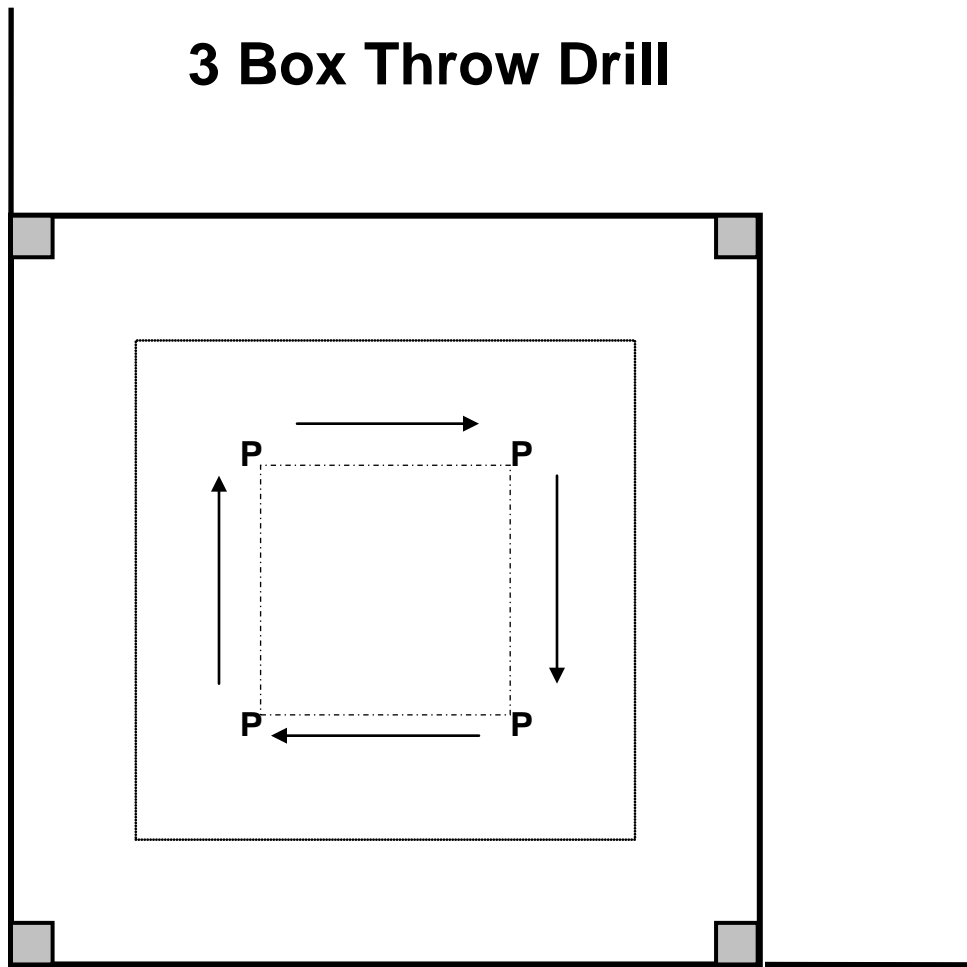


## 3 Box Throw Drill



The objective of the drill is to practice throwing, catching and quick reaction. Trying to be the quickest group adds game like pressure to the drill.

Set up and mark four square boxes:

1. Infield - 60 feet<sup>2</sup>

2. Mid size - 40 feet<sup>2</sup>

3. Small - 20 feet<sup>2</sup>

Begin with the smallest square and put one player at each corner. The ball is thrown clockwise around the square twice. (see diagram) Then players move out to the corners of the mid size square. The ball is thrown around the square twice. Then players move out to the corners (bases) of the largest square. The ball is thrown around the square twice.

Take the total time for all six throws. The group of four players with the lowest time is the winner. If any throw is not caught the time is not used and the group cannot win.

# A Simulated Game

This is a productive and fun game which pits the coach, on offense, playing a simulated game against the team, on defense.

The game begins with the team on defense getting however many runs the coach wants to give the defense to start the game. For example, the team has a 3-0 lead and their job is to defend that lead for the entire game. To make it more challenging the coach can start by announcing "Championship game of the State Tournament, you're up 3-0. Play defense and you win." This does two things. First, it gives the team on defense a chance to win simply by giving up two or less runs. Second, it gets the team to "play" the championship game of the state tournament (or whatever big game the coach chooses) in advance. Then, when the team gets to that "big game" they can feel that they have already been there.

The coach can "hit" against a team pitcher throwing slow pitch or can "hit" by fungoing the ball. In either case the coach gets to pick where and how hard to hit the ball. For example, top of the 1st inning, the coach can single to left field for the leadoff batter. The next hitter could lay down a sacrifice bunt. Then the third hitter could single to right field and the right fielder would have to throw home to get the runner. In each situation the team on defense must be aware of the situation, set up in the appropriate defense and make the right play. The coach can stop at any time (like a scrimmage) and correct any problems. And so on through seven innings.

By where, and how hard, the coach hits the ball he/she can get the team to practice plays or skills the coach deems to be important. For example, if relays from the outfield are important, the coach can "hit" balls long and in the gaps. If getting the lead runner is key the coach can frequently get a runner on base by hitting a single and then hit a ground ball to an infielder.

The coach also acts as the umpire, making all of the safe or out calls. If the defense makes a good, and proper, play the coach/umpire can call "Out!" If the team makes a poor, or incorrect (throwing to the wrong base, etc.), play the coach/umpire can call "Safe!" On every play the coach makes what he/she judges to be the proper call and controls the game just as an umpire does. The coach can reward good plays and penalize bad ones. This can actually add some spice and excitement to the game and keep it from getting boring.

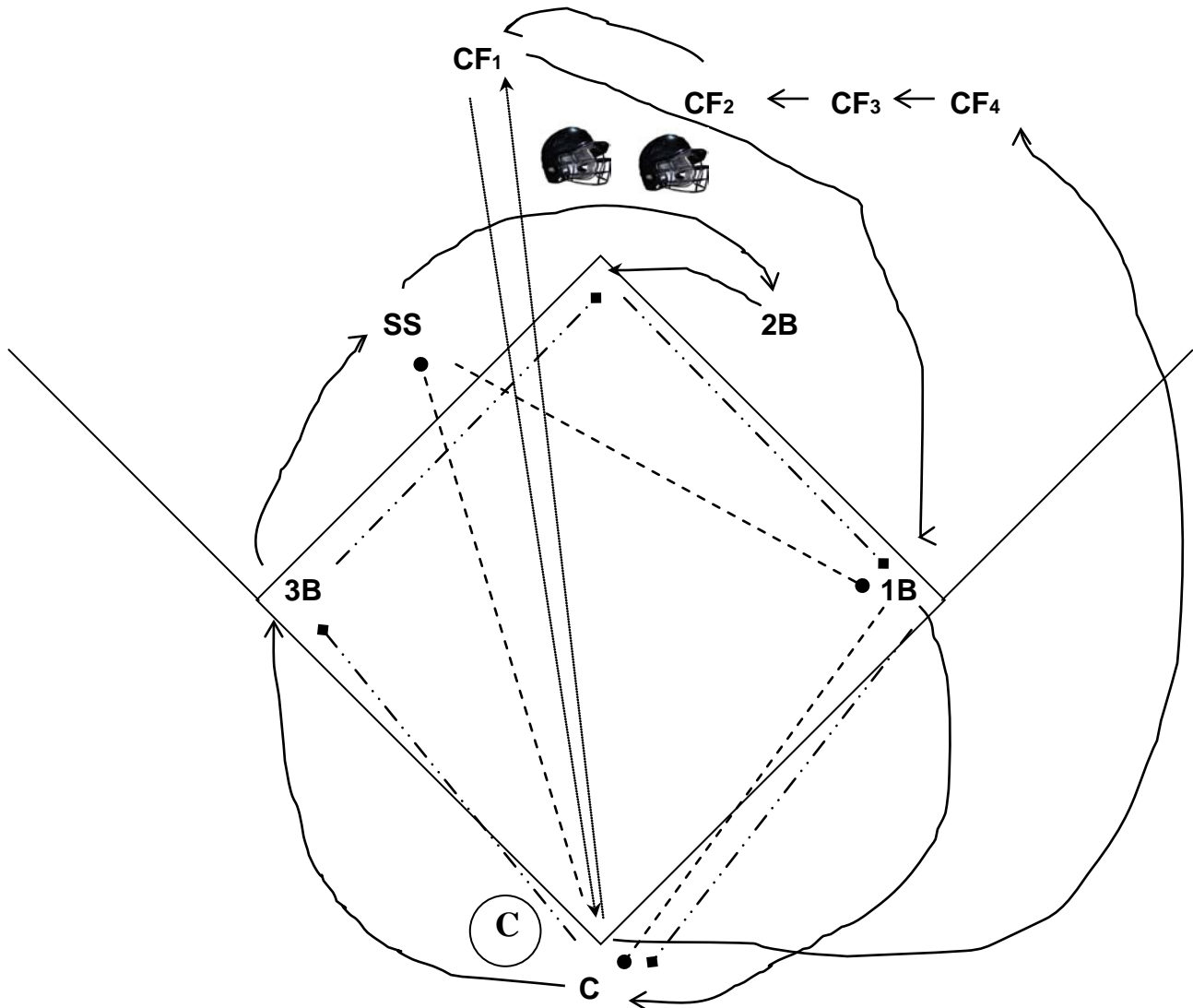
There are never any actual runners on base. Thus the defense has to concentrate on where the runner(s) are and how many outs there are. This can help to build the team's mental focus.

The objective of the game is to put the team into a situation where their only focus is defense and, if desired, in a "big" game. Within this structure, the coach can insure that in each inning the team works on the specific skills or plays which need practicing. If the team plays well, they win. If they play poorly, they lose. This is exactly what happens in real life when the team gets a lead early in the game and has to play defense to win.

The game can also be fun if the coach wants this to be part of the practice. Especially in role playing the umpire the coach can inject some humor and keep things loose.

# All Around Drill

This drill provides lots of practice throwing and catching, applying tags and running bases. The throw from the CF throwing to the C who try's to tag a runner coming in from 2B is a game like situation. Keep the drill moving rapidly, with everyone hustling, making good throws and catching the ball with two hands.



