

BASEBALL DRILLS AND PRACTICE PLANS VOLUME 2

by Coach Kenny Buford



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How to Use this Book!

If you had the advantage of seeing the first book, you will probably know the drill. This book is designed with drills for baseball players in mind. We go through the drills and show you how to do them (with diagrams if necessary), and what the end result might be for your players.

Once again, we have put together a few extra drills for your team to use, to improve the level of play. These drills help to combine a variety of skills, or they work on specific skills sets that allow the players to improve.

Many of the drills will try to combine the skills of each of the areas with elements of the game that they need to try and improve. Some of the drills will be for each individual skilled position. For volume 2, the drills that have been included can be used and adapted for any skill level. We will provide you with ideas on how you can make these drills more complex for some groups and easier for others – depending on age and skill level.

In the following pages are 17 more drills that you can add to your practice plan collection – helping a variety of positions on the baseball field. You can incorporate them into the practice plans you had before, or you can use the new practice plans at the end of this volume.

Practice plans

Baseball practice is a time to build skills and get the team going on the same page. Each player has the opportunity to hone their skills and sharpen their play during practice times. Our practice plans help you to have a fluid and continuous learning and development time with players.

The practice plans are for you, the coach, to try and structure a practice using many of the drills that we have included in this guide, along with the time you put in working as a team.

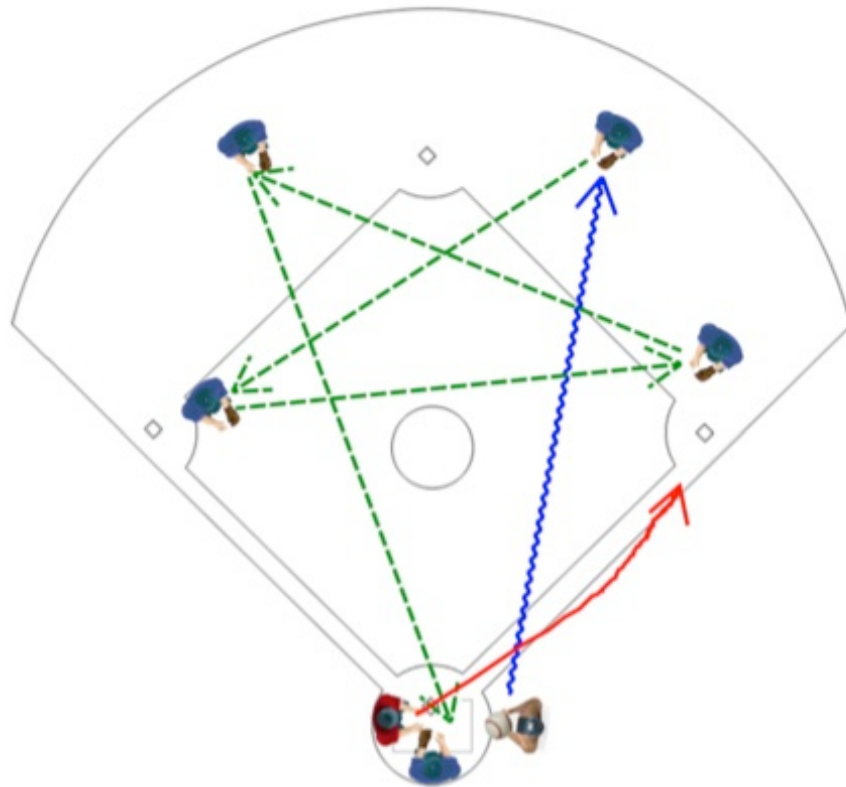
Best of Luck!

4.0 Volume 2 Drills

4.1 The Star Drill

This drill reinforces the need for quality throws in the infield.

What you need – Put an entire infield together, along with an outfield. The outfield will ask for support rather than being completely involved in the star. You will also need a base runner. The diagram below will help describe how this drill works.



How this drill works – The coach will hit the ball to the second baseman (blue), who will then throw it to the third baseman, then the first baseman, then the shortstop, who then throws it home.

There is a runner (red) that starts at first base and runs when the ball is first hit by the coach. The runner continues to run while this star drill is going on. The ball must get to all positions in the star before the runner gets to home plate.

This drill stresses the importance of good quality throws to each position, under the pressure of beating the runner. The outfielders will come into play when a ball is overthrown or missed by the infielder.

Result – Your players should easily be able to beat the runner to home plate with the right throws and without making any errors.

