground (on page 42)* followed by the game *Drill 031 - Scatter (on page 70)*. The outfielders that start out on defense for the Balls on the Ground drill will each bring out 3 balls to place along the fence or the gym wall if you're inside. This just helps speed up the drill set-up. If you don't have a regulation fence where you're practicing, then place a line of cones out to identify the outfield fence.

**NOTE:** The **Pitcher's and Catcher's** portion of practice will take about **45 minutes** and can happen at any point within this practice. It doesn't have to happen before or after practice but it can if that's the best time for these players to get in their workout. You'll make that decision based on whether your pitchers and catchers need to be involved in the different drills you have scheduled today and if not, which drills they can miss. The pitchers will warmup and then focus on their High and Low locations by throwing 3 of each High pitch, then 3 of each Low pitch, followed by 1 of each High pitch and then 1 of each Low pitch. They will go through this High and Low rotation 3 times and then focus on the Inside and Outside locations by throwing 3 of each In pitch followed by 3 of each Outside pitch. Then follow

those up with 1 of each Inside pitch and then 1 of each Outside pitch. Again, they'll go through this 3 times and then they're finished for the day. Catchers will work on giving signals for the specific pitch and then practicing framing.

## Practice Plan 009

### Practice Summary

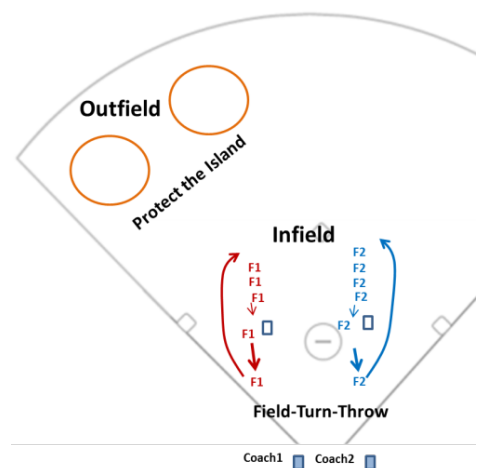
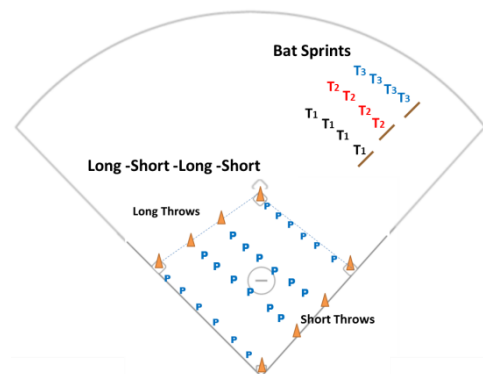
<b>Practice Number</b>	009					
<b>Practice Focus:</b>	Competition					
<b>Duration</b>	2.0 Hours					
<b>Equipment Needed</b>	4	Bases	2	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves
	<input checked="" type="checkbox"/>	Bat(s)	4	Bucket of Balls	<input checked="" type="checkbox"/>	Helmets
	3	Batting T	10	Cones		Protective Screen
	If you don't have 3 coaches you can use 2 coaches and 1 player. And, if your 10 cones don't all have to be the same size. If you don't have 10 mix cones & buckets.					
<b>Coaches:</b>	3 Coaches Recommended					
<b>Drills Involved:</b>	<i>Bat Sprints (VIDEO DRILL), Drill 017 – Long-Short-Long-Short, Drill 021 – Take a Seat, Drill 034 – Field-Turn-Throw, Drill 010 – Protect the Island, Drill 004 – 4 Part Batting Practice, Drill 005 – Home or Second.</i>					

**1 Warmup (25 minutes):** Warmup will start with the whole team being split up into 3 teams and doing 3 rounds of **Drill 002 – Bat Sprints (VIDEO DRILL)** followed by everyone warming up their throwing arms and then **Drill 017 – Long-Short-Long-Short (on page 49)**.

**2 Throwing (20 minutes):** Focus – Accuracy Under Pressure. Your entire team will do the **Drill 021 – Take a Seat (on page 55)**.

**3 Fielding (20 minutes):** The Infield and Outfield will split up and each do separate drills to work on specific skills. The Infield will Focus on Throwing Out the Lead Runner by doing **Drill 034 – Field-Turn-Throw (on page 75)** while the Outfield Focuses on Communication by doing the **Drill 010 – Protect the Island (on page 41)**. They'll each do their specific drill for 20 minutes.

**4 Hitting & Baserunning (40 minutes):** This portion of practice will involve splitting your team up into 4 groups and doing **Drill 004 – 4 Part Batting Practice (on page 33)**. This becomes competitive by counting points during the Live portion (+1 for a groundball, +3 for a linedrive and -2 for a popup). Every hitter counts their own points and adds them to their group total. The group with the most points wins!



- 5 Competitive Games (25 minutes):** Everyone will do the *Drill 005 – Home or Second (on page 35)* to finish practice - again, focusing on the competitive nature of the drill.

**NOTE: Pitchers & Catchers (30 minutes)** whenever it fits within your practice plan): The pitchers will warmup and then together with the catchers will practice their Intentional Walks and Pitchouts. That includes signals from the catchers, positioning in the box and actual pitch/play execution.

## Practice Plan 009 Explanation

- 1 Warmup (25 minutes):** Warmup will start by splitting your team into 3 teams to do 3 rounds of *Drill 002 – Bat Sprints (VIDEO DRILL)*. Make this even more competitive by turning it into a Bat Sprints tournament – the first round determines 1 team in the finals and the second round determines the other team. The third round will serve as the finals between the top 2 teams. As they're doing Bat Sprints place the cones out for Long-Short to quicken the transition time. Then have them split into pairs to warmup throwing. After warming up, you can either let them stay in those same pairings or change them since they'll need to be in pairs again to do *Drill 017 – Long-Short-Long-Short (on page 49)*. Be sure you start close together until their arms are warm and then move them farther apart.
- 2 Throwing (20 minutes):** The focus is on Throwing Accuracy Under Pressure. Your entire team will do the *Drill 021 – Take a Seat (on page 55)*. To help speed up the set-up, once you've split your team up into either 4 or 5 groups, have the players starting out on the buckets bring their bucket out with them. Each group is responsible for getting 3 balls and placing them on the starting line while you place the cones out for the 8 to 10 foot line.
- 3 Fielding (20 minutes):** The Infield and Outfield will split up and each do separate drills to work on specific skills. The Infield will Focus on Throwing Out the Lead Runner by doing *Drill 034 – Field-Turn-Throw (on page 75)* while the Outfield Focuses on Communication by doing the *Drill 010 – Protect the Island (on page 41)*. They'll each do their specific drill for 20 minutes. You'll need 3 coaches for this drill since 2 coaches are needed to hit groundballs during the Field-Turn-Throw drill and at least one is needed for Protect the Island. But, if you only have 2 coaches then use players to throw the balls into the Islands for the Outfielders.
- 4 Hitting & Baserunning (40 minutes):** This portion of practice will involve splitting your team up into 4 groups and doing *Drill 004 – 4 Part Batting Practice (on page 33)*. This becomes competitive by having each player count her own points during her Live hitting. Every contact is some sort of point: +1 for a groundball, +3 for a linedrive and -2 for a popup. Every hitter is responsible for counting her own points and the group is responsible for adding up their group total. The group with the most points wins!

- 5 **Competitive Games (25 minutes):** Practice ends with everyone doing the *Drill 005 – Home or Second (on page 35)*. Again, focus on the competitive nature of this drill.

**NOTE:** The **Pitcher's and Catcher's** portion of practice will take about **30 minutes** and can happen at any point within this practice. It doesn't have to happen before or after practice but it can if that's the best time for these players to get in their workout. You'll make that decision based on whether your pitchers and catchers need to be involved in the different drills you have scheduled today and if not, which drills they can miss. The pitchers will warmup and then together with the catchers will practice their Intentional Walks and Pitchouts. That includes signals from the catchers, positioning in the box and actual pitch/play execution.

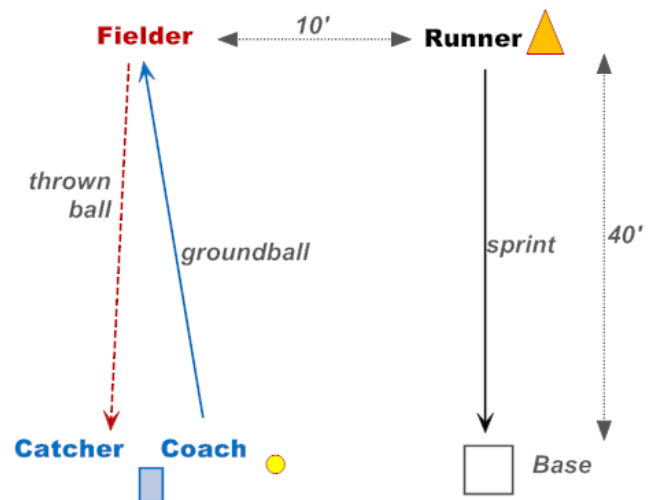
## Drill 001 – Rapid Fire

### Drill Summary

<b>Drill Nbr - Name</b>	001 – Rapid Fire					
<b>Focus:</b>	<input checked="" type="checkbox"/> Baserunning	<input checked="" type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input checked="" type="checkbox"/> Throwing	<input type="checkbox"/> Warmup	
	<input type="checkbox"/> Bunting	<input checked="" type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Sliding		
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding	<input type="checkbox"/> Team Defense		
	<input checked="" type="checkbox"/> Competition	<input checked="" type="checkbox"/> Infield	<input type="checkbox"/> Team Defense			
<b>Time:</b>	15 - 20 Minutes					
<b>Purpose:</b>	Fielding and throwing under the pressure of trying to beat a runner					
<b>Equipment:</b>	1	Bases		Bucket - Empty	<input checked="" type="checkbox"/>	Gloves
	<input checked="" type="checkbox"/>	Bat(s)	1	Bucket of Balls	<input type="checkbox"/>	Helmets
		Batting T	1	Cones		Protective Screen
<b>Space Required:</b>	Infield or Gym					
<b>Min # of Players:</b>	4 Players					

### Drill Setup

Players are divided into 3 groups: one group will catch thrown balls, one will field groundballs and one group will run. One player from each group will start in position as follows: a player with a glove stands beside the coach to catch thrown balls, one fielder stands directly in line facing the coach and to the side of the cone (about 10 feet to the side of the cone). One Runner will stand next to the cone, facing and directly in line with the base. The coach, with a bat and a ball (a bucket of balls near the coach), will stand in-line with the base (about 10 feet away), the catcher stands near the coach. The cone is about 40 feet from the base.



### How the Drill Works:

- This is a quickness drill.
- As soon as the Coach hits a groundball to the Fielder, the Runner sprints toward the base.
- The Fielder must field the ball and throw it back to the Catcher BEFORE the Runner reaches the base.
- First one to do so wins! So for each groundball, either the Fielder or the Runner wins.

- To make this more challenging, have each group compete against the other 2. The group with the most points at the end of 10 minutes wins.
- Each player goes to the end of their group when they finish either running, fielding or catching. When each player in the group has gone, then rotate groups so each group goes to all 3 positions.

**NOTE:** The distance of the base from the cone can be changed – the closer together the faster the fielder must field and throw. Change distances once your players have had some success with the 40 foot distance or to practice for a specific upcoming opponent whose runners might be either really fast or really slow.

## Drill 003 – Triangle

### Drill Summary

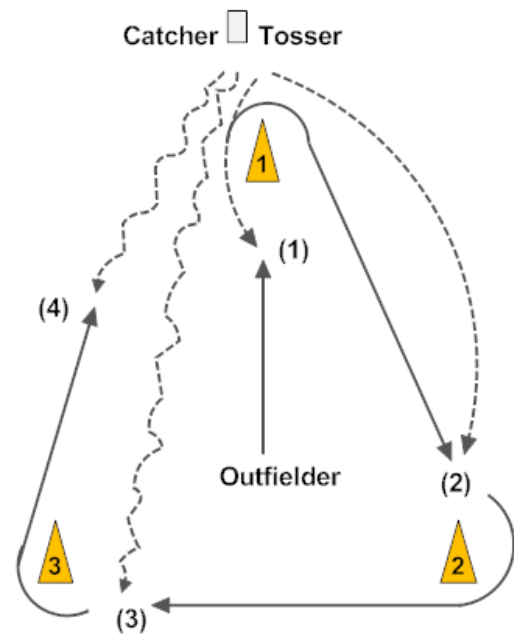
<b>Drill Nbr - Name</b>	003 – Triangle							
<b>Focus:</b>	<input type="checkbox"/> Baserunning	<input checked="" type="checkbox"/> Fielding	<input checked="" type="checkbox"/> Outfield	<input checked="" type="checkbox"/> Throwing	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Warmup
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding		<input type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense	
<b>Time:</b>	15 - 20 Minutes							
<b>Purpose:</b>	Give your outfielders work on all types of long & short flyballs and groundballs.							
<b>Equipment:</b>	<input type="checkbox"/> Bases		Bucket - Empty	<input checked="" type="checkbox"/>	Gloves			
	<input type="checkbox"/> Bat(s)	1	Bucket of Balls	<input type="checkbox"/>	Helmets			
	<input type="checkbox"/> Batting T	3	Cones		Protective Screen			
<b>Space Required:</b>	Outfield or Gym							
<b>Min # of Players:</b>	3 Players							

### Drill Setup

This drill involves all of your outfielders with one acting as the Catcher and standing next to the coach, who serves as the Tosser. Place 3 cones in a triangle formation about 25-30 feet apart as shown. The farther apart the cones, the more difficult the drill becomes. The Tosser and Catcher will be in front of cone 1 with the bucket of balls between them. The outfielder up first gets in the middle of the cone triangle (closer to cones 2 & 3) with the remaining outfielders off to the side.