The Coach hits a ground ball to the SS, the SS throws to the 1B. -----●

The 1B throws home to the C who makes a tag.

The C throws to the 3B who makes a tag then throws to the 2B who then throws to the 1B who then throws to the C. -----◆

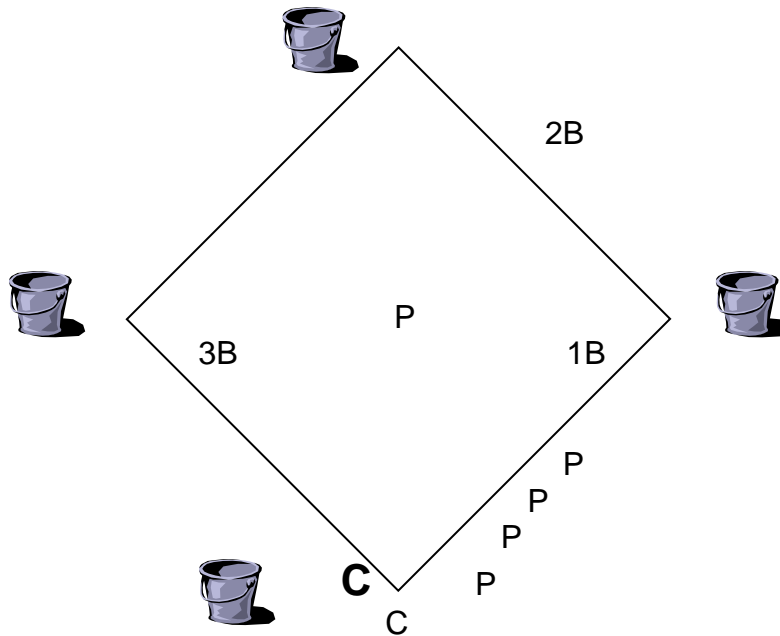
The 2B, after throwing to the 1B, puts on a helmet and becomes a runner at 2B.

The C throws a ground ball into CF. The CF fields the ball and throws home to the C trying to get the runner. -----→

Players then rotate as follows: The 2B/Runner moves to right center field in back of the CF line, on the way dropping the running helmet behind 2B. The first player in the CF line moves to CF. The C moves to 3B, the 3B moves to SS, the SS moves to 2B, the CF moves to 1B, the 1B moves to C. -----→



## Bunt Defense Drill 1



This drill provides many repetitions of players fielding a bunt and throwing to a specific base.

Five players are positioned at C, P, 1B, 2B, 3B. The remaining players are placed along the first base line and will rotate into the drill at the catching position. Empty buckets are placed at 1B, 2B, 3B. The coach and a full bucket of balls are positioned at home plate.

The drill starts with the coach bunting, or rolling, a ball to the pitcher. The pitcher fields the ball and throws to third base. The 3B puts the ball in the bucket at third base.

Next the coach bunts, or rolls, a ball to the 1B who fields the ball and throws to second base. The 2B puts the ball in the bucket at second base. Next roll a bunt to the 3B who throws to first base. The 1B puts the ball in the bucket at first base. Finally roll a bunt for the C who throws to the 2B covering first base. The 2B puts the ball in the bucket at first base.

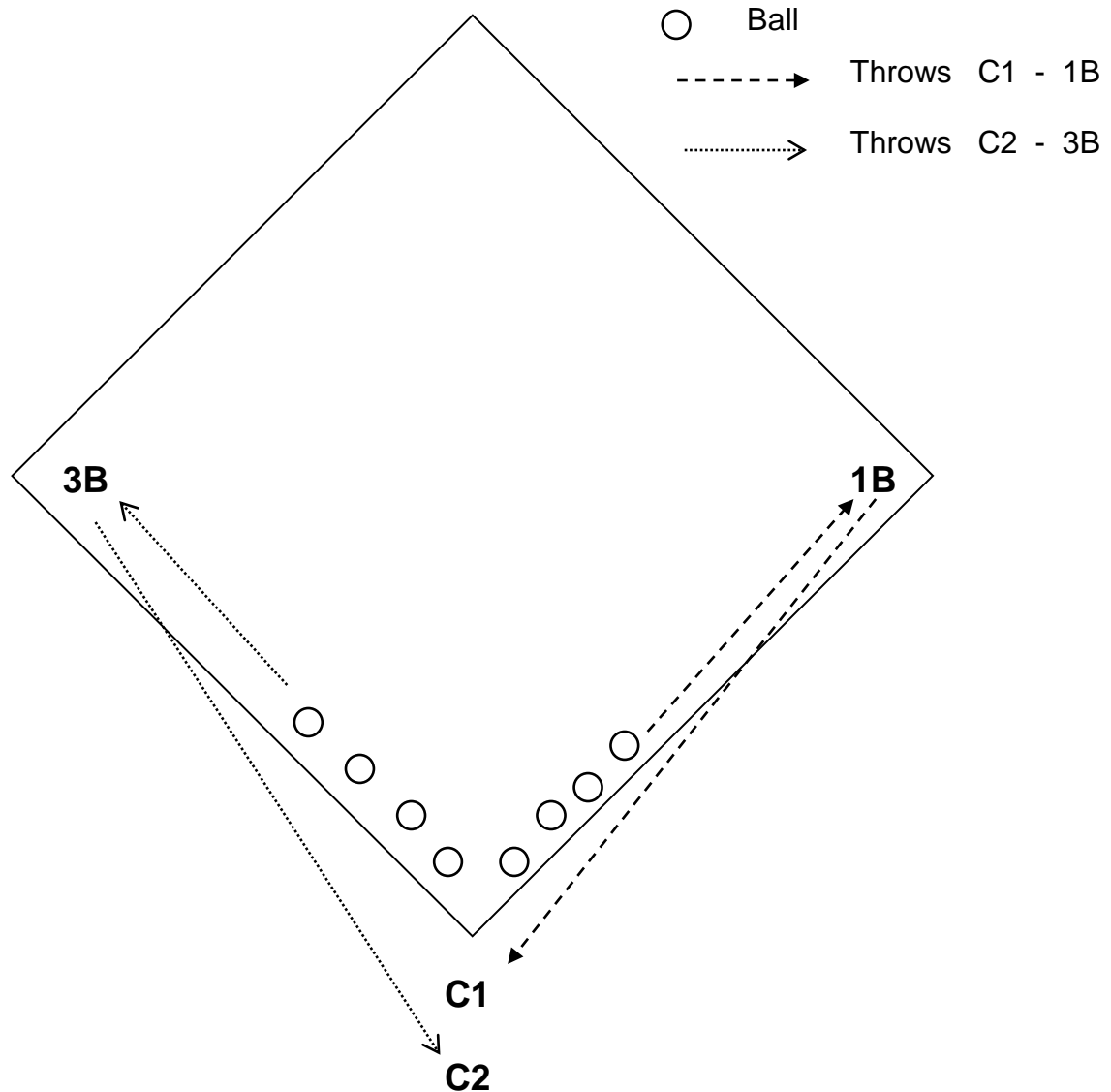
Then the coach begins the second series and finally the third series. Players then rotate as follows: Sitting to C, C to P, P to 3B, 3B to 2B, 2B to 1B, 1B to Sitting. The drill then resumes at the beginning.

The series of plays are: P - 3B, 1B - 2B, 3B - 1B, C - 2B @ 1B; P - 1B, 1B - 2B @ 1B, 3B - 2B @ 2B, C - 3B; P - 2B, 1B - 3B, 3B - 2B @ 1B, C-1B.

When the coaches bucket is empty the players at first, second and third base bring in their buckets and put the balls in the coach's bucket. The players then return to their positions with the empty buckets.

Objectives: Proper technique in fielding a bunt.  
Throwing the ball to a specific base.  
Second baseman gets practice moving to first base and receiving a throw.  
Receiving the ball at the base (fielders can either simulate a tag or just touch the base).

## Bunt Defense Drill - 2



C1 fields a ball on the 1B line and throws to 1B. 1B throws back to C1  
C2 fields a ball on the 3B line and throws to 3B. 3B throws back to C2  
Repeat until all balls are fielded, thrown and returned.

Rotation: 1B to C2, C2 to C1, C1 to 3B, 3B to 1B

Objectives of the Drill: Give Catchers the opportunity to jump out and field a bunt, work on proper footwork to field a bunt, set and throw. Practice making good 60 foot throws and catches.

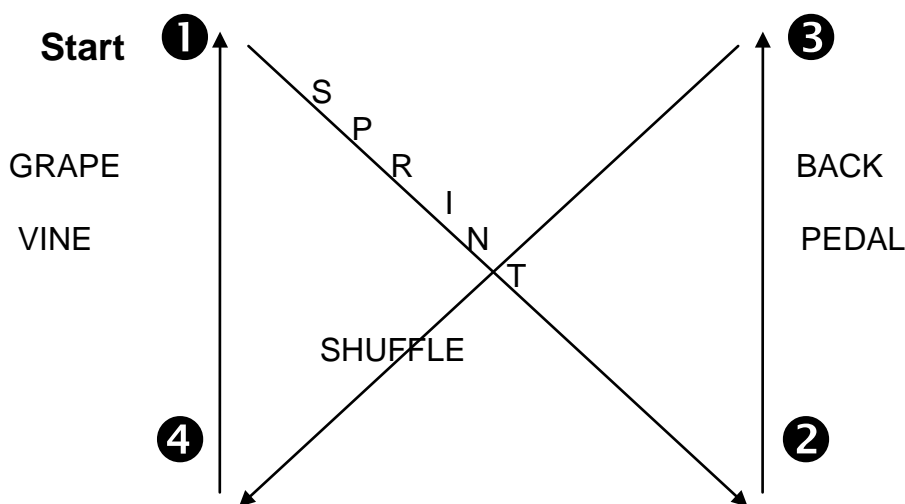
**Alternate C1 and C2 fielding/throwing so as not to have an errant throw hit someone.**

## Butterfly Relay Drill

Divide your players into two equal groups. Each group will “run” the relay course against the clock or the other group. Player vs. player can be fun and exciting but also runs the risk of players colliding and falling. Running against the clock is less risky.

