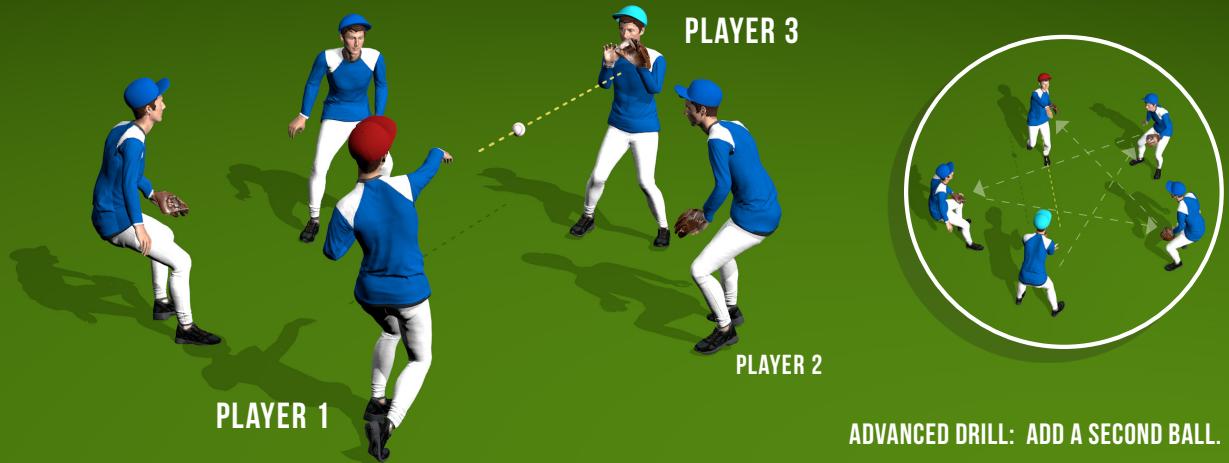




# DRILL #1 STAR QUICK HANDS

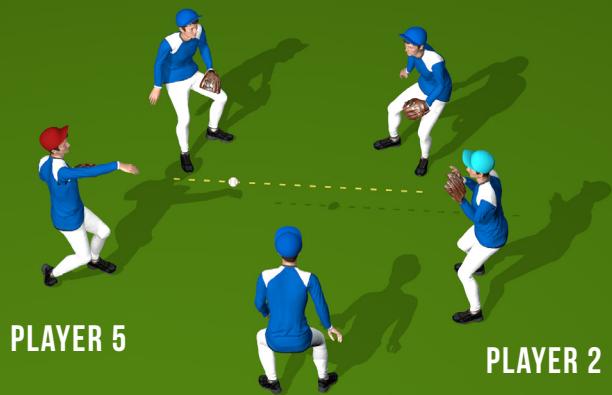
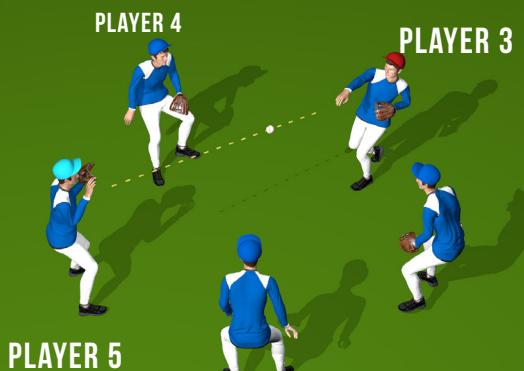
TARGET SKILL: HAND MECHANICS

STEP 1. PLACE 5 PLAYERS IN A CIRCLE. START BY PLAYER 1 PASSING TO PLAYER 3. SKIPPING THE NEIGHBORING PLAYER ON THE RIGHT.



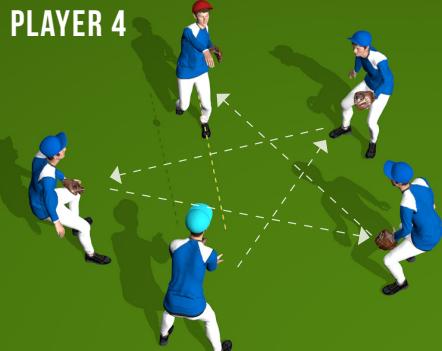
STEP 2. PLAYER 3 THROWS TO PLAYER 5.