### How the Drill Works:

- The coach is the Tosser and stands behind cone 1 with the bucket of ball, facing the Outfielder in the middle of the cones. The Catcher stands beside the Tosser (Coach).
- The Tosser starts by tossing a short flyball to force the Outfielder to come in and make a shoestring or diving catch. The Outfielder then quickly throws the ball back to the catcher and looks for the next throw.
- The Tosser then throws a long flyball toward cone 2 and the Outfielder races to make an over-the-shoulder catch, throwing the ball back to the Catcher after the catch.



- The Outfielder then runs toward cone 3 and the Tosser throws a groundball near cone 3 that the Outfielder fields and quickly throws back to the Catcher.
- The Outfielder then races around cone 3 heading towards cone 4 and the tosser throws another groundball, this time directly at the Outfielder, who fields it and throws back to the Catcher.
- The Outfielder then goes to the end of the line and the fielder that has been the Catcher now goes into the middle of the Triangle and the drill is repeated.
- Be sure your outfielders take their time and set their feet after fielding the balls to ensure they make good throws.

**Note:** You can make the final ball to the Outfielder and line drive instead of a groundball. And, to make this a conditioning drill, move the cones farther apart.

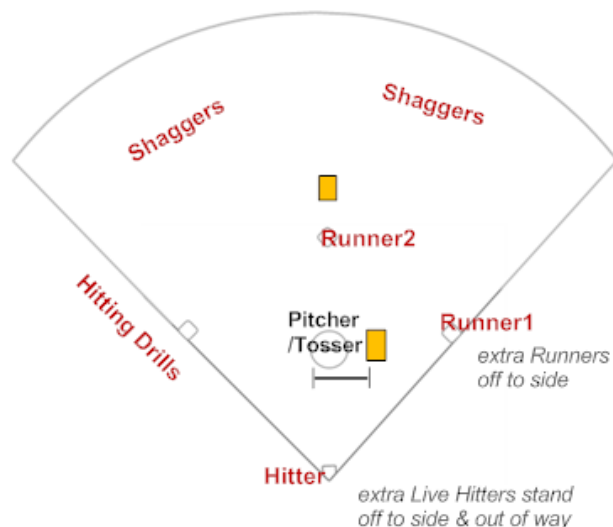
## Drill 004 – 4 Part Batting Practice

### Drill Summary

<b>Drill Nbr - Name</b>	004 – 4 Part Batting Practice							
<b>Focus:</b>	<input checked="" type="checkbox"/> Baserunning	<input checked="" type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input type="checkbox"/> Throwing	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Warmup
	<input type="checkbox"/> Catching	<input checked="" type="checkbox"/> Hitting	<input type="checkbox"/> Sliding		<input type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense	
<b>Time:</b>	40+ Minutes							
<b>Purpose:</b>	Let all of your players get live hitting, hitting drills and baserunning in 40 minutes							
<b>Equipment:</b>	4	Bases	1	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves		
	<input checked="" type="checkbox"/>	Bat(s)	1	Bucket of Balls	<input checked="" type="checkbox"/>	Helmets		
	2	Batting T		Cones	1	Protective Screen		
	The number of Batting T's you'll need will depend on the Hitting Drills you select from the Hitting Drills eBook, so be sure to plan those out ahead of time.							
<b>Space Required:</b>	Entire Field or Entire Gym							
<b>Min # of Players:</b>	10 Players							

### Drill Setup

Divide your team into 4 groups as equal as possible (numbers-wise); one group will be Shagging balls in the outfield (with their gloves on), one group will be Runners (with their helmets on), one group will be Live Hitting off of front toss or pitching (with helmets on), and one group will be working on Hitting Drills. You will need a pitcher or someone to front toss. This person stands behind the protective screen on or near the pitching rubber with a bucket of balls. Place an empty bucket in the outfield just beyond 2<sup>nd</sup> base. One runner will start on 2<sup>nd</sup> base and one will start on 1<sup>st</sup> base. The extra runners will be off to the side of 1<sup>st</sup> base in foul territory. One of the players from the Live Hitting group will start in the batter's box hitting while the other players in that group stand back, off to the side and out of the way. The Hitting Drills group works in a location that makes them safe from hit balls, fair or foul. Select 3 to 4 hitting drills from the Hitting Drills eBook you received from the NFCA as part of your membership. Just make sure you have the equipment for the drills you select.



### How the Drill Works:

- Once your team is split into 4 fairly even groups, send one group into the outfield to become the Shaggers, one group becomes the Runners, one group becomes the Live Hitters and the final group goes off to the side to work on Hitting Drills.
- **Hitting Drills** - players work on swing mechanics using 4 drills that you like or that you've selected from the Hitting Drills eBook. Select drills that the majority of your team need to work on.
- **Live Hitting** – each player gets 5 pitches (not 5 swings) and then rotates within the group until their 10 minutes is up.
- **Baserunning** – one player starts at 1<sup>st</sup> base and another player at 2<sup>nd</sup>. The remaining players are off to the side of the field by 1<sup>st</sup> base watching the hitter to avoid being hit by a foul ball. The runners work on their timing leaving the base with the pitch or toss. They then run on to the next base and then rotate back into the line and repeat.
- **Shagging** – these players spread out, chase hit balls and put them into the empty bucket behind 2<sup>nd</sup> base. Once that bucket is full they dump those balls into the bucket beside the Pitcher/Tosser.
- Each group stays at each station for 10 minutes, making sure to rotate within the group to ensure that all players have a chance to do all things within that group within their 10 minutes.
- Once 10 minutes is up, the groups rotate as follows: Live Hitting to Baserunning, Baserunning to Shagging, Shagging to Hitting Drills and Hitting Drills to Live Hitting.

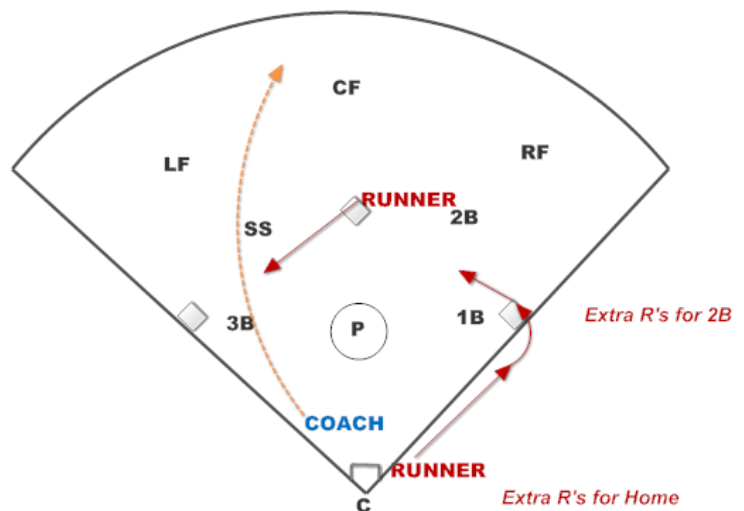
## Drill 005 – Home or Second

### Drill Summary

<b>Drill Nbr - Name</b>	005 – Home or Second							
<b>Focus:</b>	<input checked="" type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input checked="" type="checkbox"/> Outfield	<input type="checkbox"/> Throwing	<input type="checkbox"/> Bunting	<input checked="" type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Warmup
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding	<input type="checkbox"/> Team Defense	<input checked="" type="checkbox"/> Competition	<input checked="" type="checkbox"/> Infield	<input checked="" type="checkbox"/> Team Defense	
<b>Time:</b>	25 - 30 Minutes							
<b>Purpose:</b>	Helping Team Defense learn when to throw the runner out at home and when to throw the runner out at second.							
<b>Equipment:</b>	4	Bases	1	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves		
	<input checked="" type="checkbox"/>	Bat(s)	1	Bucket of Balls	<input checked="" type="checkbox"/>	Helmets		
		Batting T		Cones		Protective Screen		
<b>Space Required:</b>	Entire Field or Entire Gym							
<b>Min # of Players:</b>	12 Players							

### Drill Setup

Split your team into 2 groups; one will start on defense (with their gloves on) while the other will start as runners on offense (with helmets on). The defensive players go to their defensive positions including pitcher and catcher – making sure that all positions are covered. The runner’s group splits up with one group near Home and the other group near 1<sup>st</sup> base coach’s box. These groups are the extra runners. One Runner from group near Home gets into the batter’s box, and one Runner from group near 1<sup>st</sup> gets on 2<sup>nd</sup> Base.



### How the Drill Works:

- The Coach hits a ball anywhere into the outfield and the runner at Home takes off toward 1<sup>st</sup> trying to get all the way to 2<sup>nd</sup> base if possible.
- The runner at 2<sup>nd</sup> base goes to 3<sup>rd</sup> if possible and tries to score if the type of hit allows.
- The runners get +1 every time they get a runner to 2<sup>nd</sup> base and +2 every time they get a runner home.
- The defense gets +1 every time they keep the runner from getting to 2<sup>nd</sup> and +2 every time they keep the runner at 2<sup>nd</sup> from scoring. Exchange players when needed.
- At the half-way point switch so defense goes to run and runners go to defense.

- The team with the most points (offense or defense) wins!

**NOTE:** It's not mandatory for you to have 18 players, or divide your team into 2 teams of 9 in order to do this drill. Have your players fill as many defensive positions as possible and then work to cover ground or bases if not enough players. Also, this is a great way for your players to practice playing their second or even third position.

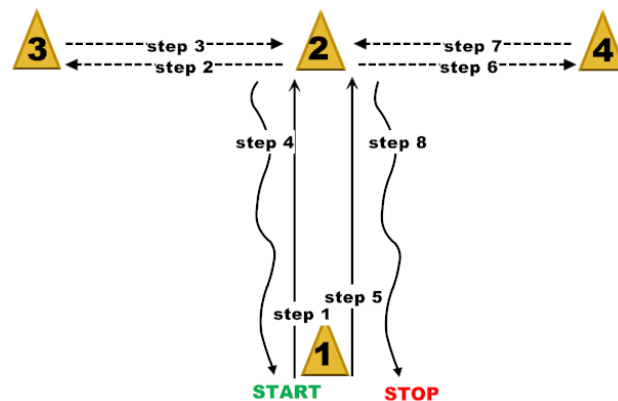
## Drill 006 – 8 Minutes

### Drill Summary

<b>Drill Nbr - Name</b>	006 – 8 Minutes				
<b>Focus:</b>	<input type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input type="checkbox"/> Throwing	<input type="checkbox"/> Warmup
	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input checked="" type="checkbox"/>	
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding		
	<input type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense		
<b>Time:</b>	Less than 10 Minutes				
<b>Purpose:</b>	Footwork, agility, change of direction and conditioning				
<b>Equipment:</b>	<input type="checkbox"/> Bases	<input type="checkbox"/> Bucket - Empty	<input type="checkbox"/> Gloves		
	<input type="checkbox"/> Bat(s)	<input type="checkbox"/> Bucket of Balls	<input type="checkbox"/> Helmets		
	<input type="checkbox"/> Batting T	4	Cones		Protective Screen
<b>Space Required:</b>	Infield or Gym				
<b>Min # of Players:</b>	4 Players				

### Drill Setup

Your entire team does this drill with one player at-a-time sprinting and shuffling back and forth between the 4 cones (or buckets if you either don't have cones or don't have enough of them). Place each cone about 12 to 15 feet apart in a T pattern as shown in the diagram.



### How the Drill Works:

- **Step 1** – Players go one-at-a-time and begin at Cone 1. Lying on her back the first player jumps and sprints to Cone 2 directly in front of her.
- **Step 2** – She then shuffles sideways to her left to Cone 3.
- **Step 3** – At Cone 3 she turns & faces the other direction and side shuffles back to Cone 2 in the middle.
- **Step 4** – At Cone 2 she back pedals back to cone 1 (same place she started).
- **Step 5** – She then sprints back to Cone 2.
- **Step 6** – At cone 2 she side shuffles right to Cone 4.
- **Step 7** – At cone 4 she side shuffles back to Cone 2.
- **Step 8** – Then she back pedals to Cone 1 (where she started), and she's finished (for now).
- Players go immediately after the player in front of them has started. So once the first player has sprinted out to Cone 2 the next player in line can go. Just make sure your players that are sprinting watch out for the players that are back pedaling.

- This continues for 8 solid minutes

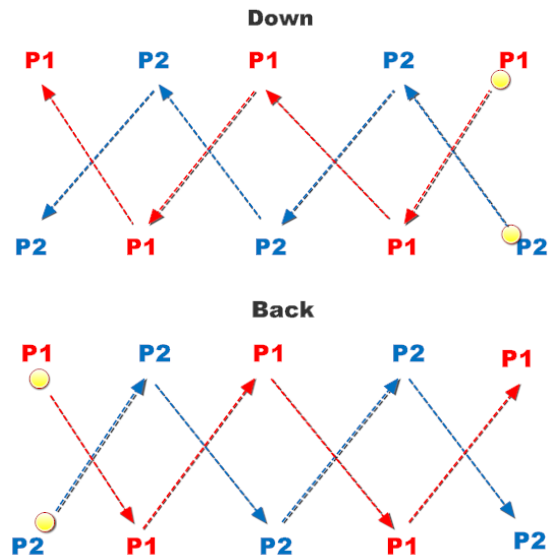
## Drill 007 – Zig Zag

### Drill Summary

<b>Drill Nbr - Name</b>	007 – Zig Zag				
<b>Focus:</b>	<input type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input checked="" type="checkbox"/> Throwing	<input checked="" type="checkbox"/> Warmup
	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/>	<input type="checkbox"/>
	<input checked="" type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding	<input type="checkbox"/>	<input type="checkbox"/>
	<input checked="" type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense	<input type="checkbox"/>	<input type="checkbox"/>
<b>Time:</b>	Less than 10 Minutes				
<b>Purpose:</b>	Throwing and Catching under pressure, plus focus and concentration				
<b>Equipment:</b>	Bases	Bucket - Empty	<input checked="" type="checkbox"/> Gloves		
	<input type="checkbox"/> Bat(s)	1	Bucket of Balls	<input type="checkbox"/> Helmets	
	Batting T	Cones	Protective Screen		
	You only need 2 balls for this drill – not an entire bucket				
<b>Space Required:</b>	Infield or Gym				
<b>Min # of Players:</b>	10 Players				

### Drill Setup

Split your players up into 2 equal lines, facing each other about 15 to 25 feet apart. Everyone has their gloves on. Have one line number off 1, 2, 1, 2, 1, 2 until everyone is either a 1 or a 2. Then do the same for the other line except this time, start with 2 and go 2, 1, 2, 1, 2 until all players have been assigned either a 1 or a 2. Then, have all the 1's raise their hands – 1's WILL ONLY THROW TO 1's. Then have the 2's raise their hands – 2'S WILL ONLY THROW TO 2'S. The first player in each group – the first #1 and the first #2 – will each have a ball (the diagram marked **Down**).