4.2 First then Plate Drill

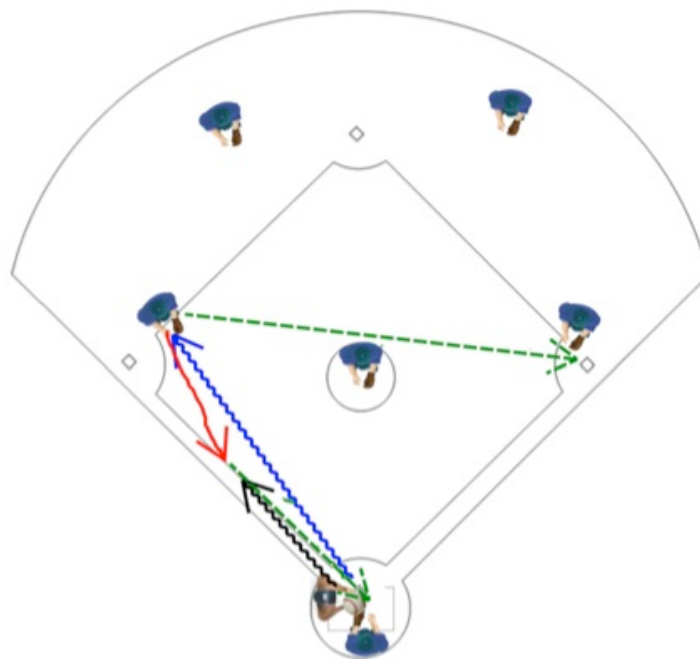
This is a good workout for the infielders to help build throwing accuracy.

What you need – You need to field an entire infield for this drill. The coach will bat grounders to each position. The diagram below will describe in greater detail how this drill is set up.

How this drill works – Above we have illustrated how this drill would work for the third baseman. Each time it is the same thing for each player when they get the ball hit to them.

First, the coach will hit to the player (blue), and they will field the ball and throw to first (red), then the coach will dribble a ball (green) that the fielder must charge, scoop and then throw to the catcher (red again). Then they are done.

You will cycle through all of the positions on the field, and each one of them will do the same thing – go to first and then to the catcher. The key is to develop good fielding and throwing skills.



Result – This is a drill that you can incorporate into your pre-game routine just to get your players warmed up with a little infield practice. It helps get them into the action and develops good skills.

4.3 Feet First, Head First

Good sliding technique is important, and this drill will reinforce the skills your players need to be better sliders.

What you need – You can either set this drill up in the infield with the regular bags, or, if you just want to work on technique with this drill, then you can set up any number of bases in the outfield. Set up a station that has two bases, and divide the players among the stations.

How this drill works – Each player in the station will do the drill, and they will first run to the base ahead of them and slide into it feet first with the proper technique (lead leg extended and trailing leg folded at a right angle at the lead leg knee).

Then, they will get up and they will turn around and sprint to the base prior and they will execute a head first slide (lead arm reaching for the outside corner of the base).

You can run this drill in the infield as the player goes around the bases. To make it slightly more complex, you can have the catcher trying to throw the player out at each base.

Result – Teaching the proper sliding technique is going to help your runners secure more bases during a game.

4.4 Dirt Ball

This drill teaches players to react to a bad pitch when they are on base.

What you need – Put runners on all three bases. The coach will be on the pitching mound.

How this drill works – Each base runner reacts differently when the pitcher throws the ball to home plate. The runners need to read the way the ball is approaching the plate in order to get the best jump on a possible passed ball.

At first base, the runner should go if the ball is in the dirt. On second base, the runner needs to take a good lead, and then decide if they can make it to third. If the ball gets past the catcher, then they should be on their way. On third, the only way the runner should go is if the ball gets past the catcher.

When the ball is pitched in the dirt, the entire team should shout out “DIRT”.

Result – Your players will be much quicker to react to bad pitches, gaining you a few extra bases in the process.

4.5 Catcher's Block Drill

Catchers must learn to effectively knock down errant pitches.

What you need – If you have more than one catcher that regularly plays for your team, you can work with each one of them. They should each have a pitcher to work with.

How this drill works – A bad pitch can happen at any time – and catchers need to be ready for it. Knocking down those bad pitches so they don't turn into a passed ball is very important.

Pitchers (or a coach) will take turns throwing good pitches and then throwing the odd hard one into the dirt. The catcher is going to have to try and react accordingly and knock the ball down. It is important for the catcher to get his or her body in front of the ball instead of just trying to knock it down with the glove.

You can make this drill more effective, and more game-like, if you include a batter who is going to take a few cuts at the bad balls. This adds a little distraction to the catcher.

Result – While you want your pitchers to limit the number of wild pitches they throw, your catcher still needs to be prepared for anything. This drill is going to give them a little bit of work in that area. **1.6**

4.6 Ricochet Drill

This drill is used to teach catchers to trust their protective equipment and to concentrate on the ball.