The relay course is set up as a square using four small red cones or the bases. The course would have four corners 60 feet apart if the bases are used or you can set the cones at whatever distance you choose. A forty feet square is about the shortest distance for a good relay.

Players are lined up at the starting cone or base. The first player begins when the coach says “GO”. Each player runs the course as shown below:



When a player finishes the course that player tags the next player in line who then “runs” the course, and so on until all players have run. If you are running player vs. players the first team to finish wins that relay. If you are running vs. the clock the faster time wins.

Each player on the winning team gets one point.

Then mix up the teams and run another relay.

Keep the time of each winning team. At the end of the drill determine which team had the fastest time. Each of the players on that team receives an extra point.

When all relays have been completed determine which player(s) have the highest number of points. That player(s) are the winners for the day.

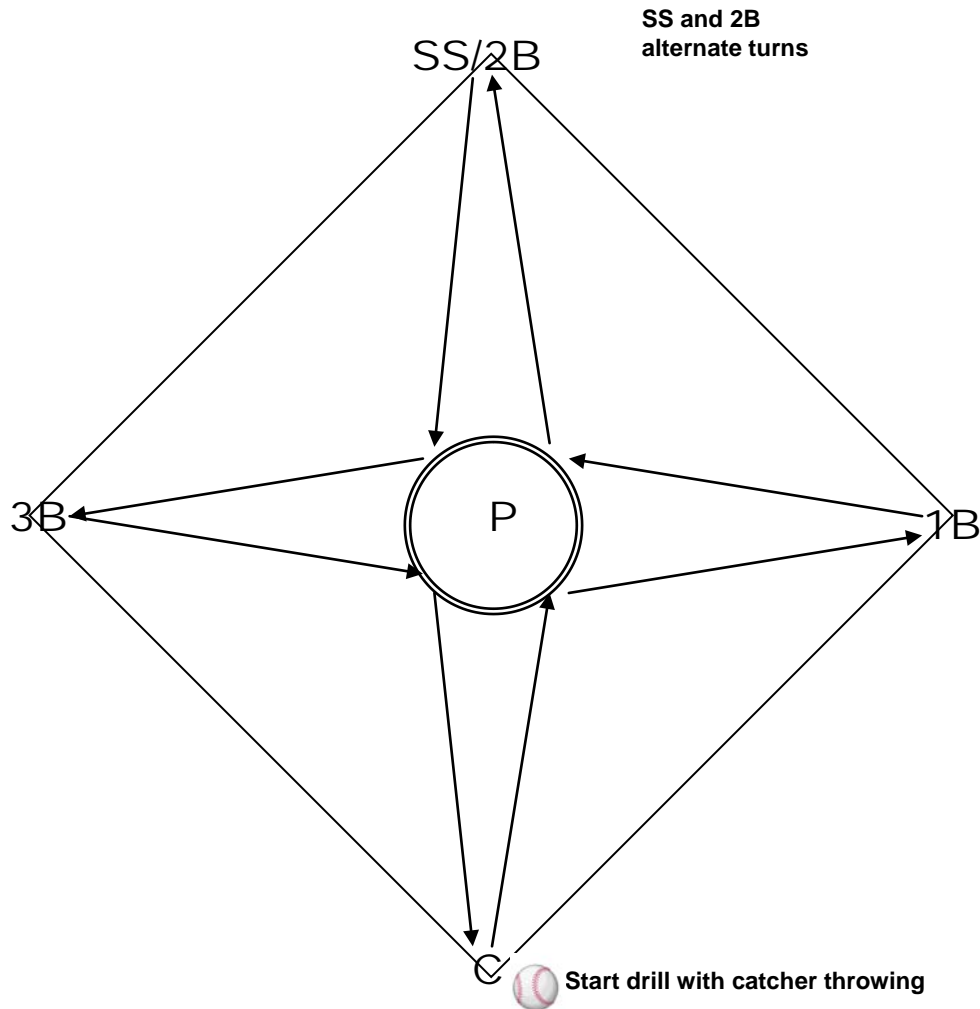
Objectives: Utilize the element of competition.  
Work on quickness and footwork.

With six players in a group it should take several minutes to complete a relay. In a twenty minute session you should be able to run four or five relays.





## Four Star Drill



Throwing and catching are two of the most important skills for a ball player. Many throws in a game situation are between 30 and 60 feet.

The Four Star Drill gives players practice with throws in the 40 foot range, like they could experience in a game.

The drill emphasizes throwing, catching and quick reactions. Timing the drill puts emphasis on using proper techniques to try and achieve the best time.

The pitcher moves around the circle to the point where ball is thrown and caught (nearest the base).

The ball is thrown as shown by the lines, starting and ending with the catcher.

Throws can be ground balls or throws.

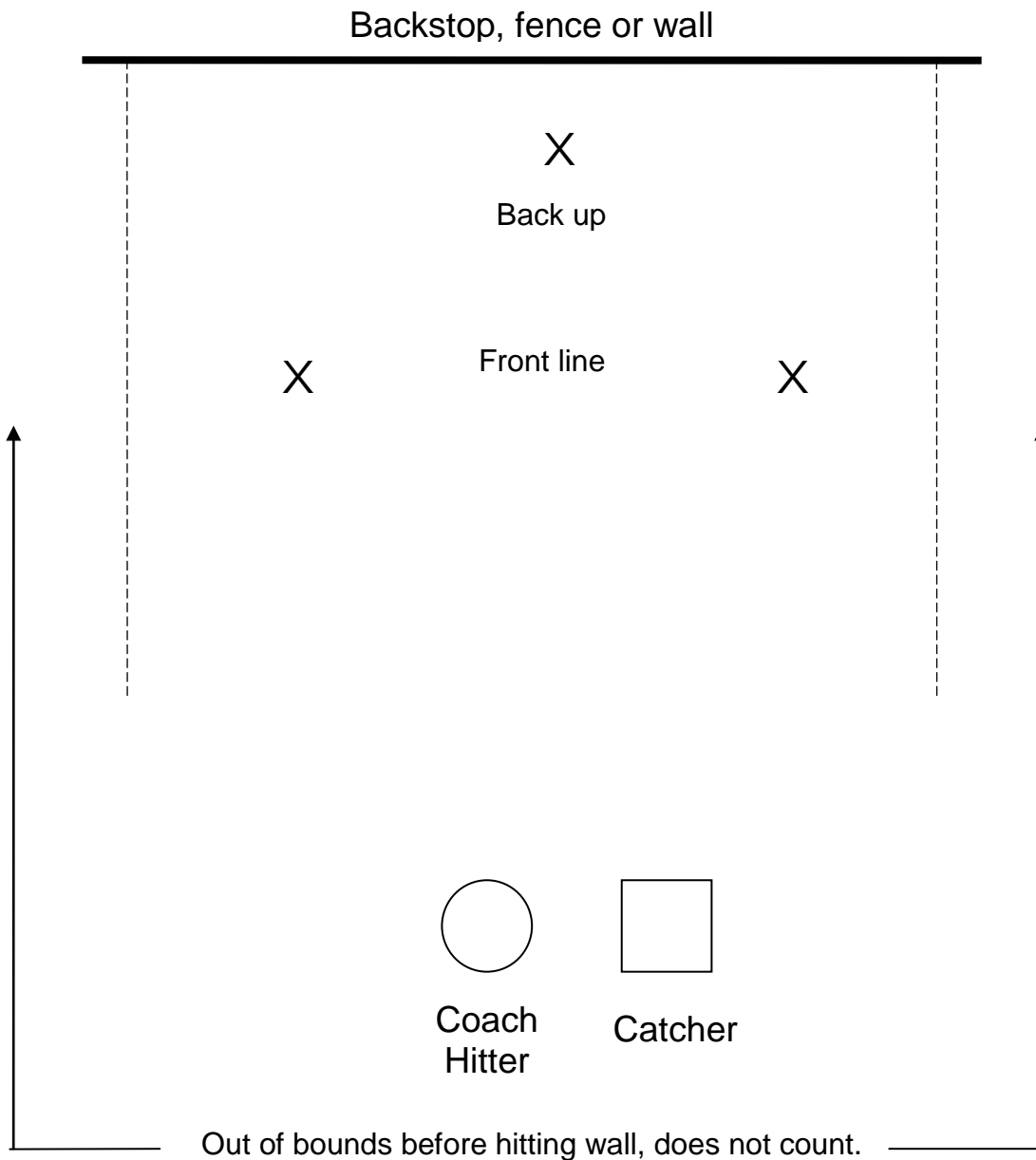
The player at each base can simulate a tag after catching a throw.

Time each cycle to make the drill competitive.

Rotate positions after each cycle so each player gets the same number of chances.