### How the Drill Works:

- When you say Go! the 1's throw the ball down and back to everybody in their line as fast as they can, while the 2's do the same.
- The first group to get the ball all the way down and all the way back in their line wins!
- The key is that each person knows who throws to them and who they throw to. This drill requires focus and concentration in addition to throwing and catching skills.

**NOTE:** Once your players have mastered this drill increase the difficulty by moving the lines closer together or farther apart.

## Drill 009 – Numbered Line

### Drill Summary

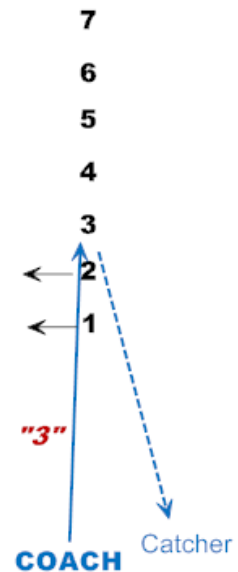
<b>Drill Nbr - Name</b>	009 – Numbered Line							
<b>Focus:</b>	<input type="checkbox"/> Baserunning	<input checked="" type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input type="checkbox"/> Throwing	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Warmup
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding		<input type="checkbox"/> Competition	<input checked="" type="checkbox"/> Infield	<input type="checkbox"/> Team Defense	
<b>Time:</b>	Less than 10 Minutes							
<b>Purpose:</b>	Fielding and throwing under the pressure of thinking, counting and concentrating							
<b>Equipment:</b>	<input type="checkbox"/> Bases	1	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves			
	<input checked="" type="checkbox"/> Bat(s)		Bucket of Balls	<input type="checkbox"/>	Helmets			
	Batting T		Cones		Protective Screen			
<b>Space Required:</b>	Infield or Gym							
<b>Min # of Players:</b>	5 Players							

### Drill Setup

Put your infielders in a single file line facing the coach (just like a normal line for groundballs). The coach, with a bat and a ball stands about 15 feet from the first player in line, and next to the coach is a player with a glove on who will catch thrown balls. Number each position in the line, starting at 1 and going to the last player. What's important about this drill is that THE POSITIONS IN THE LINE ARE NUMBERED AND NOT THE PLAYERS. There will be a position number for as many players as there are players in the line.

### How the Drill Works:

- The coach calls out a number from the line as she/he hits a groundball. The number called is the person who must field the groundball and throw it back to the catcher. The players in front of that number must get out of the way to allow the ball to go through to the person whose number was called.
- After 2 ground balls the line rotates forward one position, #1 will go back to the end of the line and everyone will move forward one position. This also means that everyone's number changes to correspond to their new place in line – remember that the places in line are the numbers and NOT the players!
- This drill is frustrating and confusing at first, so be patient and hit the ball slowly at first. But, it really helps players focus and concentrate while fielding.



**NOTE:** You can do this drill with as few as 5 players but the more players the better the drill. Once your players get used to this drill and the fact that the positions in line are numbered and not the players, then you can have them rotate forward after every groundball.

## Drill 010 – Protect the Island

### Drill Summary

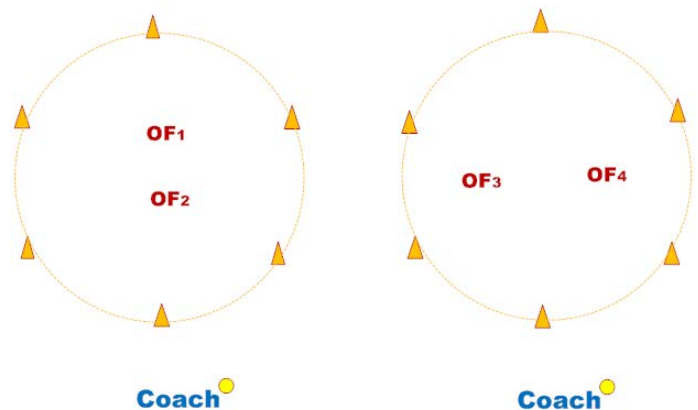
<b>Drill Nbr - Name</b>	010 – Protect the Island				
<b>Focus:</b>	<input type="checkbox"/> Baserunning	<input checked="" type="checkbox"/> Fielding	<input checked="" type="checkbox"/> Outfield	<input type="checkbox"/> Throwing	<input type="checkbox"/> Warmup
	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Sliding	<input type="checkbox"/> Team Defense
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding	<input type="checkbox"/> Team Defense	
	<input checked="" type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense		
<b>Time:</b>	Less than 10 Minutes				
<b>Purpose:</b>	Communication and teamwork while fielding				
<b>Equipment:</b>	<input type="checkbox"/> Bases	1	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves
	<input type="checkbox"/> Bat(s)		Bucket of Balls	<input type="checkbox"/>	Helmets
	<input type="checkbox"/> Batting T	6	Cones		Protective Screen
	Need a bucket of 10 balls per island				
<b>Space Required:</b>	Outfield or Gym				
<b>Min # of Players:</b>	4 Players				

### Drill Setup

Use the cones to make a large circle about 25 to 30 feet in diameter. Then pair up your outfielders into groups of 2, and the first group of 2 will get into the circle (island). Whether the outfielders setup side to side or front to back doesn't matter, that's totally up to them. Outside of the circle is a coach with a bucket of 10 balls.

### How the Drill Works:

- The coach says *Go!* and quickly begins tossing balls, one-at-a-time into the circle.
- The OF's must work together to try and prevent any ball from hitting the ground.
- The coach doesn't wait for the OF's to be ready before tossing in another ball.
- Any ball the OF's catch they just toss to the side out of the circle so they can quickly go again without tripping over any balls.
- The coach will stop tossing if a ball is lying on the ground to prevent injury.
- When all 10 balls have been tossed have the outfielders count up their points and then the next pair steps in and goes.
- Make this a competition by counting points: +1 for every ball they keep from hitting the ground.



**NOTE:** By making the circle bigger it will force the OF's to dive for balls. You can also make this an Infielder and Outfielder communication drill by having each pair consist of 1 infielder and 1 outfielder.

## Drill 011 – Balls on the Ground

### Drill Summary

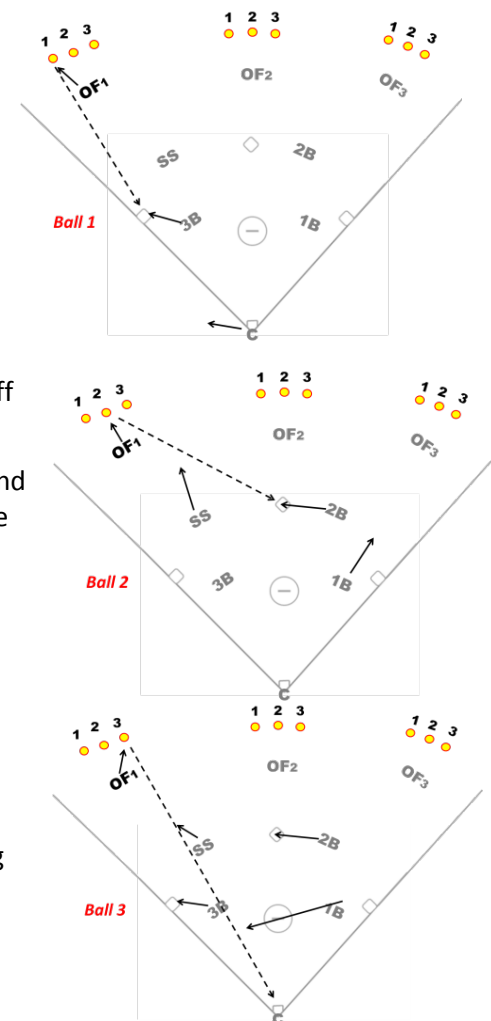
<b>Drill Nbr - Name</b>	011 – Balls on the Ground					
<b>Focus:</b>	<input type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input checked="" type="checkbox"/> Outfield	<input checked="" type="checkbox"/> Throwing	<input type="checkbox"/> Pitching	<input type="checkbox"/> Warmup
	<input type="checkbox"/> Bunting	<input checked="" type="checkbox"/> Game Situations	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding	<input type="checkbox"/> Team Defense	
	<input type="checkbox"/> Catching	<input checked="" type="checkbox"/> Infield				
	<input type="checkbox"/> Competition					
<b>Time:</b>	10 - 15 Minutes					
<b>Purpose:</b>	Outfielder throwing accuracy plus Infield-Outfield teamwork and relays.					
<b>Equipment:</b>	4 Bases	1 Bucket - Empty	<input checked="" type="checkbox"/> Gloves			
	<input type="checkbox"/> Bat(s)	1 Bucket of Balls	<input type="checkbox"/> Helmets			
	Batting T	Cones	Protective Screen			
<b>Space Required:</b>	Entire Field or Entire Gym					
<b>Min # of Players:</b>	8 Players					

### Drill Setup

The defense gets into position with each outfielder having 3 balls on the ground behind her. Infielders and a catcher start out in their defensive positions and will shift once they're involved with the throw or play. All players have their gloves on.

### How the Drill Works:

- When the coach says GO! The first outfielder, OF1, runs back and picks up the first ball (Ball 1) and fires it to the 3<sup>rd</sup> baseman covering 3<sup>rd</sup> base (Ball 1), who then rolls the ball off the field.
- OF1 then sprints back and picks up the middle ball (Ball 2) and throws it to the 2<sup>nd</sup> baseman covering 2<sup>nd</sup> (Ball 2), & rolls the ball off the field.
- OF1 then sprints back and picks up the last ball (Ball 3) and throws it home hitting the catcher in the chest with one bounce (Ball 3), who then rolls ball off the field.
- When the leftfielder has completed all 3 balls the centerfielder goes next followed by the right fielder.
- This is a great drill to help outfielders focus on making good throws and letting the entire team defense practice working together.
- Since the outfielders don't have to worry about fielding hit balls, they can focus more on their throws.



**NOTE:** You can certainly add a Pitcher into this drill to help her know exactly where she goes for backing up duty based on the play.

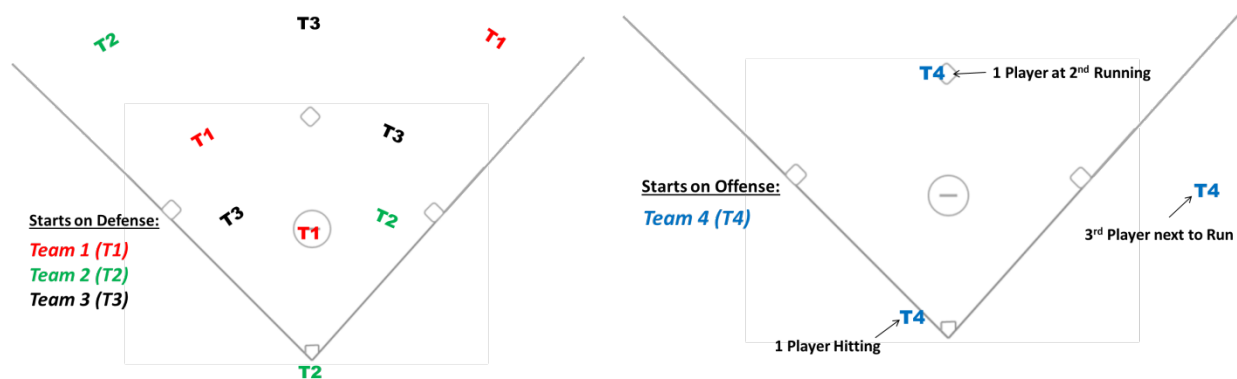
## Drill 012- RBI

### Drill Summary

<b>Drill Nbr - Name</b>	012 – RBI							
<b>Focus:</b>	<input checked="" type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input type="checkbox"/> Throwing	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Warmup
	<input type="checkbox"/> Catching	<input checked="" type="checkbox"/> Hitting	<input type="checkbox"/> Sliding		<input checked="" type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input checked="" type="checkbox"/> Team Defense	
<b>Time:</b>	25 - 30 Minutes							
<b>Purpose:</b>	Hitting and playing under game-like pressure							
<b>Equipment:</b>	4	Bases		Bucket - Empty	<input checked="" type="checkbox"/>	Gloves		
	<input checked="" type="checkbox"/>	Bat(s)	1	Bucket of Balls	<input checked="" type="checkbox"/>	Helmets		
		Batting T		Cones		Protective Screen		
<b>Space Required:</b>	Entire Field or Entire Gym							
<b>Min # of Players:</b>	15 Players							

### Drill Setup

If possible, split your team into teams 4 Teams of 4 (Teams of 5 or more will work, as will teams of less than 4 or uneven teams). These teams of 4 are shown below in the diagram on the left as **Team 1 (T1)**, **Team 2 (T2)**, **Team 3 (T3)** and the diagram on the right as **Team 4 (T4)**. 3 teams combine together and start on defense in any defensive combination. One team starts on offense (**T4**) – placing one player on 2<sup>nd</sup> base as a runner, another player in the batter's box and the 3<sup>rd</sup> player off to the side ready to go in and run at 2nd. Hitting is done either off of live pitching or else front toss if necessary (use a protective screen). All 4 teams compete against each other to see who wins.