What you need – Two players will stand in front of the catcher, each with a ball in his or her hand.

How this drill works – One player will flick a ball at the catcher's mask and the other will toss a pop up somewhere within the catcher's range. The catcher must shake off the ball in the mask to find the pop up and to make the catch.

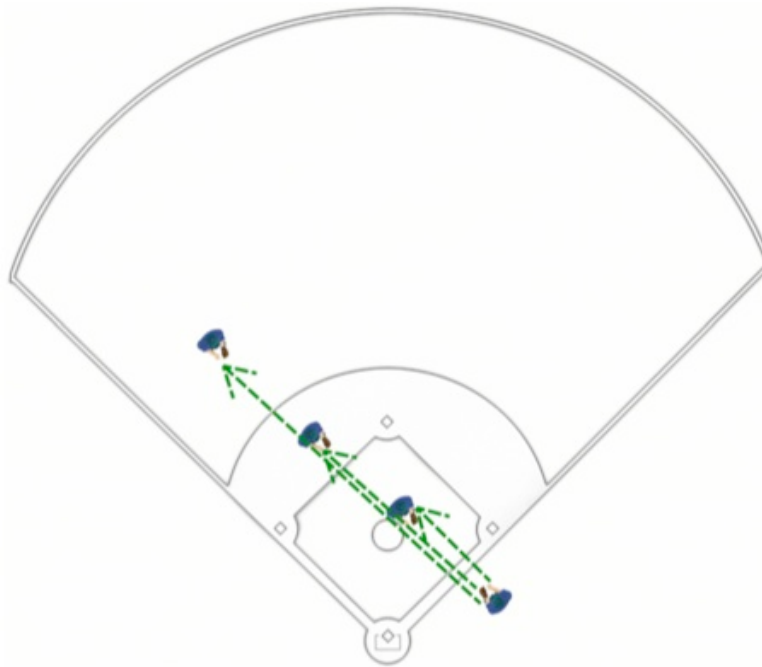
Catchers can get hit with the ball a lot during the course of any game, but they still need to be able to react in those situations to the play that is going on. This drill helps in one aspect of that.

Result – Your catcher is going to be much better prepared to handle some of the different situations that happen during a game – in spite of some of the outside distractions.

4.7 Line Throw Relay Drill

This drill is going to work on the accuracy of your players' throws.

What you need – You need to separate your team into groups of four. Line up the players from the first base line out into left field (as the diagram below will show). Put the infielders in the middle two spots, because it allows them to work on their relay throws.



How this drill works – With the first person on the first base foul line, they throw it to player number two. Then player number two throws it back to number one. Then one to three, back to one again.

This goes on to the fourth player and the back to three, back to the third player, and then the second player, etc.

If, at any point there is a dropped ball, overthrow, etc., then the drill starts again from the very beginning. This can mean a lot of throws for the player in the one position.

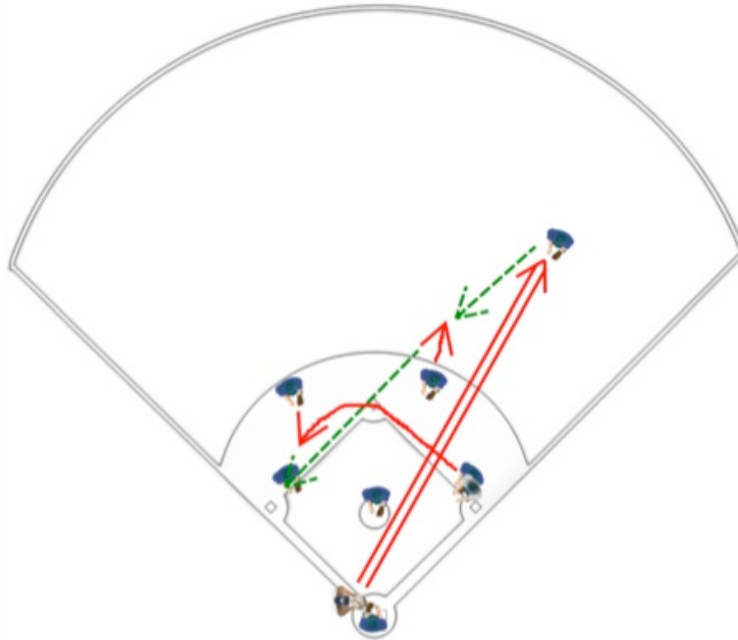
Once you have gone through the drill once, you can switch the players up in order, and they can rotate who starts at the number one position.