# GOALIE DRILL

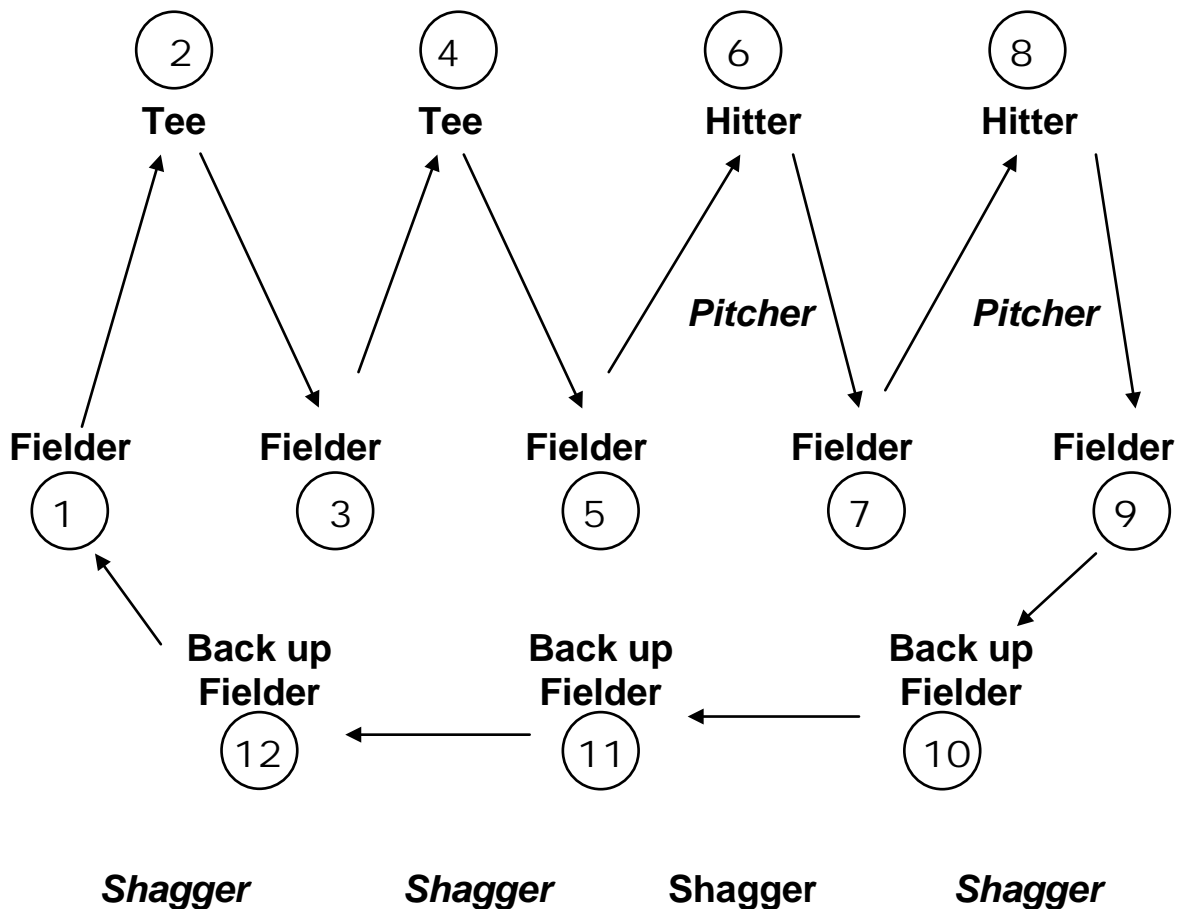
Divide into teams of three which take turns keeping the ball from hitting the backstop, fence or wall. The coach hits up to five balls to each team. The team fields the ball and throws back to the catcher. Change to the next team: if the ball hits the backstop, on a bad throw back to the catcher, or after five balls are hit. The team with the most balls hit to it is the winner. Give each team two or three turns.



# HITTING DRILL

The objective of this drill is to get lots of swings. Concentrate on proper mechanics because with lots of swings the mechanics used will become permanent. The drill is best with a beginning team with lots of **parent** help shagging balls and pitching. Players move from station to station, around the circuit, and take their gloves with them.

## *Shagger*

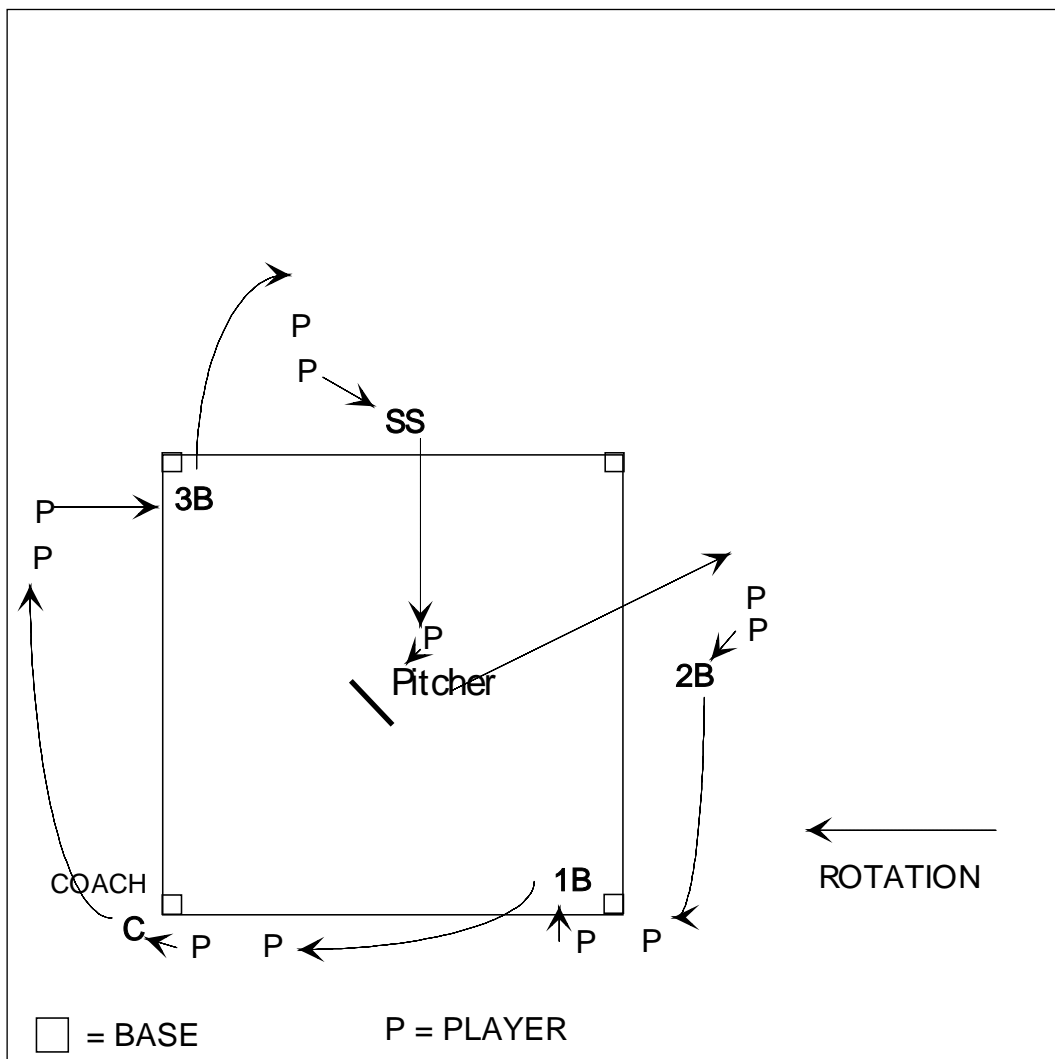


**Parent's** notes: Remind the players in your area what they're doing and where to go. Position yourself to back up effectively. Let the player's field and throw the ball. Back up the players.

# INFIELD THROWS 1

The drill is set up with four infielders, pitcher and catcher in position. A coach will be the hitter at home plate. The coach hits a ground ball to the 3B who throws to the catcher who touches home as if getting a force out. The catcher then throws to 1B as if completing a double play. The 1B returns the ball to the catcher. The coach then hits a ground ball in order to the SS, 2B, 1B and P and the same play is executed. When the ball is hit to the 1B the 2B should move over and cover first base as the 1B will not be able to get back to the bag to make the play.

After each fielder has fielded a ground ball, the players rotate to their left and move to the end of the line at the next position and the first player in the line moves in to field that position. Continue the drill until every player has a turn at each position.



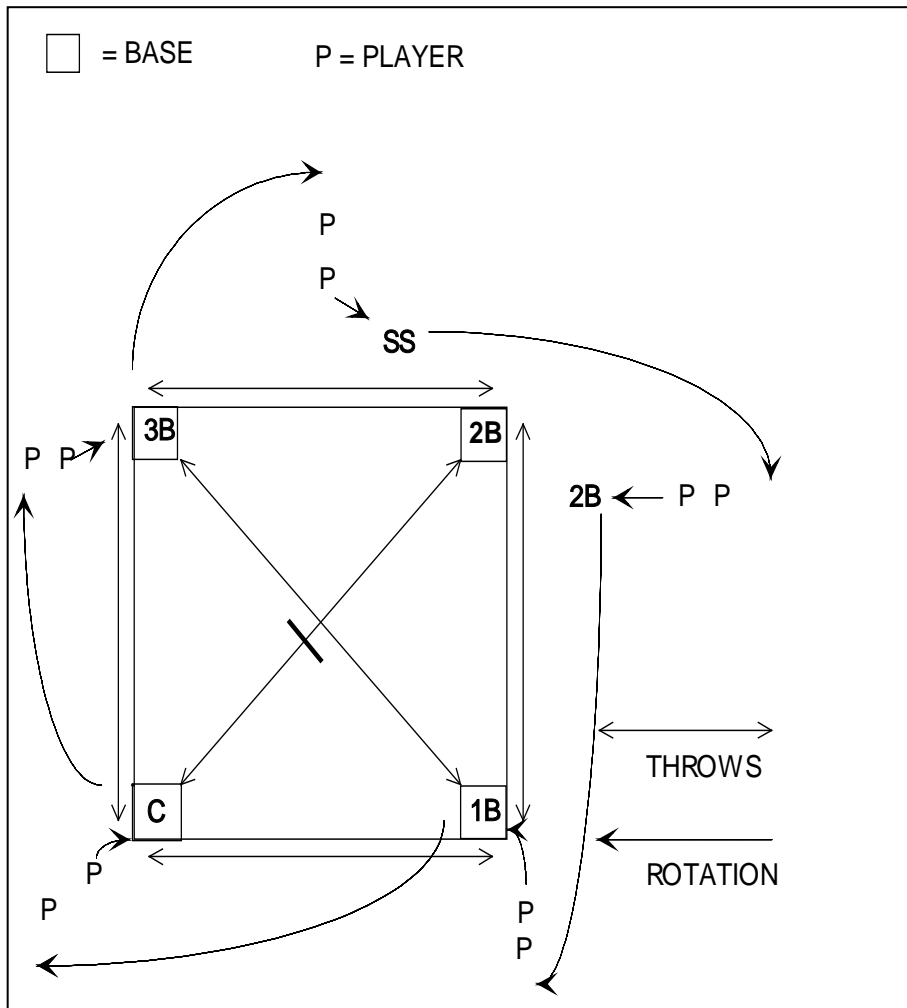
## INFIELD THROWS 2

The drill is set up with the C at home, the 3B and 1B on their respective bases and the SS and 2B both close to second base to cover that base as appropriate. Each position is assigned a number as follows: C = 2, 1B = 3, 2B = 4, 3B = 5, SS = 6. The numbers will be used by the coach to tell the fielders where to throw. All throws will be in a pattern, starting and ending with the C. The coach will call the sequence of throws using the number as follows:

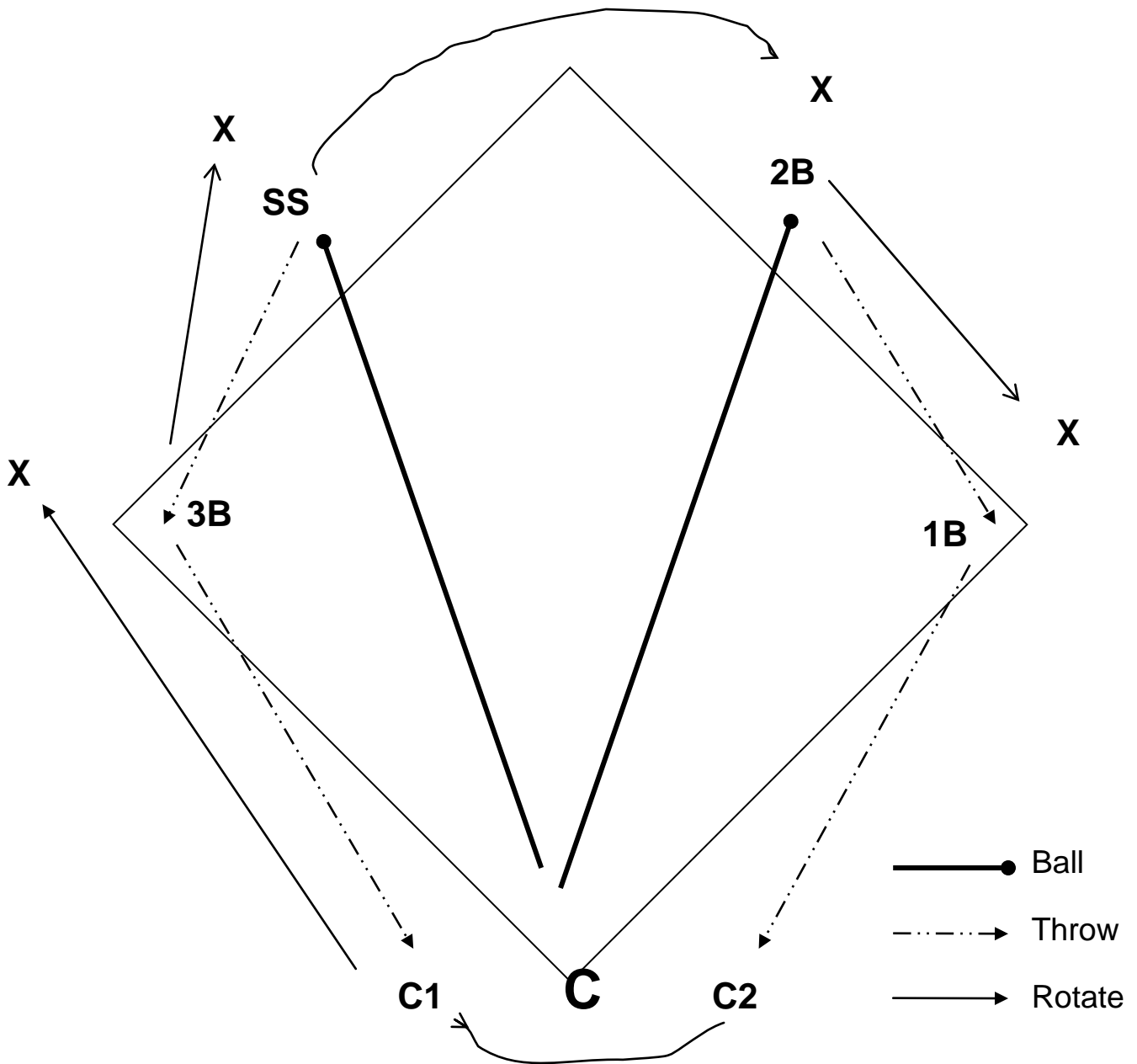
- 3 - 5 - 4. This sequence would be: C to 1B to 3B to 2B covering second base to C.
- Other sequences would be:
  - 6 - 5 - 3      C to SS covering 2B to 3B to 1B to C.
  - 4 - 3 - 5      C to 2B covering second base to 1B to 3B to C.
  - 5 - 3 - 6      C to 3B to 1B to SS covering second base to C.

After the above four sequences have been executed players rotate to the left, to the end of the line at the next position and the first player in the line moves in to handle the position. Continue the drill until every player has a turn at each position.

The fielders taking the throws can either tag the base as in a force out, or make a tag as if a runner was coming into the base. The drill can be competitive if the coach times each group on their four series of throws. The group with the lowest total time is the winner.



# Loop Drill



Coach hits a ground ball to SS, SS throws to 3B, 3B throws to C1.  
Coach hits a ground ball to 2B, 2B throws to 1B, 1B throws to C2.  
Players rotate as shown.

An alternative way to run the drill:

Coach hits to SS who throws to 1B, 1B throws to C2.

Coach hits to 2B who throws to 3B, 3B throws to C1.

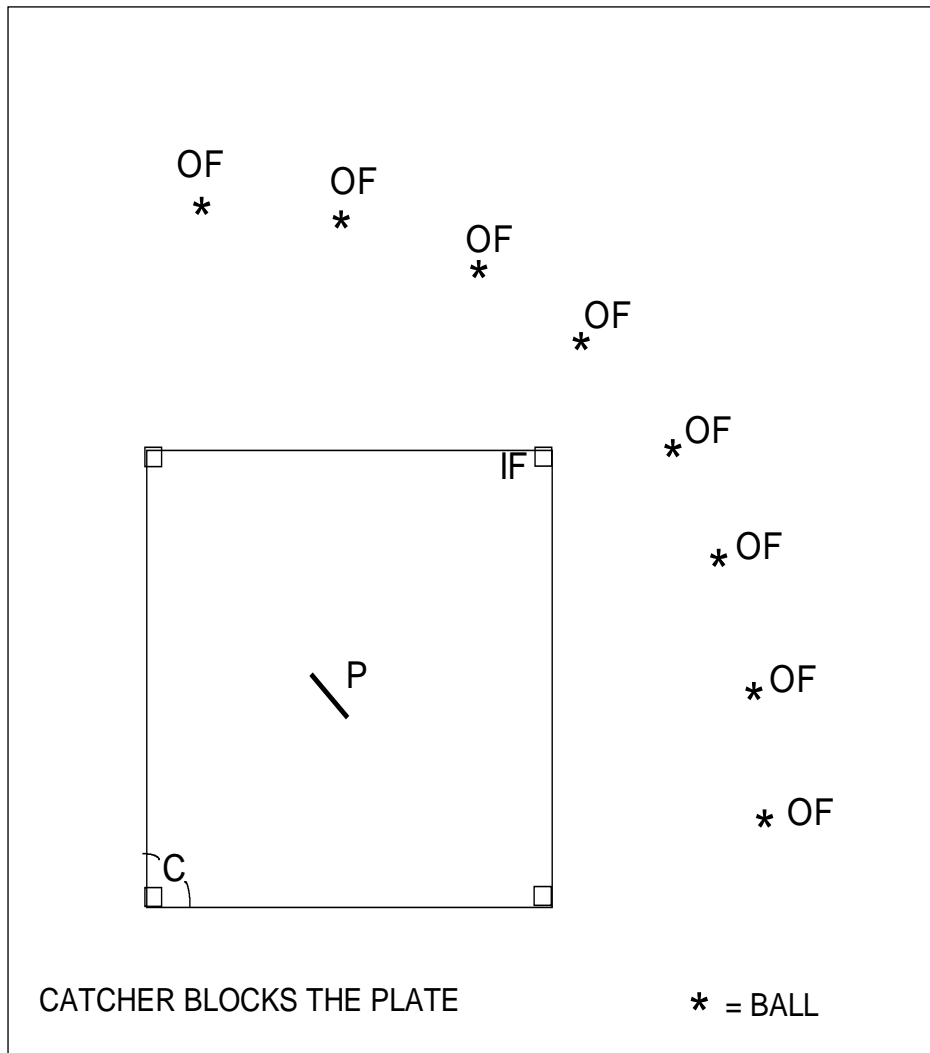
A great drill to practice basic Infield skills: fielding, throwing and catching.

# OUTFIELD THROWING DRILL

Align everyone (except a pitcher, a catcher and an infielder at 2B) equally across the outfield at the distance you want the players to throw. Each player takes a ball to the outfield when they go. The pitcher is stationed in the cut off position, the catcher is set to make a tag at home plate and the infielder is stationed at 2B to take a throw.

The player closest to the foul line in left field tosses his/her ball a short distance in front of them, runs to pick it up and makes a throw to home. The catcher, judges the throw, if it is on line to the plate says nothing, lets the ball come home where he/she makes the tag on a virtual runner. If the throw is off line the catcher calls "Cut Two", the pitcher cuts off the ball and throws to second base. In either case, once play is finished, the ball is thrown back to the player in the outfield who made the throw. The next player in line then makes his/her throw. After all players have thrown, switch pitchers, catchers and infielders with players from the outfield. The drill can be repeated as many times as desired.

This drill practices several skills: throwing from the outfield, judging whether to cut off a throw, making a tag at home plate and cutting off a throw and throwing to 2B. Challenge the players to get 100% of their throws on line and hit the cutoff person. On throws through to the catcher, focus on good, strong, one bounce throws. Insure that the pitcher takes the proper position to cut off the throw and the catcher sets up properly in front of home plate.