### How the Drill Works:

- From the team that is batting (T4), one Player is up and one Player is on 2<sup>nd</sup>. NOTE – all hitters and runners must wear their helmets!
- The Batter tries to score the runner from 2<sup>nd</sup> in an actual game-like at-bat (+2 for each score!), and each batter starts with a 1-1 count.

- Each batter gets 2 at-bats and then becomes the on-deck runner, while the runner at 2<sup>nd</sup> becomes the batter and the on-deck runner goes to 2<sup>nd</sup> base to run.
- After all players on a team have had their 2 at-bats the teams rotate.
- 12 pts max per teams' at-bat
- Rotate so that every team has a chance to be up and play defense both times.
- Players will get a chance to play their second and even third positions, as well as sometimes playing a position they NEVER get to play in a game!
- The team with the most points wins!

## Drill 014 – First to 10

### Drill Summary

<b>Drill Nbr - Name</b>	014 – First to 10				
<b>Focus:</b>	<input type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input type="checkbox"/> Throwing	<input type="checkbox"/> Warmup
	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input checked="" type="checkbox"/> Pitching	<input type="checkbox"/> Sliding	
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Team Defense		
	<input checked="" type="checkbox"/> Competition	<input type="checkbox"/> Infield			
<b>Time:</b>	10 - 15 Minutes				
<b>Purpose:</b>	Pitching for accuracy under pressure				
<b>Equipment:</b>	<input type="checkbox"/> Bases	<input type="checkbox"/> Bucket - Empty	<input checked="" type="checkbox"/> Gloves		
	<input type="checkbox"/> Bat(s)	<input type="checkbox"/> Bucket of Balls	<input type="checkbox"/> Helmets		
	<input type="checkbox"/> Batting T	<input type="checkbox"/> Cones	<input type="checkbox"/> Protective Screen		
	Pitcher just needs 1 ball and a catcher				
<b>Space Required:</b>	Area Along the Fence or Batting Cage				
<b>Min # of Players:</b>	2 Players				

### Drill Setup:

This pitching drill is done in a competitive setting with just one pitcher and one catcher where the pitcher competes against the catcher. The setup involves the pitcher and catcher at their standard pitching distance, and the pitcher already warm. Both players will have their gloves on and they only need 1 ball.

### How the Drill Works:

- This is a competitive drill that focuses on control.
- The catcher calls a pitch and gives the target. If the pitcher hits the target with that pitch the *pitcher* gets +1. If the pitcher misses the target or the pitch doesn't move, the *catcher* gets +1.
- The first player – either the catcher or the pitcher – to 10 points wins!
- Both players act as umpire.

**NOTE:** You want to make sure that “hit the target” is based on the skill level of the pitchers you have. For instance, if you have a VERY skilled pitcher then the pitch must hit the catcher’s glove without it moving. If, on the other hand, you have a young pitcher that isn’t as skilled, you might allow any pitch within a glove width from the target to count as +1 for the pitcher. The grading system has to be challenging, yet possible without becoming discouraging.

## Drill 015 – Lie Downs

### Drill Summary

<b>Drill Nbr - Name</b>	015 – Lie Downs				
<b>Focus:</b>	<input type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input type="checkbox"/> Throwing	<input type="checkbox"/> Warmup
	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Sliding	<input type="checkbox"/> Team Defense
	<input checked="" type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Infield		
	<input type="checkbox"/> Competition				
<b>Time:</b>	Less than 10 Minutes				
<b>Purpose:</b>	Practice quickness from behind the plate to get out and field a bunt for throw to any base				
<b>Equipment:</b>	<input type="checkbox"/> Bases	1	Bucket - Empty	<input type="checkbox"/> Gloves	
	<input type="checkbox"/> Bat(s)		Bucket of Balls	<input type="checkbox"/> Helmets	
	<input type="checkbox"/> Batting T		Cones	<input type="checkbox"/> Protective Screen	
	Can be done with only 3 balls and not an entire bucket				
<b>Space Required:</b>	Infield or Gym				
<b>Min # of Players:</b>	2 Players				

### Drill Setup:

Place 3 balls about 15 in front of home plate (either in the bullpen or on the infield) – one ball toward 3<sup>rd</sup> base, one ball toward 2<sup>nd</sup> base, and one ball toward 1<sup>st</sup> base. The catcher is in her full catching gear, minus her helmet & mask, and lying down face-first behind homeplate. A pitcher or coach is off to the side.



### How the Drill Works:

- The pitcher/coach yells out either “1<sup>st</sup>”, “2<sup>nd</sup>”, or “3<sup>rd</sup>”.
- The catcher gets up and quickly runs out pick up the ball facing that base, and then freezes in her throwing position to that base.
- Both the pitcher/coach and the catcher check to see if the catcher is balanced and if both her feet and her shoulders are facing that base.
- The catcher then puts the ball back on the ground and goes back and lies face-down behind homeplate.
- The drill is repeated until all bases have been called a number of times.



**NOTE:** Avoid calling the bases in predictable order to prevent the catcher from guessing where she should go instead of reacting to the call since this is a reaction and quickness drill.

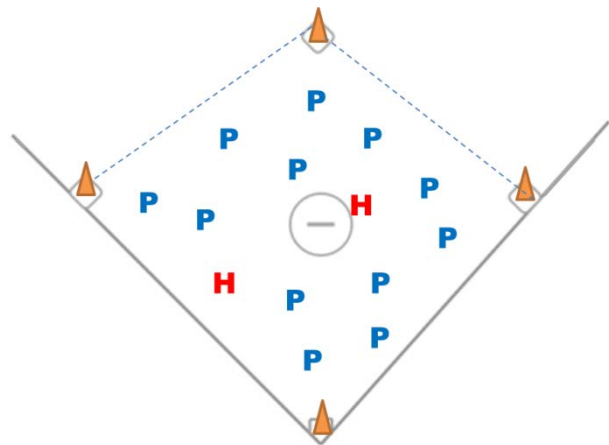
## Drill 016 – Team Tag

### Drill Summary

<b>Drill Nbr - Name</b>	016 – Team Tag				
<b>Focus:</b>	<input type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input type="checkbox"/> Throwing	<input type="checkbox"/> Warmup
	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input checked="" type="checkbox"/> Warmup	
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding		
	<input checked="" type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense		
<b>Time:</b>	Less than 10 Minutes				
<b>Purpose:</b>	Conditioning, change of direction, agility, fun				
<b>Equipment:</b>	<input type="checkbox"/> Bases	<input type="checkbox"/> Bucket - Empty	<input type="checkbox"/> Gloves		
	<input type="checkbox"/> Bat(s)	<input type="checkbox"/> Bucket of Balls	<input checked="" type="checkbox"/> Helmets		
	<input type="checkbox"/> Batting T	4	<input type="checkbox"/> Cones	<input type="checkbox"/> Protective Screen	
	All players need their helmets				
<b>Space Required:</b>	Infield or Gym				
<b>Min # of Players:</b>	8 Players				

### Drill Setup

Play this game either within your infield, or if inside, within half-court on the basketball court. Put cones down to mark off the boundaries of either the infield or the half-court. Now divide your team into pairs, each pair is a team. One team starts as “it” and both members of that team will put their helmets on (called the helmetheads) and the coach times out rounds of 60 seconds each.



### How the Drill Works:

- The 2 players on the team that starts as “it” put their helmets on (H).
- All the other players get into the infield or half-court area, and they cannot leave unless they are tagged.
- The coach says Go! and times 60 seconds. The players with their helmets on try and tag as many of their teammates as they can within those 60 seconds. Anyone tagged must leave the infield or half-court.
- The helmetheads get +1 point for every player they tag.
- Repeat with the next 2 players, keeping score until every team of 2 has gone. The team with the most points wins!

## Drill 017 – Long-Short-Long-Short

### Drill Summary

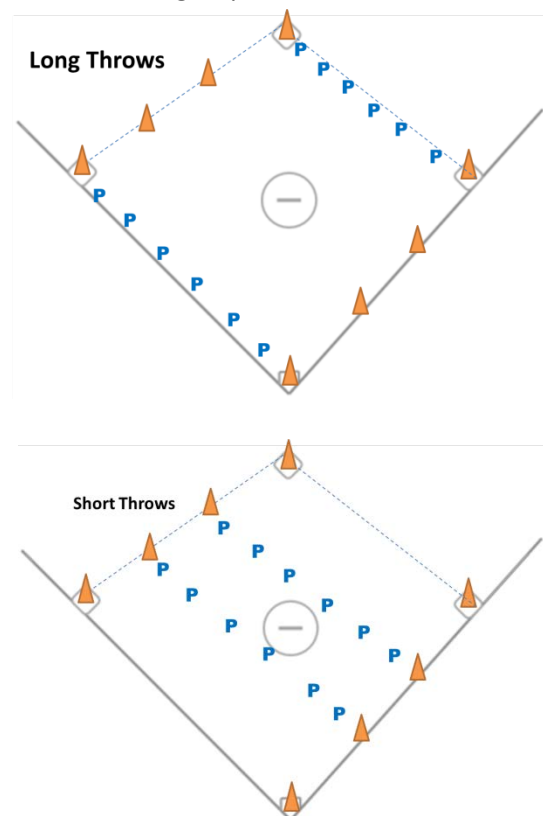
<b>Drill Nbr - Name</b>	017 – Long, Short, Long, Short					
<b>Focus:</b>	<input type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input checked="" type="checkbox"/> Throwing	<input checked="" type="checkbox"/> Warmup	
	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding	<input type="checkbox"/>	<input type="checkbox"/>	
	<input checked="" type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Time:</b>	Less than 10 Minutes					
<b>Purpose:</b>	Throwing different distances while under pressure					
<b>Equipment:</b>	<input type="checkbox"/>	Bases	<input type="checkbox"/>	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves
	<input type="checkbox"/>	Bat(s)	1	Bucket of Balls	<input type="checkbox"/>	Helmets
	<input type="checkbox"/>	Batting T	8	Cones	<input type="checkbox"/>	Protective Screen
	If outside, can use bases in place of 4 cones					
<b>Space Required:</b>	Infield or Gym					
<b>Min # of Players:</b>	6 Players					

### Drill Setup

Divide your team into teams of 2. All players have their gloves on and each group of 2 has 1 ball. Place 4 cones to designate a long distance, then place 4 cones at a shorter distance – all cones about 15 feet apart. Players line up at the long distance cones, facing their partner. All the balls start at the same end.

### How the Drill Works:

- The coach says Go! and partners start throwing back and forth to each other from the long distance, 5 times.
- Once a team makes 5 long throws, they sprint up to the short cones and make 5 more throws at the short distance.
- Then they sprint back to the long lines and make 5 more throws, and then up to the short lines where they make their final 5 throws.
- The first pair finished wins!



## Drill 018 – Triangle-Square

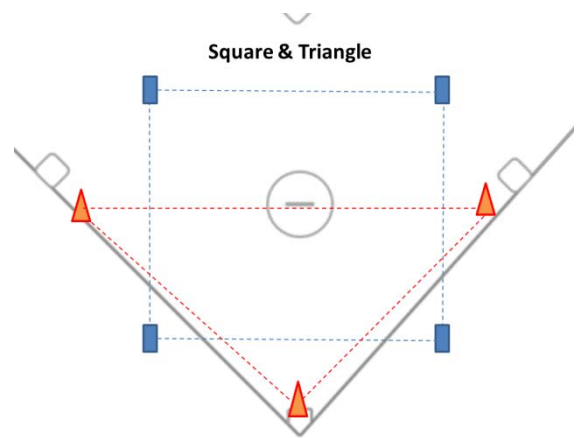
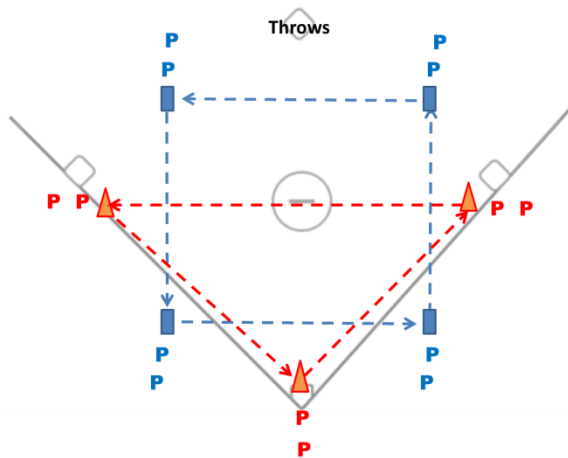
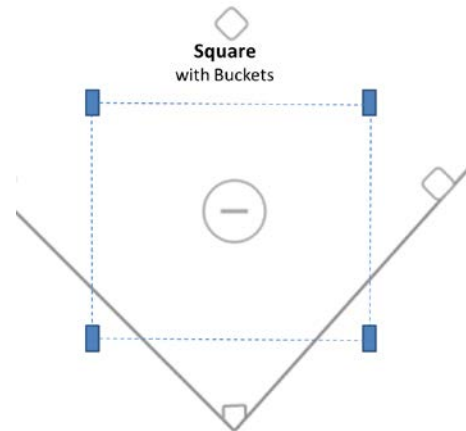
### Drill Summary

<b>Drill Nbr - Name</b>	018 – Triangle-Square				
<b>Focus:</b>	<input type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input checked="" type="checkbox"/> Throwing	<input checked="" type="checkbox"/> Warmup
	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Sliding	<input type="checkbox"/> Team Defense
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding	<input type="checkbox"/> Team Defense	
	<input type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense		
<b>Time:</b>	10 - 15 Minutes				
<b>Purpose:</b>	Throwing Accuracy, Focus & Concentration				
<b>Equipment:</b>	<input type="checkbox"/> Bases	4	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves
	<input type="checkbox"/> Bat(s)	1	Bucket of Balls	<input type="checkbox"/>	Helmets
	<input type="checkbox"/> Batting T	3	Cones		Protective Screen
<b>Space Required:</b>	Infield or Gym				
<b>Min # of Players:</b>	13 Players				

### Drill Setup

Put the 4 buckets into a square formation with each bucket about 25 to 35 feet apart. Then place the 3 cones in a triangle formation on top of the square making sure that the points of the triangle fall outside of the points of the square as shown on the diagram.