Result – This drill will once again reinforce the importance of making good throws to the players on the team.

4.8 Third Throw Out

One of the common throw out plays that needs to be made if from right field to third base. A runner on first base will try to beat the tag.

What you need – You will need a full infield, along with a right fielder, a runner and the coach will be hitting. The diagram below will show you how this drill is going to work.



How this drill works – The coach will start off by hitting the ball to the right fielder. Once the ball is hit, the runner (R) will be running to second base and then to third base.

The right fielder will hit the cut off man (second baseman) and then the second baseman will throw to third. Accurate throws are important, and the tag made on third base is also important. It should come in low and in front of the bag.

For this drill, pit the runners against the fielders. Each side gets a point if they are successful. The runners get one point if safe, and the fielders get one if they put the person out.

Result – Players are going to understand the importance of cutting off the throw, and making accurate throws to the third base.

4.9 Inside, Outside Hitting Drill

This is a great drill that is going to help players hit both inside and outside pitches with the same stride and form.

What you need – This is a pure hitter's drill, as you just have a batter and two tees to work with.

How this drill works – The hitter will stand at the plate and he or she will take their typical stance. It is important that the player stand at the plate the same way no matter what type of pitch they expect to receive.

With one tee on the inside of the plate and one on the outside of the plate, the batter will attempt to hit the ball on the inside tee and the outside tee – and do it with the same stride towards the ball.

In order to make this drill a little different, you can make the height of the tee a little different, so it simulates pitches coming from different places in the strike zone.

Result – Your hitters will learn to use the same stride to hit the ball no matter where they are in the strike zone. This is going to make a player a better hitter.

4.10 Right, Middle, Left Hitting

This will help players to learn to hit to any field when they need to. Hitting to opposite fields or other spots are key to good offensive output.

What you need – You can have the coach pitch to the players to start, but then you might want to include the pitchers in this drill. You will just have a batter and the pitcher – and you can have fielders if you like, to shag the balls.

How this drill works – When your batter is hitting the ball, he or she needs to start off by trying to hit a variety of pitches to the right field. Once they are able to do that, then they need to try and hit them to center field. Then, of course, the next one is to hit to left field.

You can also have your players learn to hit line drives, fly balls and grounders. They can practice certain batting techniques that will allow them to hit the ball where they need to when they need to.

Result – Your hitters are going to be more varied in what they can do, and they will be able to hit the ball where they need to.

4.11 Slide to the Bag



Sliding into the bag is an acquired skill that takes time to learn, but is extremely valuable in beating a tag out.

What you need – You can set up a couple stations for this drill, each with a line of players and a bag that they are going to slide into. Later on, you can add players trying to tag the runner out if you like. If you have players that are first learning this drill, you might want to try it out in the outfield to work on the technique, before you move to the infield.

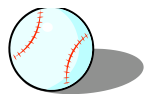
How this drill works - The most important thing to begin this drill, and to reduce the chance of players hurting themselves, is to instruct the proper technique. When a player slides, they should be taught to create a triangle with the legs, and then to slide using the leg underneath, with the top foot free to touch the bag. It should look something like this:



The player should lead with their left toe, right calf and then the slide should finish on the back of the thigh. Try to teach players not to go directly on their bottom (it will hurt a bit), but to focus on sliding in with the backside of their thigh.

Result – Once players can master the sliding technique, you can take it one step further and show them what situations they should slide in. This is going to help their overall baserunning skills. **1.12**

4.12 Head First Slide



Although not taught extensively for beginners, it can be a very valuable baserunning tool for players to learn.

What you need – Same as the above drill, and this one is probably much better to learn the proper technique on the grass than on the dirt. Although eventual practicing on the dirt should take place.

How this drill works – You can run it the same as the beginner drill, except of course, the players will be going head first to the bag, instead of foot first. There is one major advantage to sliding head first, and that is reaching for the back corner of the bag. This should be one of the major elements taught to the player.



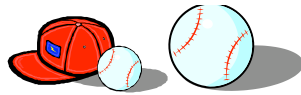
Runners will always approach the bag at different angles, but if they plan to slide head first, they should reach for the back corner. This allows the runner to try and avoid the tag from the defender, who will normally guard the front of the bag.

Players should also be taught to slide properly: ease into the slide (don't jump up and land on the chest, this will knock the wind out of them), make the slide an extension of their running to the bag, not a completely separate motion and they should begin a head first slide about 2 strides away from the bag (6 to 8 feet).

Result – This is simply an additional skill that can be taught to base runners, so they can reach a bag safely.