# Out and Back Drill

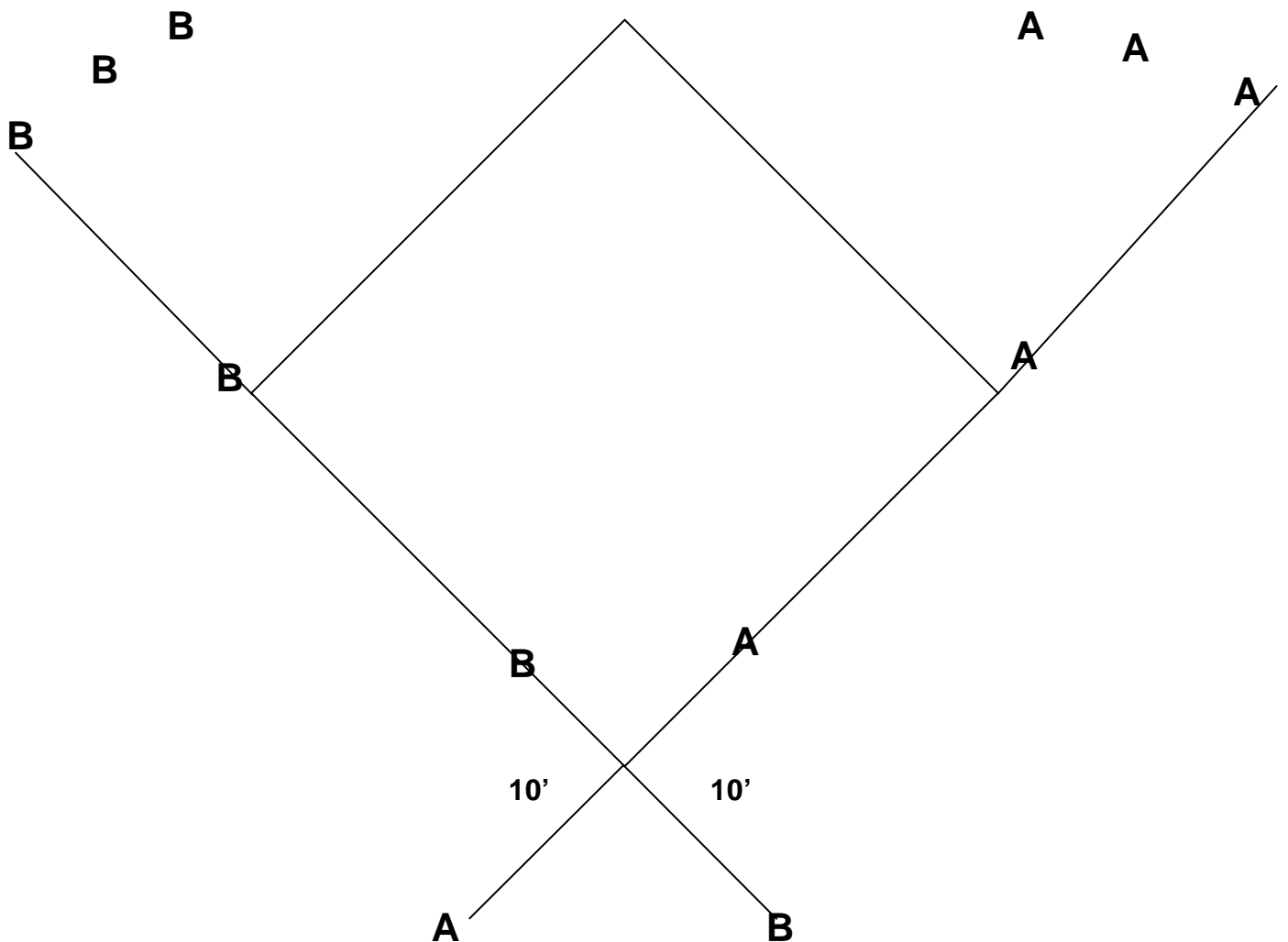
Divide into two teams: A and B. Team A is along the 1B line, B along the 3B line. The more players on each team the shorter the throws. Four or five is best depending on how far out the Foul Pole is located.

Each team will relay a ball from behind Home Plate to the Foul Pole and back. The first team to complete the relay gets a point.

If the ball is dropped that team loses and the other team gets a point.

Rotate on each team: The player behind Home Plate goes to the end of the Foul Pole line, all others move one position towards Home Plate.

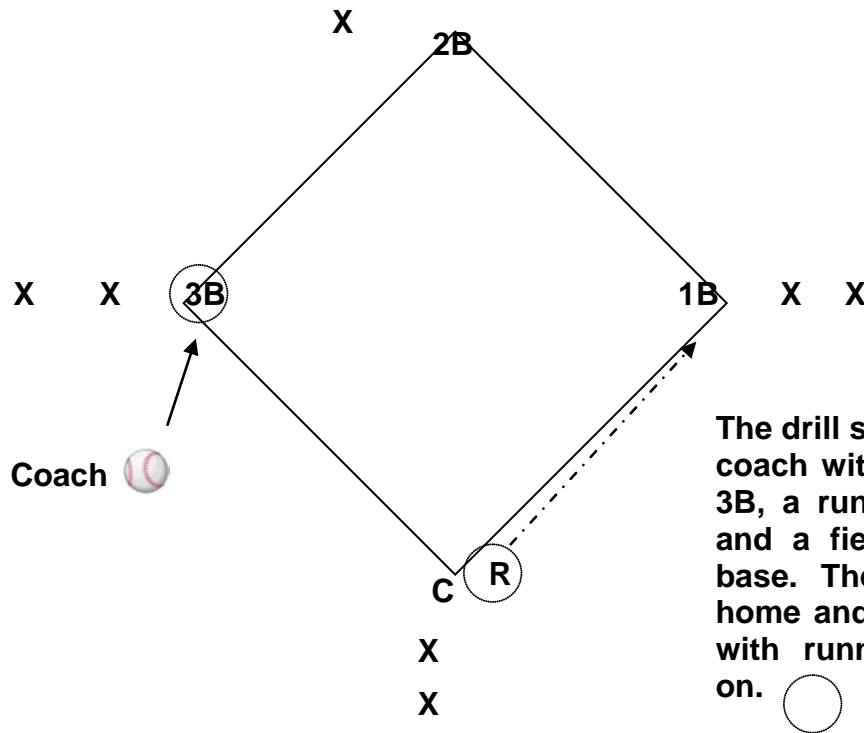
When all players are through the rotation the team with the most points



**Objectives of the drill:** Practice throwing and catching at game speeds. The drill is competitive just as in a game. Emphasize the proper technique of positioning for and handling a relay.

## Run and Shoot Drill

This drill includes running, throwing and making a tag. It combines many of the elements of a real game. It is fast and challenging and can run for as long as you choose. The objectives are to prepare your players to practice the speed and reaction time of a game.



The drill starts with the coach with a ball near 3B, a runner at home and a fielder at each base. The Runner @ home and the 3B start with running helmets on.

The coach begins the drill by tossing the ball to the 3B. The 3B throws the ball to 1B as the runner sprints to 1B.

The runner then goes to the end of the line at 1B.

The 3B becomes a runner at 3B and sprints for home. The 1B throws to the Catcher who tries to tag the runner out. The runner goes to the end of the line at home.

The 1B becomes the runner and sprints towards 2B. The C throws to 2B who tries to tag the runner. The runner goes to the end of the line at 2B.

The C → Runner → 1B. The 2B throws to 1B.

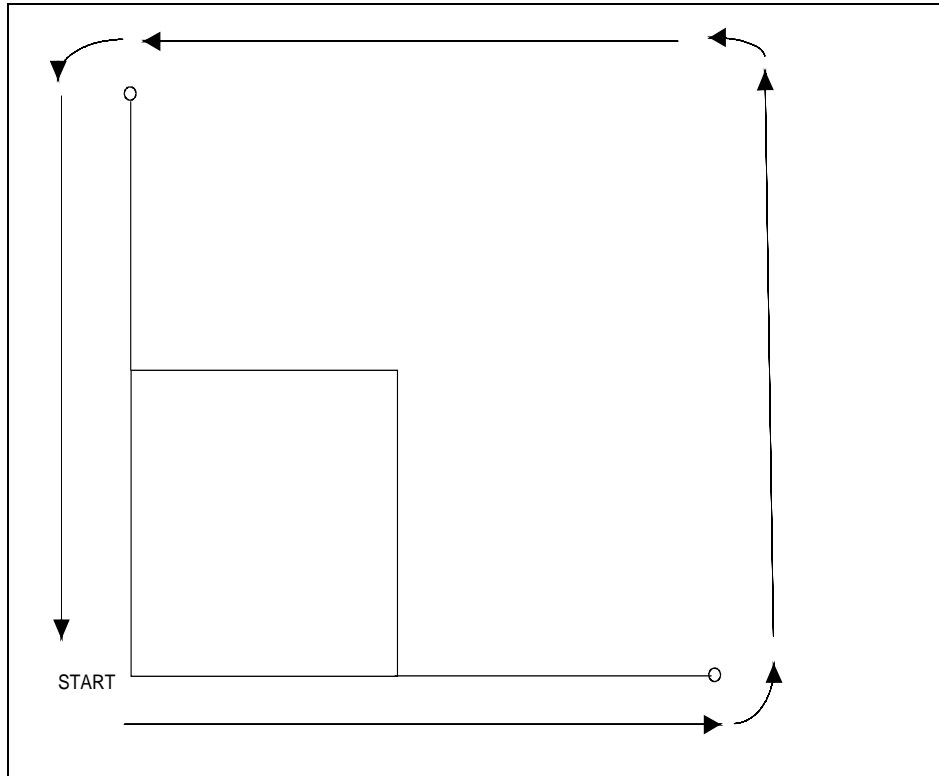
The drill continues in this same pattern.

- The fielder who throws the ball becomes the runner.
- The fielder who receives the throw then throws to the base the runner is sprinting towards.
- The runner goes to the end of the line at the base they ran to and passes the helmet to the first fielder in line. "Extras" back up throws.
- Players keep their gloves on at all times, running the bases with their gloves on.
- Fielders at 2B, 3B and Home make a tag on the runner. The play at 1B is not a tag.