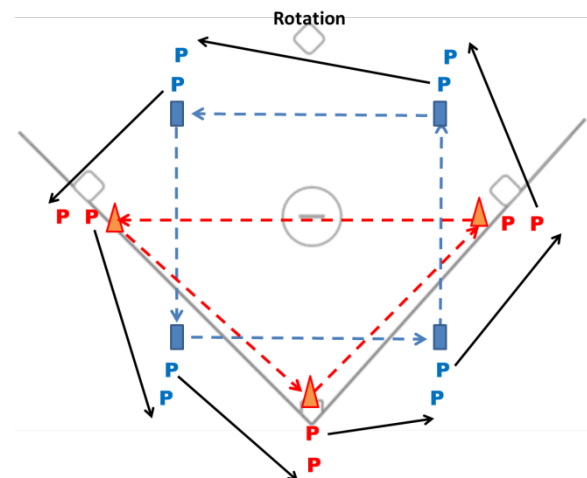
Divide your players evenly at all of the buckets and cones, it doesn't matter who starts where. All players have their gloves on and only one player in the triangle and one player in the square each have a ball.



### How the Drill Works:

- Triangles only throw to triangles and squares only throw to squares.
- The first time you do this drill go through each shape separately to avoid confusion and chaos. First, have the players in the Triangle formation slowly throw the ball to each other so they can see exactly where they throw the ball and where throws they'll catch will come from.
- Then, have only the square throw the ball around, again, going through it slowly so players see where they throw the ball and where throws to them will come from.
- Next, have both formations – the triangle and the square – throw at the same time. SLOWLY. This requires concentration and focus to pay attention to who is throwing to you and where you throw next.
- When you first try this drill have players rotate to the back of their same line, just to keep it simple.
- Then, once your team gets the hang of this drill, they will start to throw faster, and will rotate to their right – to the very next line - which means that Triangle players will rotate into Square lines, and Square players will rotate into Triangle lines. This requires focus and concentration in addition to throwing skills.

**NOTE:** After your players become very familiar with this drill, you can increase the difficulty by having players throw in one direction and rotate in the opposite direction.



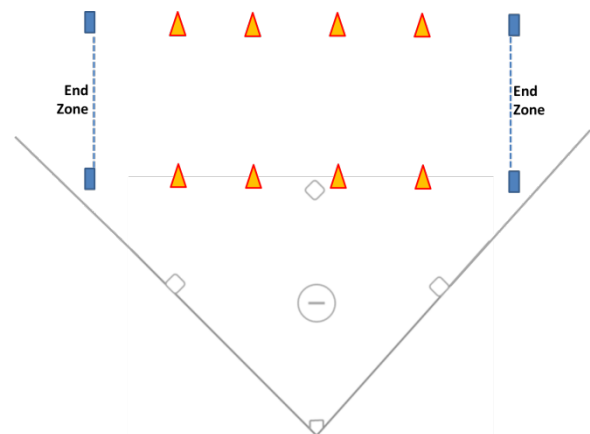
## Drill 019 – Frisby Football

### Drill Summary

<b>Drill Nbr - Name</b>	019 – Frisby Football				
<b>Focus:</b>	<input type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input checked="" type="checkbox"/> Throwing	<input checked="" type="checkbox"/> Warmup
	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Sliding	<input type="checkbox"/> Team Defense
	<input checked="" type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding	<input type="checkbox"/> Team Defense	
	<input checked="" type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense		
<b>Time:</b>	15 - 20 Minutes				
<b>Purpose:</b>	Fielding and throwing under the pressure of a trying to beat a runner				
<b>Equipment:</b>	Bases	4	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves
	<input type="checkbox"/> Bat(s)	1	Bucket of Balls	<input type="checkbox"/>	Helmets
	Batting T	10	Cones		Protective Screen
	You'll only need 1 ball for this drill and not an entire bucket of balls. You can also use 10 buckets and 4 cones if you have more buckets than cones.				
<b>Space Required:</b>	Outfield or Gym				
<b>Min # of Players:</b>	10 Players				

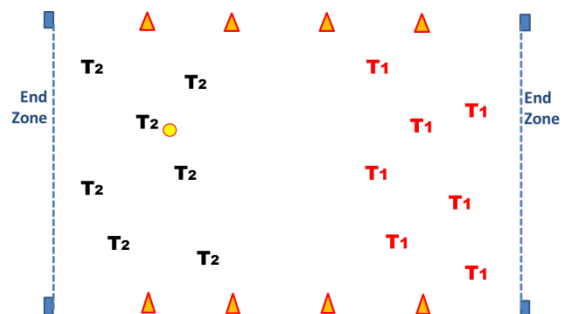
### Drill Setup

This game occurs on any grassy area which can either be in your outfield, or any field area and you can play this game indoors on a basketball court. Divide your team up into two teams, and create a big rectangle playing field (like a football field but not as big) using 2 buckets for each end zone and placing the cones down each sideline to mark off the boundaries of the field. You'll need a way to determine both teams so one team might have to wear helmets, or hats – let your players figure that part out. All the players will have their gloves on, and you'll just need 1 ball.

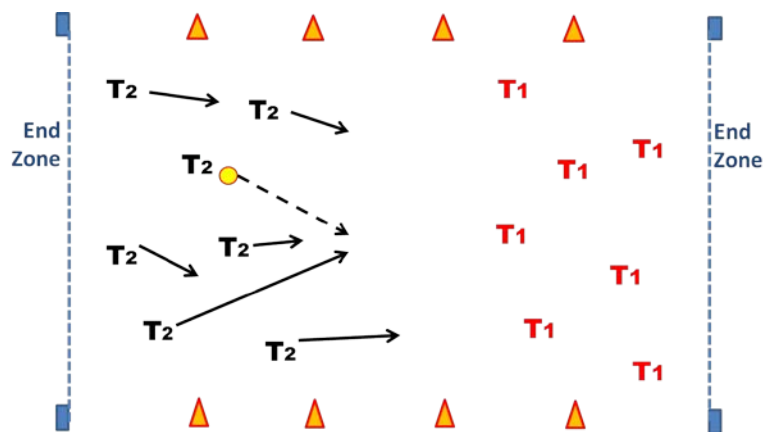


### How the Drill Works:

- The game begins just like a football game with both teams on their end of the field and the ball being thrown to the other team to start the game, like the kickoff in football. You can use a coin flip to decide which team throws off first.
- The game rules are as follows:



- Teams move the ball by passing it or by running it – but a player can only run 3 steps with a ball and then must either stop or pass the ball. If they choose to stop after 3 steps they only have 3 seconds to get rid of the ball or it's a turnover (3, 3, 3).
- If a player with the ball is tagged by an opponent she's frozen and has 3 seconds to get rid of the ball or it's the other team's ball.
- Any pass that's dropped is the other team's ball.
- Any pass that's intercepted is the other team's ball (just like in football).
- A Goal is scored when the ball crosses the goal line by a pass or run just as in football.
- The team with the most goals after a certain amount of time wins.



## Drill 020 – Partner Throws for Time

### Drill Summary

<b>Drill Nbr - Name</b>	020 – Partner Throws for Time					
<b>Focus:</b>	<input type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input checked="" type="checkbox"/> Throwing	<input checked="" type="checkbox"/> Warmup	
	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding	<input type="checkbox"/>	<input type="checkbox"/>	
	<input checked="" type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Time:</b>	Less than 10 Minutes					
<b>Purpose:</b>	Throwing and Catching competitively under pressure					
<b>Equipment:</b>	<input type="checkbox"/>	Bases	<input type="checkbox"/>	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves
	<input type="checkbox"/>	Bat(s)	1	Bucket of Balls	<input type="checkbox"/>	Helmets
	<input type="checkbox"/>	Batting T		Cones		Protective Screen
	Every player needs their glove on and 1 ball for every 2 players					
<b>Space Required:</b>	Infield or Gym					
<b>Min # of Players:</b>	6 Players					

### Drill Setup

Split your team up into pairs, each player has their gloves on and one ball for each pair. The setup for this drill is very similar to the setup your team probably uses when your players warmup throwing - with players standing directly across from and throwing to each other. Make sure your players have warmed up their arms before starting this drill.

### How the Drill Works:

- Have all the balls start on the same end so it's easier to tell the winning pair.
- When you say "GO" each pair will start throwing the ball back and forth to each other as quickly as possible, making sure to count each time they touch the ball as "1".
- You can keep score one of two ways:
  - Time 20 seconds and the pair with the most touches in 20 seconds wins!
  - Or, without timing the drill, the first pair to 10 touches wins!
- The pair with the most number of touches wins! If there's a tie then have a throw-off!



**NOTE:** Move your players closer together to help them practice quickness.

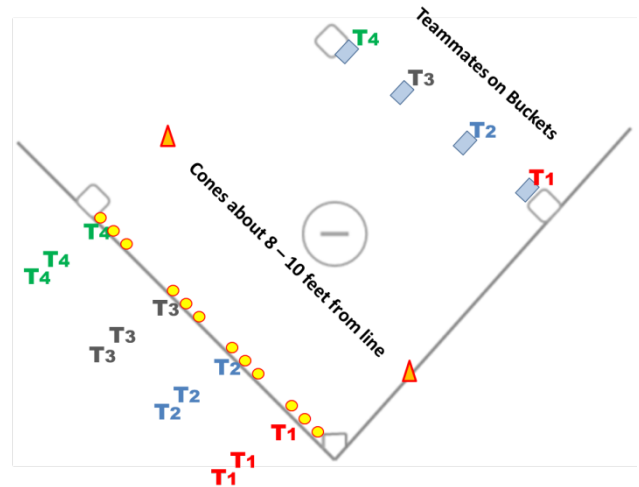
## Drill 021 – Take a Seat

### Drill Summary

<b>Drill Nbr - Name</b>	021 – Take a Seat					
<b>Focus:</b>	<input type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input checked="" type="checkbox"/> Throwing	<input type="checkbox"/> Warmup	
	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/>		
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding	<input type="checkbox"/>		
	<input checked="" type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense	<input type="checkbox"/>		
<b>Time:</b>	10 - 15 Minutes					
<b>Purpose:</b>	Throwing accurately under the pressure of competition					
<b>Equipment:</b>	<input type="checkbox"/>	Bases	4	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves
	<input type="checkbox"/>	Bat(s)	1	Bucket of Balls	<input type="checkbox"/>	Helmets
		Batting T	2	Cones		Protective Screen
<b>Space Required:</b>	Infield or Gym					
<b>Min # of Players:</b>	12 Players					

### Drill Setup

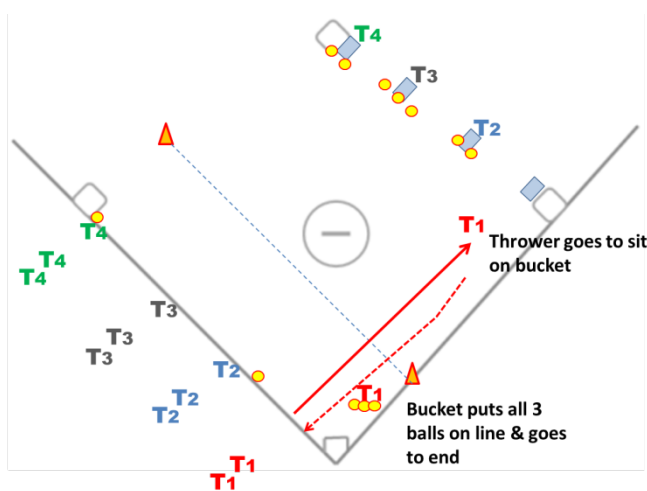
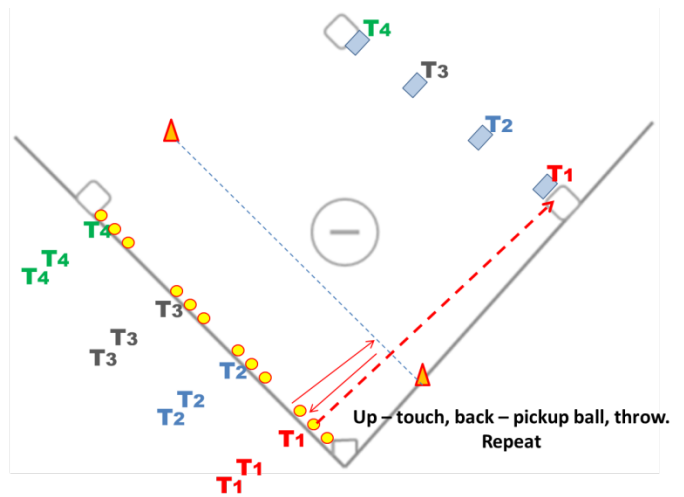
Divide your team up into teams of 4 or 5 players (whichever number works best for the number of players on your team). Each team has a bucket with one player sitting on it placed about 50 feet from the line where the rest of the team stands. There is another line about 10 feet from the main line, and this line is marked by placing a cone at each end of it. Every team member has their glove on and each team gets into a single file line behind the main line. On this line, in front of every team, place 3 balls on the ground.