STEP 3. PLAYER 5 THROWS TO PLAYER 2.



STEP 4. PLAYER 2 THROWS TO PLAYER 4.

STEP 5. PLAYER 4 THROWS TO PLAYER 1.





# DRILL #2 5-STEP PITCHING

## TARGET SKILL: PITCHING

### STEP 1. STARTER PHASE

SHOULDERS SQUARE TO HOME PLATE.

PITCHER'S CAP AND FEET ARE OUT OVER THE RUBBER PLATE



### STEP 2. THE PIVOT PHASE

THE OUTSIDE FOOT IS TURNED TO BE SQUARE WITH THE PITCHER'S RUBBER



### STEP 3. LIFT PHASE

LIFT THE LEG PARALLEL TO THE GROUND.

SHOWING THE BACK POCKET TO THE HITTER.

KNEES SLIGHTLY BENT.



### STEP 4. LAUNCH PHASE- START

BEGIN WITH  
BRINGING THE  
KNEE DOWN



### STEP 4. LAUNCH PHASE - MIDDLE

BACK OF THE KNEE IS FLEX.

SHOULDERS STAY CLOSED



BACK FOOT ON THE RUBBER,  
AS LONG AS POSSIBLE



PITCHER'S STRIDE LENGTH =  
80% TO 100% THE BODY LENGTH

ROTATE SHOULDERS  
USING THE CORE OF  
THE BODY



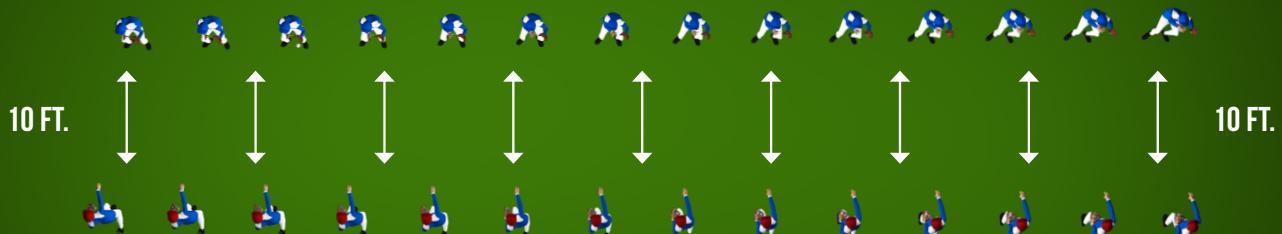
PITCH THROWN IS  
EFFORTLESS POWER.



# DRILL #3 GAME OF 21

TARGET SKILL: ACCURACY

STEP 1. PLACE PLAYERS IN 2 FACING LINES ABOUT 10 FT APART.



STEP 2. PLAYER A THROWS TO PLAYER B AND THE FIRST PERSON TO 21 WINS.

5 POINTS



PLAYER A

12 POINTS



PLAYER B

## POINT SYSTEM

3 POINTS



HIT THE CENTER OF THE TARGET.

2 POINTS



OUTSIDE THE TARGET.

1 POINT



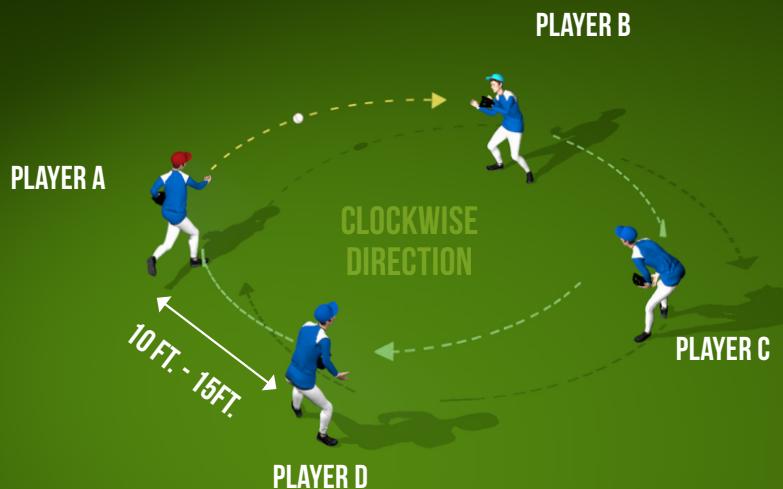
FURTHER OUTSIDE THE TARGET.