# RUNNING RELAY

## Running and conditioning drill

Especially good early in the season or as a warm up for a practice or a game

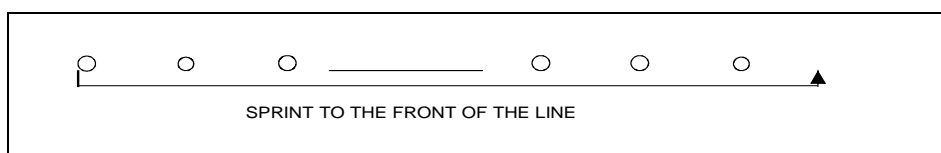


The entire team jogs in single file - about half speed.

The last player in line sprints to the front of the line

Then the next player sprints to the front of the line.

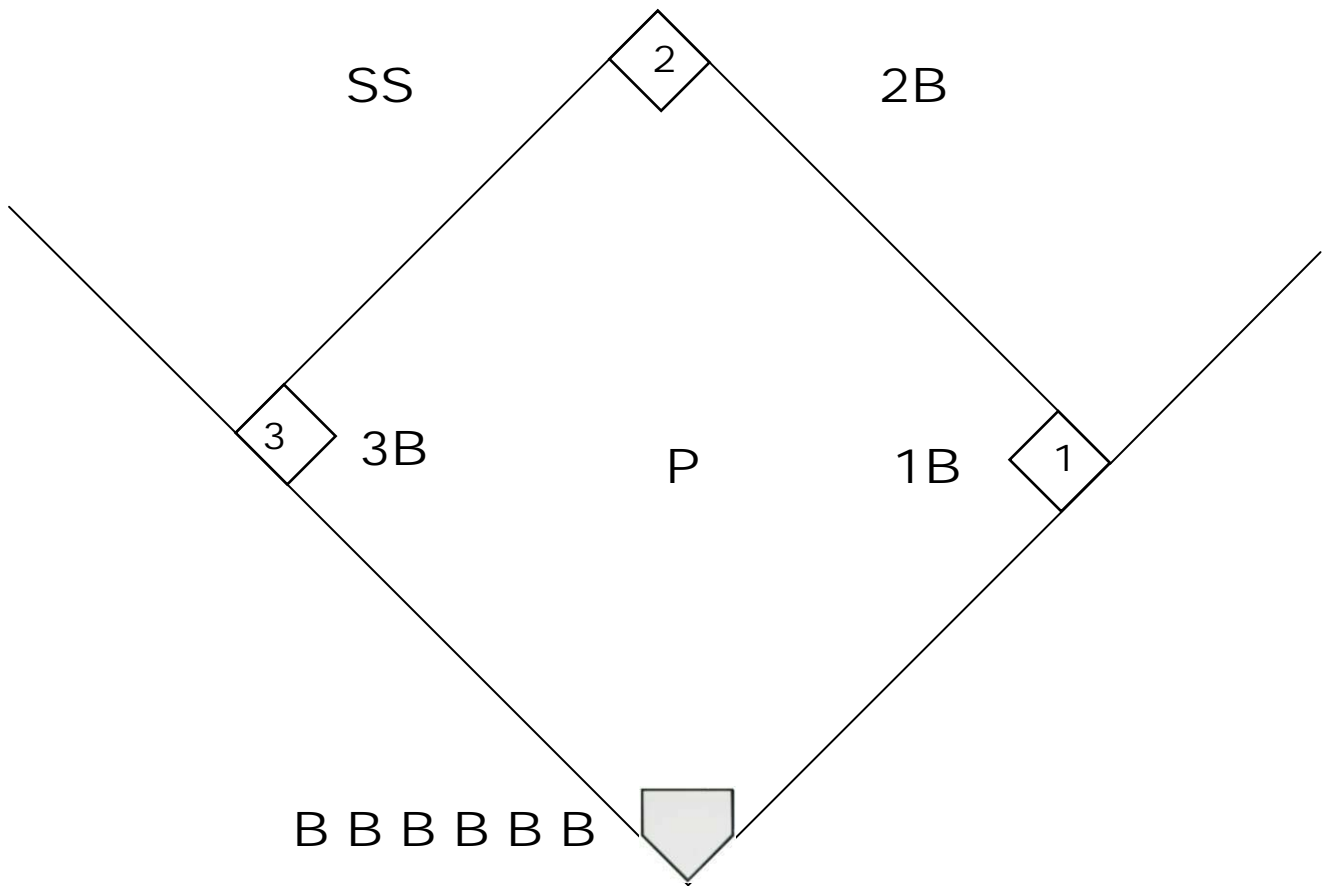
The drill is complete when every player has sprinted to the front as many times as specified.



# SCRIMMAGE

Six vs. six is shown

OF



Defense rotates one position per batter

Four vs. four vs. four is also a good scrimmage.  
One team of four batting, two teams of four fielding.

# A Simulated Game

This is a productive and fun “game” which pits the coach, on offense, playing a simulated game against the team, on defense.

The game begins with the team on defense getting however many runs the coach wants to give the defense to start the game. For example, the team has a 3-0 lead and their job is to defend that lead for the entire game. To make it more challenging, the coach can start by announcing “League championship game, you’re up 3-0. Play defense and you win.” This does two things. First, it gives the team on defense a chance to win by giving up two or less runs. Second, it gets the team to “play” the league championship game (or whatever big game the coach chooses) in advance. Then, when the team gets to that “big game”, they can feel that they have already been there.

The coach can “hit” against a team pitcher throwing slow pitches or can “hit” by fungoing the ball. In either case, the coach gets to pick where and how hard to hit the ball. For example, top of the 1st inning, the coach can single to left field for the leadoff batter. The next hitter could lay down a sacrifice bunt. Then the third hitter could single to right field and the right fielder would have to throw home to try and get the runner. In each situation, the team on defense must be aware of the situation, set up in the appropriate defense and make the right play. The coach can stop at any time (like a scrimmage) and correct problems. Play as many innings as appropriate.

By where, and how hard, the ball is hit the coach can get the team to practice plays or skills the coach feels are important. For example, if relays from the outfield are critical, the coach can “hit” balls long and in the gaps. If getting the lead runner is important, the coach can get a runner on base by hitting a single, and then hit a ground ball to an infielder.

The coach also acts as the umpire, making all safe or out calls. If the defense makes a good, and proper, play, the coach/umpire can call “Out!” If the team makes a poor, or incorrect play (throwing to the wrong base, etc.), the coach/umpire can call “Safe!” On every play the coach makes what he/she judges to be the proper call and controls the game just like an umpire would. The coach can reward good plays and penalize bad ones - this usually adds some spice and excitement to the game and keeps it from getting boring.

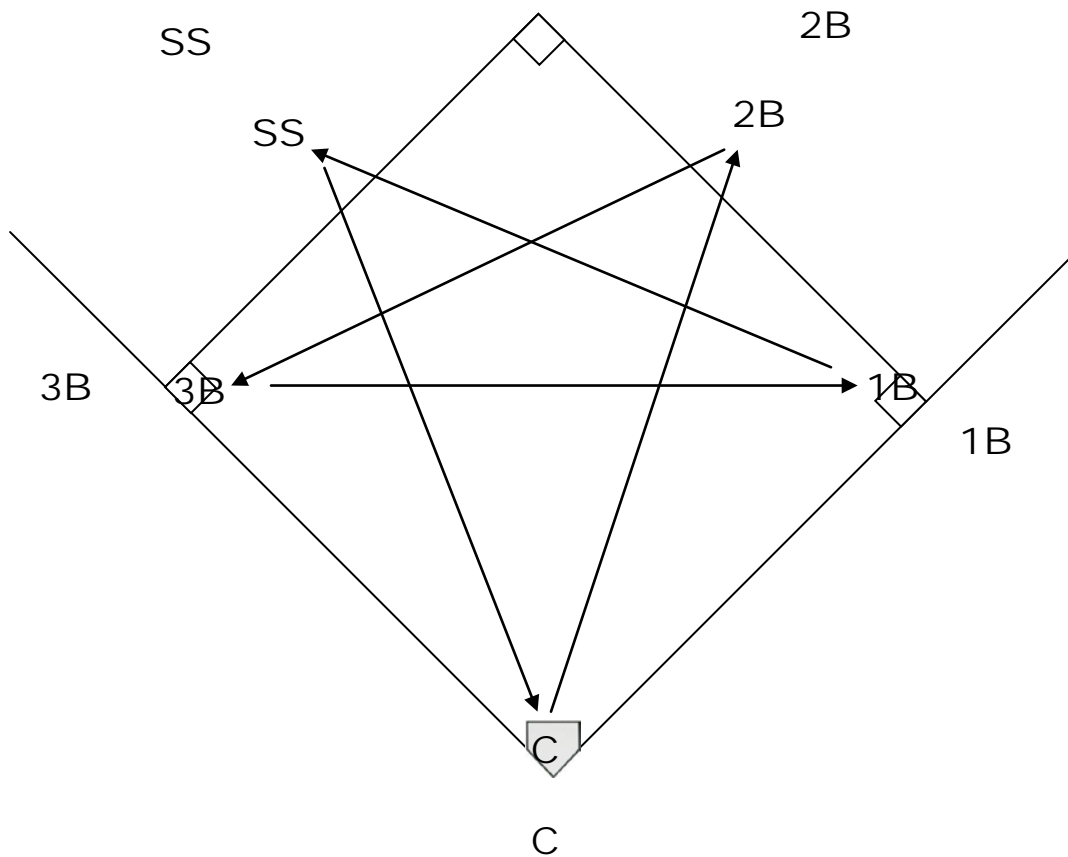
Because there are never actual runners on base, the defense has to concentrate on where runner(s) are and how many outs there are. This helps to improve the team’s mental focus.

The objective of the game is to put the team into a situation where their only job is defense and, if desired, in a “big” game. Within this structure, the coach can ensure that in each inning the team works on the specific skills or plays which need practicing. If the team plays well, they win. If they play poorly, they lose. This is exactly what happens in real life when the team gets a lead early in the game and has to play defense to win.

The game can also be fun if the coach wants this to be part of the practice. When role playing the umpire, the coach can inject some humor and keep things loose. I have used the Simulated Game on many occasions and have found it to be both fun and beneficial to the players, while giving them a great opportunity to practice defense.

# STAR DRILL

The ball is thrown counter clockwise around the field in a pattern making a star. (C – 2B – 3B – 1B – SS – C) Each person throws the ball and follows their throw by running to the end of the line behind the person receiving the throw. Start with two people at each position to allow for the person receiving the throw to run to the next station. This is a great warm-up drill as it combines throwing, catching and running. Set a goal each time for how many throws without a miss.