### How the Drill Works:

- When the coach says “GO” the first player in each line runs up and touches the cone line, runs back and picks up and throws the first ball to her teammate that’s sitting on the bucket.
- She repeats this same process for all 3 balls – sprint and touch the cone line, sprint back, pick up and throw the ball to her teammate on the bucket.
- The player sitting on the bucket can’t leave the bucket to make a catch. She can lean over, stretch or scoop but she can’t get off the bucket. All balls she catches she puts at her feet, and leaves any that get past her. She’ll get those when all 3 throws are finished.

- Once all 3 balls have been thrown then the player on the bucket picks up all the balls – or goes and chases the ones that went past her – and she runs them back to the starting line, places them on the ground and goes to the end of the line.
- Meanwhile, the player that just threw all 3 balls sprints down and is now the player that sits on the bucket.
- The next player in line does the same thing until all players in the line have thrown all 3 balls and also been the player on the bucket.
- The first team back to their original starting position wins!



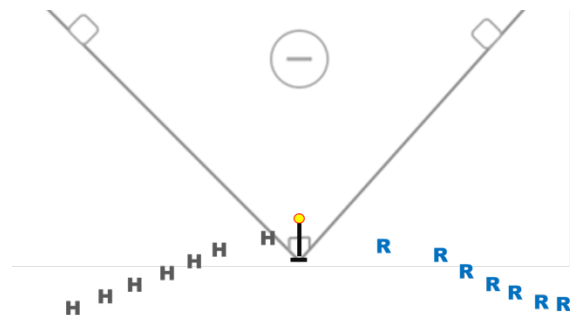
## Drill 022 – Race to First

### Drill Summary

<b>Drill Nbr - Name</b>	022 – Race to First							
<b>Focus:</b>	<input checked="" type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input type="checkbox"/> Throwing	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Warmup
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding	<input type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense		
<b>Time:</b>	10 - 15 Minutes							
<b>Purpose:</b>	Sprinting all the way through first base in a competitive race							
<b>Equipment:</b>	2	Bases		Bucket - Empty	<input type="checkbox"/>	Gloves		
	<input checked="" type="checkbox"/>	Bat(s)	1	Bucket of Balls	<input checked="" type="checkbox"/>	Helmets		
	1	Batting T		Cones	1	Protective Screen		
	The use of a screen to hit balls in to is optional.							
<b>Space Required:</b>	Infield or Gym							
<b>Min # of Players:</b>	4 Players							

### Drill Setup

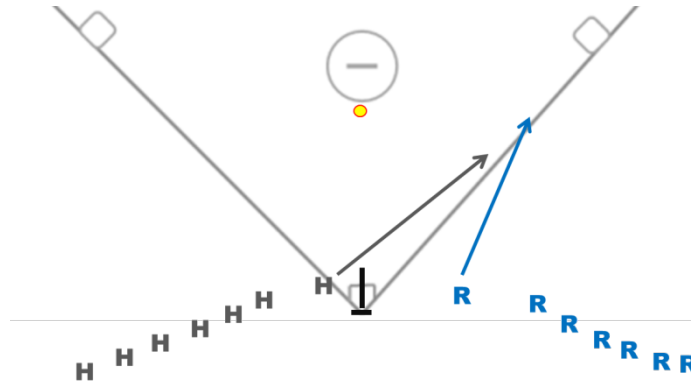
Your entire team can do this drill or as few as 4 players. Divide your team into 2 teams; one team will lineup at homeplate and be the batter/runner while the other team lines up about 8-10 feet away from the hitter and toward first base (in order to stay safely out of the hitter's way). All players will have their helmets on. There will be a Batting T with a ball on it just in front of homeplate, and a bucket of balls behind the plate. Prior to starting the drill, hitters will place their bats just behind homeplate for quick selection once it's their turn to hit.



### How the Drill Works:

- The Hitter (H) hits the ball off the T and immediately runs to first base.
- On contact, the Runner (R) positioned about 10 feet off the first baseline starts sprinting to 1<sup>st</sup> base trying to beat the hitter to first base.
- The Hitter tries to touch the back of the Runner running to first base BEFORE she gets to the base.
- Points are as follows:
  - +1 for the Runner's team if she reaches first base without getting touched.
  - +1 for the Hitter's team if she touches the Runner before she gets to first base.
- After all players have gone then the Hitters switch to become Runners, and the Runners switch to become the Hitters.

**NOTE:** Any left-handed batters will simply do this drill from the left-handed box and still try to beat the runner to 1<sup>st</sup> base. Just make sure the runners are far enough off the line and out of the way not to get hit by the lefty's bat (or you can protect them with a safety net).



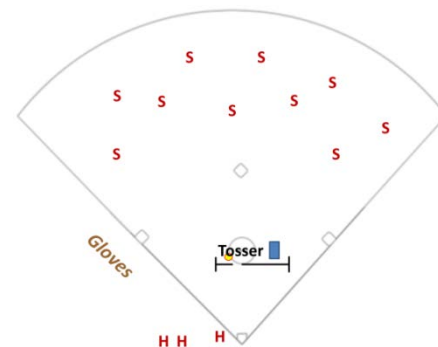
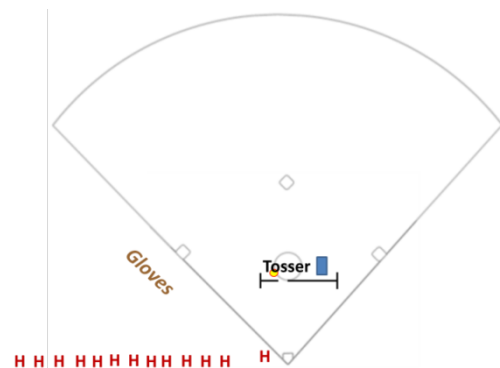
## Drill 023 – Last Player Standing

### Drill Summary

<b>Drill Nbr - Name</b>	023 – Last Player Standing							
<b>Focus:</b>	<input type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input type="checkbox"/> Throwing	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Warmup
	<input type="checkbox"/> Catching	<input checked="" type="checkbox"/> Hitting	<input type="checkbox"/> Sliding					
	<input checked="" type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense					
<b>Time:</b>	10 - 15 Minutes							
<b>Purpose:</b>	Hitting the ball fair, under pressure							
<b>Equipment:</b>		Bases	1	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves		
	<input checked="" type="checkbox"/>	Bat(s)	1	Bucket of Balls	<input type="checkbox"/>	Helmets		
		Batting T		Cones	1	Protective Screen		
<b>Space Required:</b>	Entire Field or Entire Gym							
<b>Min # of Players:</b>	9 Players							

### Drill Setup

Either a pitcher or a coach tosses front toss and will be on or near the pitching circle. One player will be the first hitter and will put on her helmet, get her bat and be at the plate. The rest of the players are also hitters and stay in a line off the field, in the on-deck area, with all of their gloves near an area by the 3<sup>rd</sup> base coaching box. Nobody starts out shagging to start the game, so the only defensive player to start the drill will be the pitcher/tosser. (Note: if using a front tosser instead of an actual pitcher, be sure to use a protective screen)



### How the Drill Works:

- The hitters go one-at-a-time and must hit a fair ball.
- If a hitter swings and misses, lets a strike go by, or hits a foul ball, she's out of the game and must go pick up her glove and go out and shag.
- If she hits a fair ball, she stays in the game and goes to the end of the line.
- Each player takes her turn in order and continues hitting as long as she hits a fair ball.
- The last player standing WINS!

**NOTE:** This game can go pretty fast, so you might need to have a couple of rounds with the winners of the both rounds playing each other in the grand finale.

## Drill 024 – Balled Up Relays

### Drill Summary

<b>Drill Nbr - Name</b>	024 – Balled Up Relays					
<b>Focus:</b>	<input type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input checked="" type="checkbox"/> Throwing	<input checked="" type="checkbox"/> Warmup	
	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Sliding	<input type="checkbox"/> Team Defense	
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding	<input checked="" type="checkbox"/> Team Defense		
	<input checked="" type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input checked="" type="checkbox"/> Team Defense			
<b>Time:</b>	Less than 10 Minutes					
<b>Purpose:</b>	Executing a successful relay under pressure					
<b>Equipment:</b>	<input type="checkbox"/> Bases	<input type="checkbox"/> Bucket - Empty	<input checked="" type="checkbox"/> Gloves			
	<input type="checkbox"/> Bat(s)	1	<input type="checkbox"/> Bucket of Balls	<input type="checkbox"/> Helmets		
	<input type="checkbox"/> Batting T	2	<input type="checkbox"/> Cones	<input type="checkbox"/> Protective Screen		
<b>Space Required:</b>	Outfield or Gym					
<b>Min # of Players:</b>	8 Players					

### Drill Setup

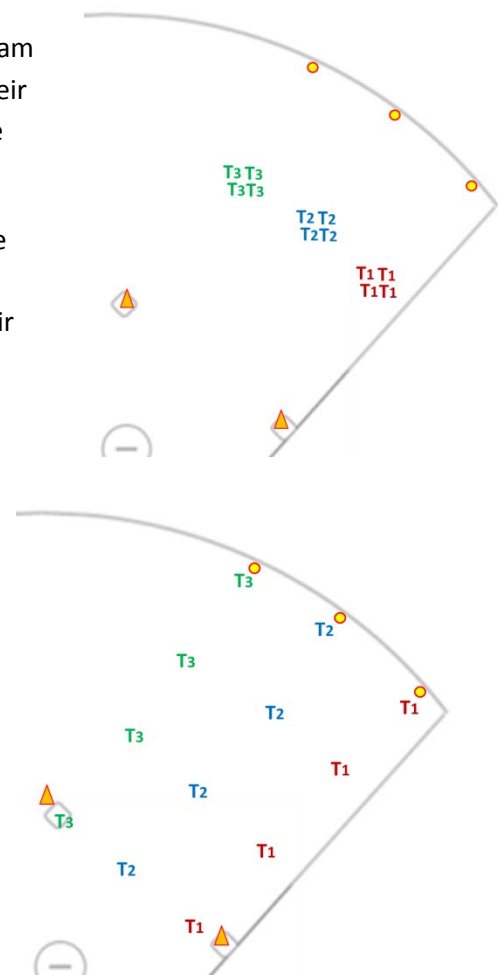
Split your players into equal teams with 3 to 5 players in each team based on the total number of players you have. Everyone has their glove on and each group starts off in a balled up group any place between the ball and the finish line.

Use a fence, wall or line as the starting and ending line – or place cones to designate the start and finish lines. Each group will determine ahead of time where each member will go within their group between the starting and finish line.

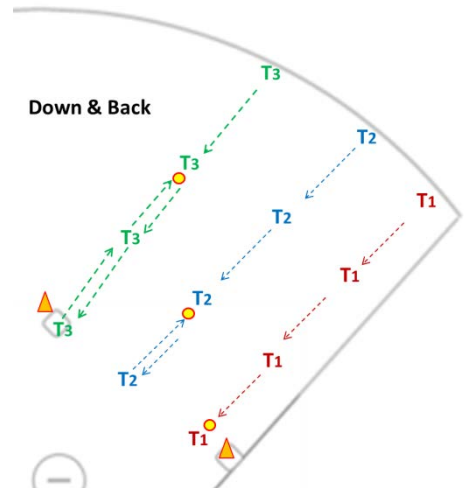
One ball is placed on the starting line for each team.

### How the Drill Works:

- When the coach says “GO” – each team sprints into position (as shown to the left) and the first person in each team sprints to pick up the ball and throw it to her next teammate in line.
- The object is to throw the ball from the starting line to the finish line before the other teams – making sure that every member of the team catches and throws the ball along the way.



- First team to catch their ball across the finish line wins!



## Drill 025 – Bat Slides

### Drill Summary

<b>Drill Nbr - Name</b>	025 – Bat Slides							
<b>Focus:</b>	<input checked="" type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input type="checkbox"/> Throwing	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Warmup
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input checked="" type="checkbox"/> Sliding		<input type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense	
<b>Time:</b>	Less than 10 Minutes							
<b>Purpose:</b>	Help your players learn how to slide feet first							
<b>Equipment:</b>	<input type="checkbox"/> Bases	<input type="checkbox"/> Bucket - Empty	<input type="checkbox"/> Gloves					
	<input checked="" type="checkbox"/> Bat(s)	<input type="checkbox"/> Bucket of Balls	<input checked="" type="checkbox"/> Helmets					
	<input type="checkbox"/> Batting T	<input type="checkbox"/> Cones	<input type="checkbox"/> Protective Screen					
	This drill is best done either on grass, with shoes off (in socks) or on cardboard (shoes off, in socks). 2 coaches are required for this drill.							
<b>Space Required:</b>	Outfield or Gym							
<b>Min # of Players:</b>	4 Players							

### Drill Setup

2 coaches hold a bat, one holding each end. These should be coaches and not players to ensure they are strong enough to hold the bat. The player, WITH HER HELMET ON, and in her socks will grab the middle of the bat and jog along with both coaches.



### How the Drill Works:

- The player starts running forward with her hands holding the bat.
- Whenever she's ready, the player will start to slide - while still holding onto the bat - by throwing her feet out in front of her, one leg curled under the other the coaches will help her by moving the bat forward.
- The player will throw her feet forward while throwing her hands back to complete her slide.



## Drill 026 – Partner Popups

### Drill Summary

<b>Drill Nbr - Name</b>	026 – Partner Popups							
<b>Focus:</b>	<input checked="" type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input type="checkbox"/> Throwing	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Warmup
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input checked="" type="checkbox"/> Sliding		<input type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense	
<b>Time:</b>	Less than 10 Minutes							
<b>Purpose:</b>	Learning how to popup and be ready to run following a feet first slide							
<b>Equipment:</b>	1	Bases		Bucket - Empty	<input type="checkbox"/>	Gloves		
	<input type="checkbox"/>	Bat(s)		Bucket of Balls	<input checked="" type="checkbox"/>	Helmets		
		Batting T	2	Cones		Protective Screen		
	This drill is best done either on the infield with an in ground based and shoes off (in socks,) or on cardboard (shoes off, in socks). 1 coach is required for this drill.							
<b>Space Required:</b>	Infield or Gym							
<b>Min # of Players:</b>	3 Players							

### Drill Setup

Place 2 cones about 15 feet from a secured, in ground base. If inside, place a regular base top on the gym floor and place your foot behind it as shown to the right. The coach stands behind the base, and the runner, with her helmet on, stands about 40 feet from the base.