# DRILL #4 SQUARE DRILL

## TARGET SKILL: SOFT HANDS

STEP 1. SET-UP A SQUARE WITH PLAYERS 10-15 FEET APART



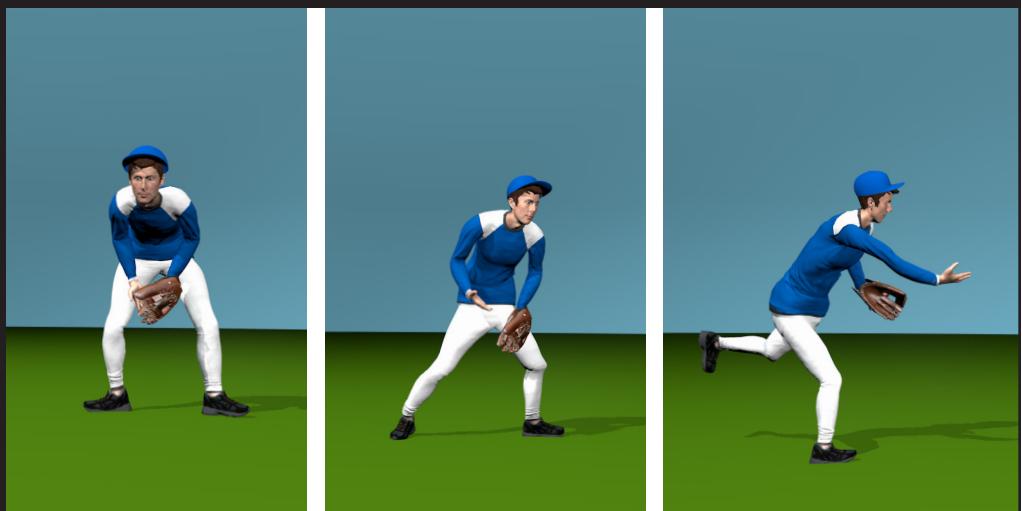
PLAYER A  
PASSES TO  
PLAYER B  
AND  
CONTINUES IN



STEP 2. PLAYERS MAKE AN UNDERHAND TOSS, LOCKING THE ELBOW, MOVING THEIR FEET, AND MAKING A TOSS TO THE TARGET OF THE PARTNERS ON THEIR LEFT.

THE CATCHER STAYS IN  
A GOOD LOW STANCE.

MOVING THE BALL  
TO THE LEFT.



STEP 3. AS THE BALL CONTINUES AROUND THE SQUARE, EACH PLAYER SHOULD MOVE THE BALL AS QUICKLY AS POSSIBLE. TIME THE DRILL FOR COMPETITION BETWEEN GROUPS.



# DRILL #5 SAME SIDE TOSS

TARGET SKILL: HANDS/EYE COORDINATION

STEP 1. TWO PLAYERS STAND FACING EACH OTHER ABOUT 5-10 FEET APART.



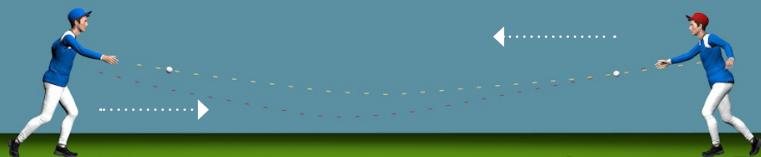
EACH PLAYER  
HAS A BALL  
IN THEIR  
RIGHT HAND



STEP 2. BOTH PLAYERS TOSSES THE BALL AT THE SAME TIME TO EACH OTHER.



PLAYER  
STEPS INTO  
THE TOSS



STEP 3. THE BALL IS RECEIVED ON THE LEFT HAND AND GETS TOSSED TO THE RIGHT HAND.

RIGHT HAND

RECEIVED ON  
THE LEFT HAND

RIGHT HAND

LEFT HAND

STEP 4. THE TOSS IS RETURNED BACK.