# TEAM GAMES

There are ten events in Team Games. These games are set up and run like the Olympics. You can add more events, or take some out, but the idea is to have a series of events which allow the players to demonstrate their skills. Divide the players into relatively even teams and keep score by team. Each player should participate in 3-5 events. Award medals to the individual event winners and a prize to the members of the winning team. A good way to run Team Games is to hold two or three events per day one day a week over several weeks.

## EVENT: INFIELD THROWS: SS TO 1ST BASE:

Field a ground ball at SS thrown from the pitching machine at home plate. Throw to a target at first base. Each player gets four (4) balls. Direct hit on the target = 5 points, Bounce hit = 3 points, Miss the target or an error fielding = No points

## EVENT: RUNNING TIME: HOME TO 1ST BASE:

Bunt a ball pitched by the pitching machine (RH batters box). Run to first base. Each player runs twice. Lowest time = 30 points, Next low = 20 points, Next low = 10 points, Next low = 5 points. The clock starts when the ball is bunted.

## EVENT: OUTFIELD THROWS TO HOME PLATE:

Field a fly ball thrown from the pitching machine at home plate. Throw to a target at home plate. Each player gets four (4) balls. Direct hit on the target = 5 points, in the target zone = 3 points, outside the target zone = - 1 point.

## EVENT: TEE HIT FOR DISTANCE:

Hit a ball off a tee placed at home plate. The distance is measured to the landing point. Each player gets four (4) hits. Longest hit = 30 points, Next longest = 20 points, Next longest = 10 points, Next longest = 5 points.

## EVENT: CATCHER THROWS: HOME TO 2ND BASE:

Catch a pitched ball from the pitching machine. Throw to a target at second base. Direct hit on the target = 5 points, Bounce hit = 3 points, Miss the target or an error fielding = No points

## EVENT: PITCHING ACCURACY:

Pitch a ball from the pitching plate towards a target at home plate. Each player pitches ten (10) balls. Hitting inside the box on the target = 3 points, Outside box, on target = 1 point. (The target is a strike zone size box on a towel on the target.)

## EVENT: AROUND THE HORN:

Each team has four players participating, one player each at C, 3B, 2B, 1B. The ball is thrown in a specific pattern around the horn. Each team gets two chances. Lowest time = 30 points, Next low = 20 points, Next low = 10 points, Next low = 5 points. The clock starts on the first throw. Pattern: C - 3B - 2B - 1B - C, then reverse.

**EVENT: BUNTING TO TARGET:**

Bunt a ball at home plate thrown from the pitching machine. Each player gets four (4) balls. Ball stopping in target zone 1 = 5 points, in target zone 2 = 3 points, in pitchers 8' circle = -3 points. See target pattern below.

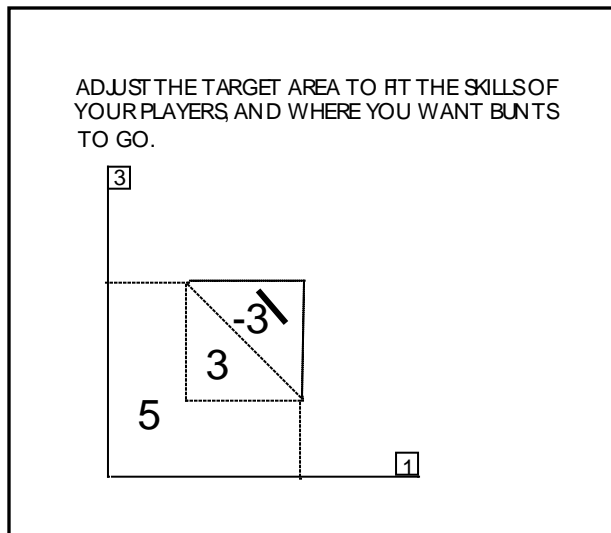
**EVENT: THROWING RELAY:**

Each team has five players participating, one each at C, P, LF, CF, RF. The ball is thrown in a specific pattern from the outfield to the infield. . Each team gets two chances. Lowest time = 30 points, Next low = 20 points, Next low = 10 points, Next low = 5 points. The clock starts on the first throw. The throwing pattern is: C- P- LF- P- CF- P- RF- C

**EVENT: RUNNING TIME: HOME TO HOME:**

Bunt a ball pitched by the pitching machine (RH batters box). Run home to home. Each player runs twice. Lowest time = 30 points, Next low = 20 points, Next low = 10 points, Next low = 5 points. The clock starts when the ball is bunted.

**BUNTING TARGET**



# THREE FLIES IN

DIVIDE THE TEAM INTO TWO RELATIVELY EQUAL TEAMS  
ONE STARTS AS OFFENSE, THE OTHER AS DEFENSE

DEFENSE → POSITIONED IN THE OUTFIELD - ON THE GRASS

OFFENSE → HIT WITH A SOFT TOSS FROM HOME PLATE

WHAT HAPPENS WHEN THE OFFENSE HITS THE BALL?

① A FLY BALL: HITS THE GRASS = 1 RUN FOR OFFENSE  
CAUGHT = 1 FLY BALL FOR DEFENSE

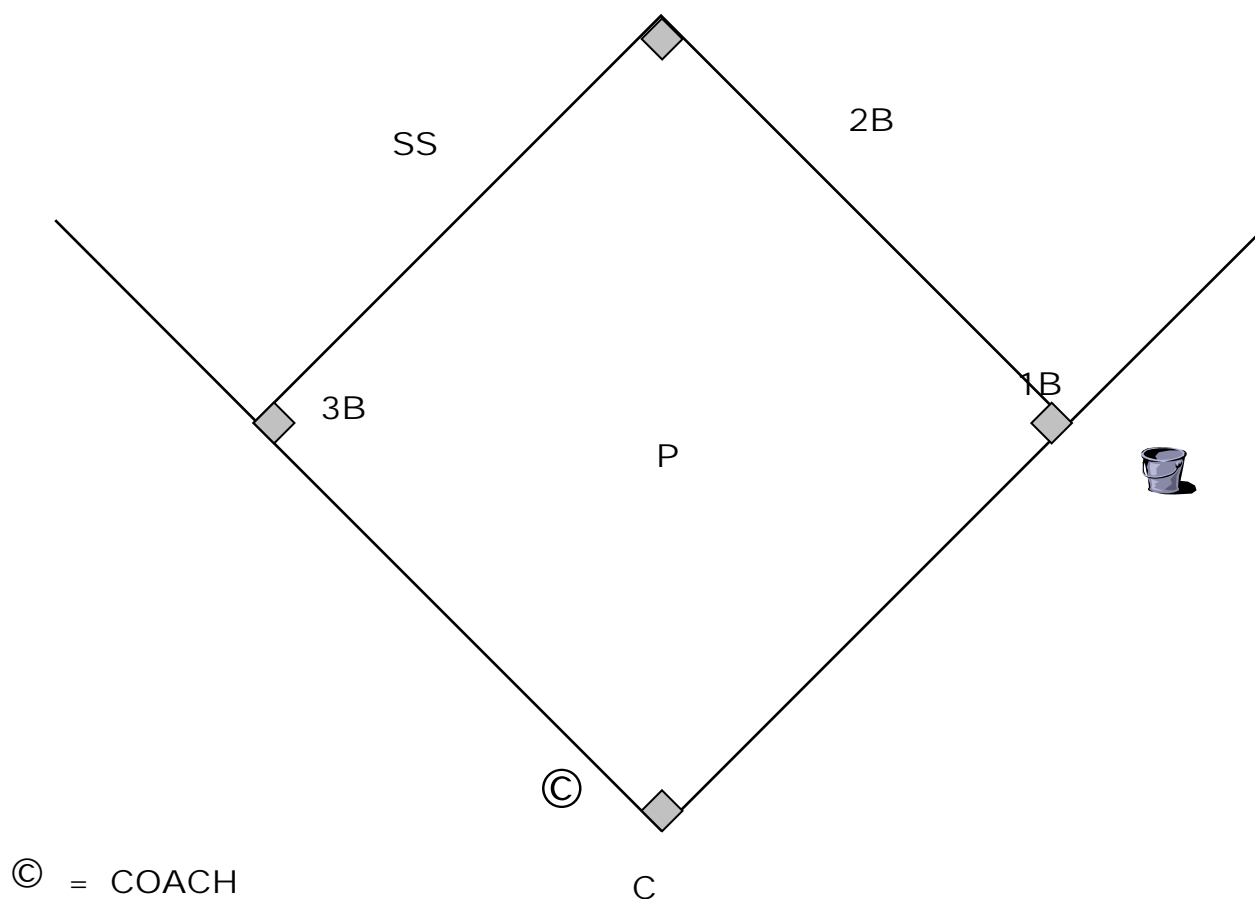
② A GROUND BALL: FIELDER CLEANLY = 1 GROUND BALL  
THREE GROUND BALLS = 1 FLY BALL  
MISHANDLED = 1 RUN

③ A BALL THAT DOESN'T GO TO OUTFIELD GRASS = 1 FLY BALL

WHEN THE DEFENSE GETS THREE FLY BALLS THEY CHANGE TO OFFENSE

AFTER SEVERAL ROUNDS (EACH TEAM ON OFFENSE ONCE) THE TEAM  
WITH THE MOST RUNS IS THE WINNER.

## Triple Infield Drill



**This objective of this drill is to practice plays which will happen in a game. The emphasis is on fielding and throwing under pressure.**

**Round 1** The Coach hits a ground ball to each infielder. The IF fields the ball and throws to the catcher who simulates a tag on an incoming base runner.

**Round 2** The Coach hits a ground ball to each infielder. The IF fields the ball and throws to the 1B for the out. The 1B throws the ball to the catcher who simulates a tag.

**Round 3** The Coach hits a ground ball to each infielder. The IF fields the ball and throws to the catcher who tags home as in a force play. The catcher then throws to 1B to get a batter and complete a double play. The 1B drops the ball in a bucket.

**Time each round and continuously try and improve the time for that round.**