### How the Drill Works:

- When the runner is ready, she runs toward the base and starts her slide at the cones. As she slides, she reaches her hands forward toward the coach, who also reaches down toward the runner.
- The coach will grab the runner hands and help her pull her up out of her slide.
- The cones will be placed a little closer to the base than for a regular feet first laydown slide to help the runner keep her body weight going forward, making it easier for her to popup out of her slide.



## Drill 027 – Fielding Ball Blast

### Drill Summary

<b>Drill Nbr - Name</b>	027 – Fielding Ball Blast					
<b>Focus:</b>	<input type="checkbox"/> Baserunning	<input checked="" type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input type="checkbox"/> Throwing	<input type="checkbox"/> Warmup	
	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Sliding	<input type="checkbox"/> Team Defense	
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Infield			
	<input type="checkbox"/> Competition					
<b>Time:</b>	20 - 25 Minutes					
<b>Purpose:</b>	Fielding drill that gets all players lots of position-specific fielding practice.					
<b>Equipment:</b>	<input type="checkbox"/> Bases		Bucket - Empty	<input checked="" type="checkbox"/> Gloves		
	<input type="checkbox"/> Bat(s)	6	Bucket of Balls	<input type="checkbox"/> Helmets		
	<input type="checkbox"/> Batting T		Cones	<input type="checkbox"/> Protective Screen		
<b>Space Required:</b>	Entire Field or Entire Gym					
<b>Min # of Players:</b>	14 Players					

### Drill Setup

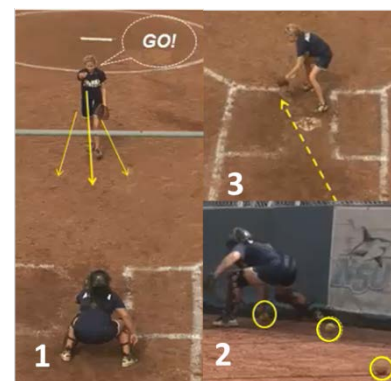
Split your team into 7 to 9 groups of 2 (depending on the number of players you have). Each group has their gloves on and some balls, either in a bucket or in a bunch off to the side close by. The 7-9 groups position themselves around the field as shown in the circles in the picture to the right.



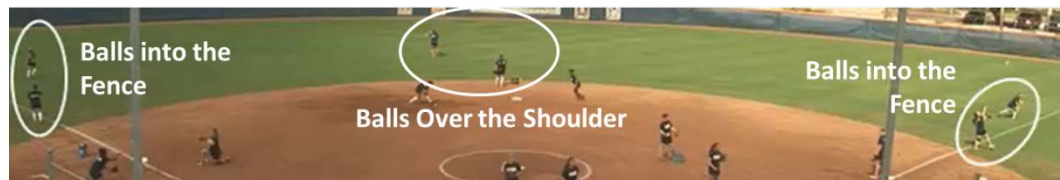
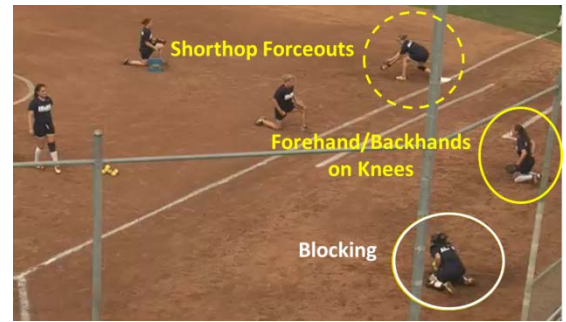
Each group of players (within each of the different circles) will be doing something different that is defensively specific to their position.

### How the Drill Works:

- The Pitcher and Catcher that are on the pitching rubber and homeplate work on passed balls to the backstop and tosses back to the plate. 3 balls are placed at the backstop, and the Pitcher points to any one of the 3 and says “Go”. The catcher quickly turns & runs back to pick up the ball and toss it to the Pitcher who has run in to cover homeplate. Place the ball back and repeat trying to get to all 3 balls.
- The other Pitcher and Catcher are working on blocking. The pitcher pitches a ball into the ground and the Catcher works on blocking.



- The Infielders beside the pitcher/catcher work close together on forehands and backhands from tosses while on their knees – focusing on glove work.
- The Firstbaseman works on fielding shorthop tosses while keeping her foot on the base for a force out.
- The Thirdbasemen work together on forehand and backhands from front tosses while on their knees.
- The Middle Infielders work on their doubleplay feeds and footwork – WITHOUT throwing the ball!
- The Outfielders will also work in pairs and the side Outfielders will work on catching balls up against the side fences, while the Centerfielder will work on catching balls over the shoulder.



- All balls will be thrown by their partner.
- Each player does about 10-15 reps and then the tosser switches with the fielder.
- If time, after both players have gone then the pairs rotate to the right and work on the next skill. Players continue until they've done all skills at all positions.

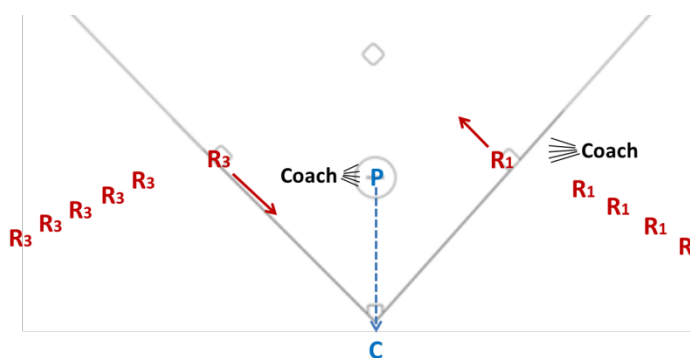
## Drill 028 – Whistle Leads

### Drill Summary

<b>Drill Nbr - Name</b>	028 – Whistle Leads							
<b>Focus:</b>	<input checked="" type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input type="checkbox"/> Throwing	<input type="checkbox"/> Bunting	<input checked="" type="checkbox"/> Game Situations	<input checked="" type="checkbox"/> Pitching	<input type="checkbox"/> Warmup
	<input checked="" type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding	<input type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense		
<b>Time:</b>	15 - 20 Minutes							
<b>Purpose:</b>	Giving your runners immediate feedback on timing their lead offs with a pitcher's actual release							
<b>Equipment:</b>	4 Bases	Bucket - Empty	<input checked="" type="checkbox"/> Gloves					
	<input type="checkbox"/> Bat(s)	2 Bucket of Balls	<input checked="" type="checkbox"/> Helmets					
	Batting T	Cones	Protective Screen					
	Drill also requires 2 coaches and 2 whistles							
<b>Space Required:</b>	Infield or Gym							
<b>Min # of Players:</b>	10 Players							

### Drill Setup

Split your team into 2 equal groups; one group starts at 1<sup>st</sup> base and the other group starts at 3<sup>rd</sup> base. All runners have their helmets on. Put a pitcher and catcher in their regular positions on the field -the pitcher has a ball and the catcher is in her gear. There are 2 coaches involved in this drill; one stands to the 3<sup>rd</sup> base side of the pitcher looking at the pitcher, while the other coach stands beyond and slightly off to the side of 1<sup>st</sup> base looking at the runner on 1<sup>st</sup> base. Both coaches have whistles.



### How the Drill Works:

- The pitcher and catcher work separately from the runners and the coaches. They do their regular pitching workout, like they'd do in the bullpen, except they're in the middle of the field.
- The Coach beside the pitcher blows her whistle each time the pitcher releases the ball.
- The Coach next to the runner at 1<sup>st</sup> base blows her whistle as the runner leaves the base.
- Both whistles should be simultaneous. If the runner leaves too soon then she'll know because her whistle will blow before the pitching whistle blows. If she leaves late then the pitching whistle blows first.
- The runners from 1<sup>st</sup> base continue on and become the runners at 3<sup>rd</sup> base. The runners at 3<sup>rd</sup> base are simply practicing timing their leadoffs with the pitch. After they leadoff, the runners at 3<sup>rd</sup> base run around and get into the line at 1<sup>st</sup> base.

**NOTE:** This is also a great drill to help your pitchers improve their focus and concentration since they're pitching with someone blowing a whistle in their ear!

## Drill 029 – 4 Step Bunting

### Drill Summary

<b>Drill Nbr - Name</b>	029 – 4 Step Bunting				
<b>Focus:</b>	<input type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input type="checkbox"/> Throwing	<input type="checkbox"/> Warmup
	<input checked="" type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Sliding	<input type="checkbox"/> Team Defense
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding	<input type="checkbox"/> Team Defense	
	<input type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense		
<b>Time:</b>	Less than 10 Minutes				
<b>Purpose:</b>	Make Bunting Practice Fun and Challenging				
<b>Equipment:</b>	<input type="checkbox"/> Bases	<input type="checkbox"/> Bucket - Empty	<input checked="" type="checkbox"/> Gloves		
	<input checked="" type="checkbox"/> Bat(s)	1	<input type="checkbox"/> Bucket of Balls	<input type="checkbox"/> Helmets	
	<input type="checkbox"/> Batting T		<input type="checkbox"/> Cones	<input type="checkbox"/> Protective Screen	
<b>Space Required:</b>	Area Along the Fence, Gym Wall or Batting Cage				
<b>Min # of Players:</b>	4 Players				

### Drill Setup

Split your team up into pairs. Each pair will be doing the same thing; one player will start as the tosser and one as the bunter. Each player needs their glove, a couple balls and a bat. The tosser, with the balls, will start about 8 to 10 feet from the bunter. The bunter will have her bat and her glove.

### How the Drill Works:

- The first step is crossed thumbs. The bunter will cross her thumbs as shown to the right, and get into her bunting position and catch the toss with her thumbs crossed.
- After 5 catches by the bunter the tosser becomes the bunter and the bunter becomes the tosser.
- The next step involves the glove and the bunter will close her glove and catch the ball on the back of her glove.
- The third step involves the bat and the bunter must use the last few inches of the bat to bunt the ball.
- The last step is by far the hardest, and requires extreme concentration from the bunter. The bunter will put the bat under her arm with the end of the barrel facing the tosser (so the knob or handle is under her arm). The bunter will use the small, round end of the barrel, like a pool cue, to bunt the ball. Since this is VERY difficult, the tosser needs to be careful and make gentle tosses until the bunter is comfortable with this particular step.



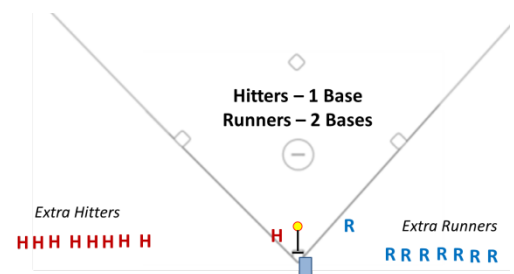
## Drill 030 – 2 and Stop

### Drill Summary

<b>Drill Nbr - Name</b>	030 – 2 and Stop							
<b>Focus:</b>	<input checked="" type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input type="checkbox"/> Throwing	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Warmup
	<input type="checkbox"/> Catching	<input checked="" type="checkbox"/> Hitting	<input type="checkbox"/> Sliding		<input type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense	
<b>Time:</b>	10 - 15 Minutes							
<b>Purpose:</b>	Hitting practice and running extra bases							
<b>Equipment:</b>	4	Bases		Bucket - Empty	<input type="checkbox"/>	Gloves		
	<input checked="" type="checkbox"/>	Bat(s)	1	Bucket of Balls	<input checked="" type="checkbox"/>	Helmets		
	1	Batting T		Cones		Protective Screen		
<b>Space Required:</b>	Entire Field or Entire Gym							
<b>Min # of Players:</b>	9 Players							

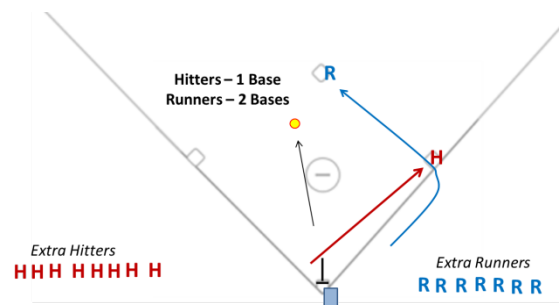
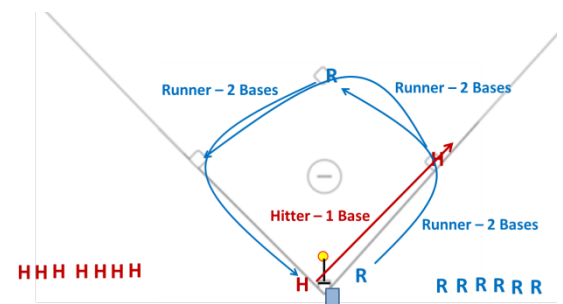
### Drill Setup

Split your team up into 2 groups; one group will be the runners and one will be the hitters. Both groups have their helmets on. There's a batting T and a bucket of balls at home plate, and the first hitter inline steps into the batter's box, while the first runner from the runner's line gets about 5 feet from the hitter toward 1<sup>st</sup> base.



### How the Drill Works:

- The hitter hits the ball off the batting T and sprints through 1<sup>st</sup> base while the runner sprints to 2<sup>nd</sup> base.
- Both players stay at their bases while the next hitter and runner get into place. When the hitter hits the ball, she sprints through 1<sup>st</sup> base and the runner runs to 2<sup>nd</sup>.
- Meanwhile, the runner at 1<sup>st</sup> runs 2 bases to 3<sup>rd</sup>, and the runner at 2<sup>nd</sup> runs 2 bases to home.
- All runners stay at their bases and advance 2 bases on the next hit.
- Hitters always run to 1<sup>st</sup> base, while all baserunners run 2 bases.



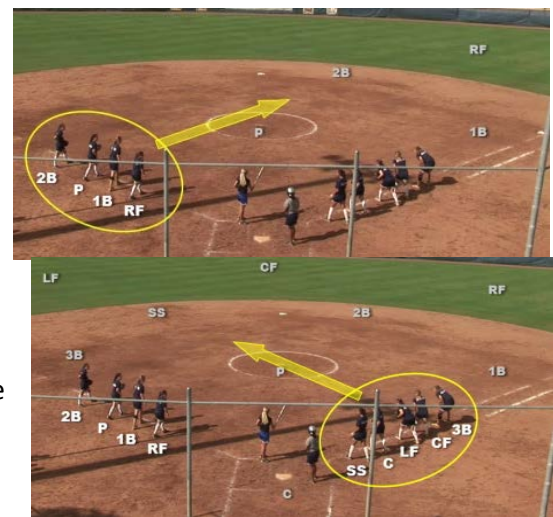
## Drill 031 - Scatter

### Drill Summary

<b>Drill Nbr - Name</b>	031 – Scatter							
<b>Focus:</b>	<input checked="" type="checkbox"/> Baserunning	<input checked="" type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input checked="" type="checkbox"/> Throwing	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Warmup
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding	<input type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input checked="" type="checkbox"/> Team Defense		
<b>Time:</b>	15 - 20 Minutes							
<b>Purpose:</b>	Team defense and communication in chaos versus a runner							
<b>Equipment:</b>	4	Bases		Bucket - Empty	<input checked="" type="checkbox"/>	Gloves		
	<input checked="" type="checkbox"/>	Bat(s)	1	Bucket of Balls	<input checked="" type="checkbox"/>	Helmets		
		Batting T		Cones		Protective Screen		
	Plus a coach who will hit a ball to start the drill							
<b>Space Required:</b>	Entire Field or Entire Gym							
<b>Min # of Players:</b>	10 Players							

### Drill Setup

All 9 defensive players line up on the foul lines with their gloves on. A coach with a bat and ball are at home plate along with a runner with her helmet on. The extra runners are off to the side, also with their helmets on. The right side defensive players line up on the 3<sup>rd</sup> base foul line, and the left side defensive players line up on the 1<sup>st</sup> base foul line.



### How the Drill Works:

- The coach hits the ball anywhere on the field and the OUTFIELDERS can immediately leave to their positions and the ball.
- Once the Outfielders hit the grass (or a line of cones if you're indoors) then the Runner and the Infielders can leave for their positions.
- The Runner tries to sprint back to homeplate before the defense gets to the ball, and gets the ball back to make the play on the Runner.



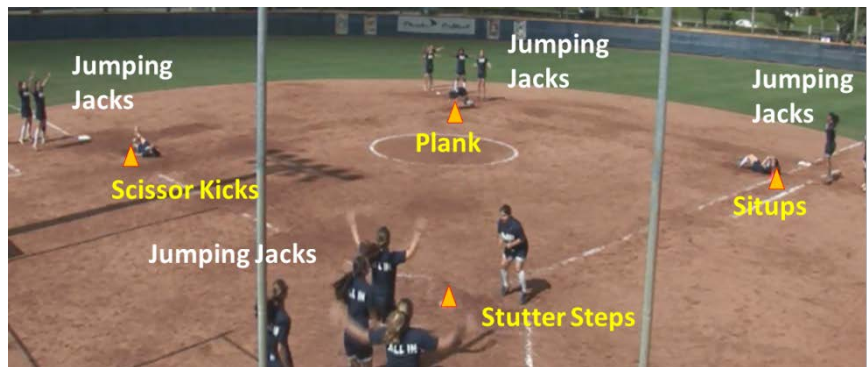
## Drill 032 – Base Bash

### Drill Summary

<b>Drill Nbr - Name</b>	032 – Base Bash				
<b>Focus:</b>	<input type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input type="checkbox"/> Throwing	<input type="checkbox"/> Warmup
	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input checked="" type="checkbox"/> Warmup	
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding		
	<input type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense		
<b>Time:</b>	10 - 15 Minutes				
<b>Purpose:</b>	Cardio and core workout				
<b>Equipment:</b>	<input type="checkbox"/> Bases	<input type="checkbox"/> Bucket - Empty	<input type="checkbox"/> Gloves		
	<input type="checkbox"/> Bat(s)	<input type="checkbox"/> Bucket of Balls	<input type="checkbox"/> Helmets		
	<input type="checkbox"/> Batting T	4	<input type="checkbox"/> Cones	<input type="checkbox"/> Protective Screen	
<b>Space Required:</b>	Infield or Gym				
<b>Min # of Players:</b>	10 Players				

### Drill Setup

Place 4 cones around your infield about 8 feet in front of each base (1 goes on homeplate) or if indoors, place the cones about 50 feet apart in place of your bases. Split your team into 4 groups and put one group at each cone. One person from each group will do the specific activity of that cone, while the rest of the group does jumping jacks. Coach is ready with a stopwatch to time out 10 seconds.



### How the Drill Works:

- When the coach says “GO” the first person in each line does that line’s specific activity. Those activities are:
  - Homeplate – does stutter steps
  - 1<sup>st</sup> base – does sit-ups
  - 2<sup>nd</sup> base – does the plank
  - 3<sup>rd</sup> base – does scissor kicks.
- Each person goes for 10 seconds while their group does jumping jacks. When 10 seconds are up the coach yells TIME and the players doing the specific activity then sprints to the next base and gets in the back of that line.
- Everyone in line does jumping jacks while another player from that line does that line’s specific activity.

- The drill continues until players are back at their original position.



## Drill 033 – Double Downs

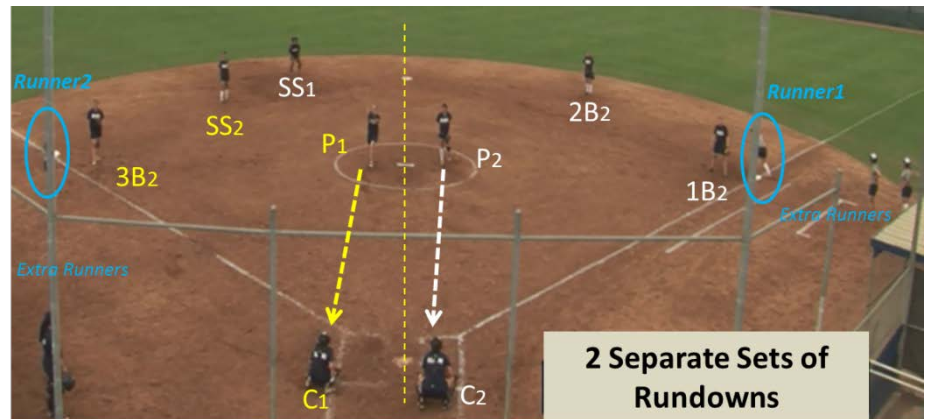
### Drill Summary

<b>Drill Nbr - Name</b>	033 – Double Downs							
<b>Focus:</b>	<input checked="" type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input checked="" type="checkbox"/> Throwing	<input type="checkbox"/> Bunting	<input checked="" type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Warmup
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding		<input type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input checked="" type="checkbox"/> Team Defense	
<b>Time:</b>	20 - 25 Minutes							
<b>Purpose:</b>	Practicing Rundowns							
<b>Equipment:</b>	4	Bases		Bucket - Empty	<input checked="" type="checkbox"/>	Gloves		
	<input type="checkbox"/>	Bat(s)	2	Bucket of Balls	<input checked="" type="checkbox"/>	Helmets		
		Batting T		Cones		Protective Screen		
<b>Space Required:</b>	Infield or Gym							
<b>Min # of Players:</b>	13 Players							

### Drill Setup

This is a rundown drill that splits your field in half and allows you to practice 2 separate rundowns simultaneously.

First, setup your infield with all 4 bases in place, and if you're indoors, then laydown 4 cones or throwdown bases. You'll need to have two pitchers, two catchers (in full gear), two shortstops, one 1<sup>st</sup> baseman and one 3<sup>rd</sup> baseman. All of these defensive players need their gloves on. Split your remaining players in half, with one half becoming as runners at 1<sup>st</sup> base and the other half runners at 3<sup>rd</sup> base. All runners have their helmets on. One runner starts at 3<sup>rd</sup> base and another runner starts at 1<sup>st</sup> base. Each pitcher starts with a ball. The defensive players start in their regular defensive position with the exception of shortstop – both shortstops will start in position near a standard shortstop position. Just note that one shortstop will only be involved with the rundown on the 3<sup>rd</sup> base side, while the other shortstop will only be involved with the rundown on the 2<sup>nd</sup> base side.

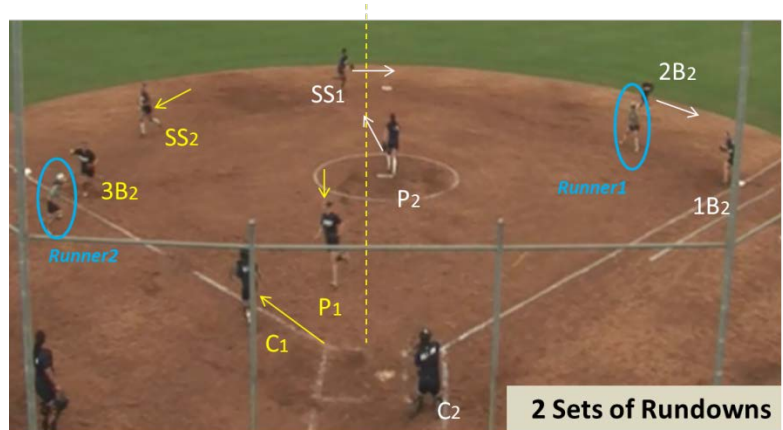


and one 3<sup>rd</sup> baseman. All of these defensive players need their gloves on. Split your remaining players in half, with one half becoming as runners at 1<sup>st</sup> base and the other half runners at 3<sup>rd</sup> base. All runners have their helmets on. One runner starts at 3<sup>rd</sup> base and another runner starts at 1<sup>st</sup> base. Each pitcher starts with a ball. The defensive players start in their regular defensive position with the exception of shortstop – both shortstops will start in position near a standard shortstop position. Just note that one shortstop will only be involved with the rundown on the 3<sup>rd</sup> base side, while the other shortstop will only be involved with the rundown on the 2<sup>nd</sup> base side.

### How the Drill Works:

- Each rundown operates separately of the other, but both pitchers should try and start together by pitching their ball to their catchers at the same time.
- When the pitcher releases the ball the Runners take a big leadoff trying to get into a rundown.

- The catchers then throw the ball to the defensive player covering that particular base and the rundown begins.
- Defensive players must fill in and follow their throws as they would in the rundown system that you teach.
- Once the runner has been tagged out or has made it safely to the next base, that rundown is over – the ball is returned to the pitcher, the defense gets back into position and the next runner steps in at their base.



- The previous runner goes to the end of the line at the other base and the drill resumes.



## Drill 034 – Field-Turn-Throw

### Drill Summary

<b>Drill Nbr - Name</b>	034 – Field-Turn-Throw					
<b>Focus:</b>	<input type="checkbox"/> Baserunning	<input checked="" type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input checked="" type="checkbox"/> Throwing	<input type="checkbox"/> Warmup	
	<input type="checkbox"/> Bunting	<input checked="" type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Sliding	<input type="checkbox"/> Team Defense	
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting				
	<input type="checkbox"/> Competition	<input type="checkbox"/> Infield				
<b>Time:</b>	15 - 20 Minutes					
<b>Purpose:</b>	Fielding and throwing to force out the lead runner					
<b>Equipment:</b>	Bases	2	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves	
	<input checked="" type="checkbox"/> Bat(s)	2	Bucket of Balls	<input type="checkbox"/>	Helmets	
	Batting T		Cones		Protective Screen	
	2 coaches are involved and each coach has a bat and a bucket of balls					
<b>Space Required:</b>	Infield or Gym					
<b>Min # of Players:</b>	6 Players					

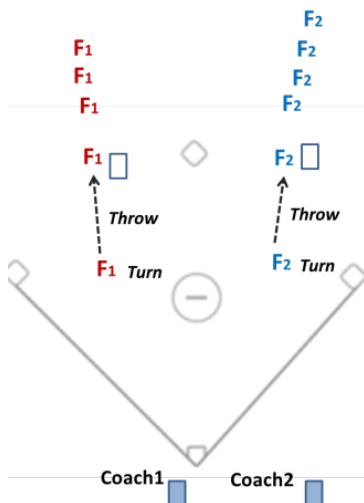
### Drill Setup

This drill can be done with either one line of infielders or 2 lines – it all depends on the number of players you have. Each line includes infielders and pitchers with their gloves on and an empty bucket. Facing the line about 20 to 30 feet away is a coach with a bat and a bucket of balls. If you have enough players you can also have a player next to the coach tossing her/him balls following each hit.



### How the Drill Works:

- The first fielder in each line steps forward about 15 feet from their line and faces the coach.
- The coach hits a groundball to the fielder who fields the ball, turns to face the next player in their line, and throws them the ball.
- That player puts the ball in the empty bucket and then hustles up about 15 feet from the line – and the drill repeats.



- Players rotate from fielder to back of the line and from receiver of thrown ball to fielder.

**NOTE:** It's important that players turn their feet and shoulders to face their teammate in order to make a controlled and accurate throw. Any overthrows are chased down by the player that made them. You can also have players rotate into the other line and take groundballs from both coaches.