Note: Players may have a hard time nailing down the proper technique for sliding, and this can cause unnecessary pain to the ankle, knee and the behind, so learning good technique on the grass is probably the best way to go to start. Once a player becomes more confident with their slide, then you can move to the shale infield.

4.13 The Beginning Pitcher



Pitching can begin at a variety of levels, but providing the fundamentals is important. **Grip, wind up and delivery are three elements that should be worked on.**

What you need – A pitcher's mound, baseballs and players that want to pitch.

How this drill works – Less like a drill and more like basic instruction, we will provide a few basics on getting your pitchers started in pitching.

Grip – To begin, you can teach the players the proper baseball grip for a basic fastball. Most coaches will start with a four-seam fastball grip. In this grip, the index and middle fingers go across the horseshoe seam, as opposed to the two-seam fastball, where the fingers go with the seam. The players should have a firm grip, but the ball should not touch the palm (the more friction, the less speed on the ball). This might take time for younger pitchers to get used to.

Windup – Players need to learn the proper windup technique, as this is where they begin to generate the power behind their pitches. Here are the proper steps:

- Placement of foot in front of rubber (for push off)
- Bringing the ball to rest, the step, the kick, reaching back
- Uncoiling the body

Delivery – the delivery may seem secondary in the entire equation, but it is crucial for a pitches success. The one element that is likely most important is to find a release point for a pitch that allows for more strikes. Hitting this release point is a matter of constant repetition, and takes time. This helps to deliver consistency in the pitches. The different pitches may have different release points, but, in each pitch type, the release point should be relatively similar.

Follow through after the pitch should be encouraged.

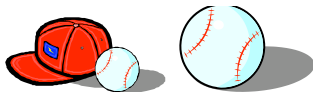
Note: The skills of a pitcher are developed over time, and that time should be taken to make sure the technique is proper. Further, coaches should choose to ease into specialty pitches (curve ball, change up), as it can injure a player's arm with too much repetition as a young player.

Here are a couple ideas for reinforcing pitching skills:

Pitching in slow motion – Since the delivery is important, one of the ways to get your pitcher to find a consistent wind up and delivery is to have them exaggerate each step of their entire pitching motion. This creates muscle memory, and will help their body and mind work together to build a solid, consistent, motion for pitching.

Strike zone pitching – You can easily create an apparatus that simulates the average strike zone for a little league player, and you can use that to help a pitcher build control, and to learn their proper release point for an increased number of strikes. Once a player starts to gain control, you can decrease the size of that area as the pitcher begins to pick specific target areas.

4.14 Block the Ball



Teaching youngsters to get in front of the ball is the first part to teaching them the catching position.

What you need – A set of catcher's equipment for each player that wants to learn the catching position, or, players can rotate through the position.

How this drill works – Since the catcher's position can possibly involve getting hit with the ball regularly (especially at the beginning levels), it is important for novice catchers to learn two things early: to not be afraid of the ball (because of the equipment), and that they should try to block the ball at all costs.

Once the coach instructs the proper crouch position for a catcher (good balance, balls of the feet, glove in front, eye on the ball), then they can throw a series of pitches that challenges the player to move to get their body in front of the ball. The first object is to catch the ball, or trap it with the glove, but wild pitches need to be blocked with the equipment, while maintaining good body control.

Result – The player will understand the fundamental purpose of the catcher's position.

4.15 Throw Out



You can get fielders and runner involved in this one!

What you need – Field a half infield (first, second and even shortstop), along with a pitcher, catcher and base runner.

How this drill works – It is important for the catcher to learn a couple of basic skills – first to throw out a runner going to second, and also to hold runners (if need be) on the base they are at.

The catcher should be focused on making a good throw to the runner side of the base. The ball should also come in low (this is something that can be worked on with the repetition of the drill), and coaches should make sure that correct throwing (with the mask still on) is taking place.

Result – You can work base running drills along with this one, and it will teach your catcher to react in that situation.

4.16 One Man on Base



This will help players develop an understanding of a force out.

What you need – You can start off doing this drill with no fielders or runners, but just explaining to your players what it means to be ‘forced’ to run to the next base.

How this drill works – Put a man on first base, and explain what happens when the ball is put into play – the man on first is ‘forced’ to go to second. If you start a man on second, explain that the man is **not** forced to go to the next base, and therefore he must be tagged out.

Once the players understand that, then you can move them into a basic play recognition drill when they get the ball and are able to make the play to second when there is a force play on. You can also put in a situation where there are two men on base (1st and 2nd base) and you can make the fielder decide where they have to throw the ball.

Result – With repetition, the players will learn to understand when there is a force out, and when it isn’t. The instruction should continue to happen while the players are learning.

4.17 Four Man Cut Off

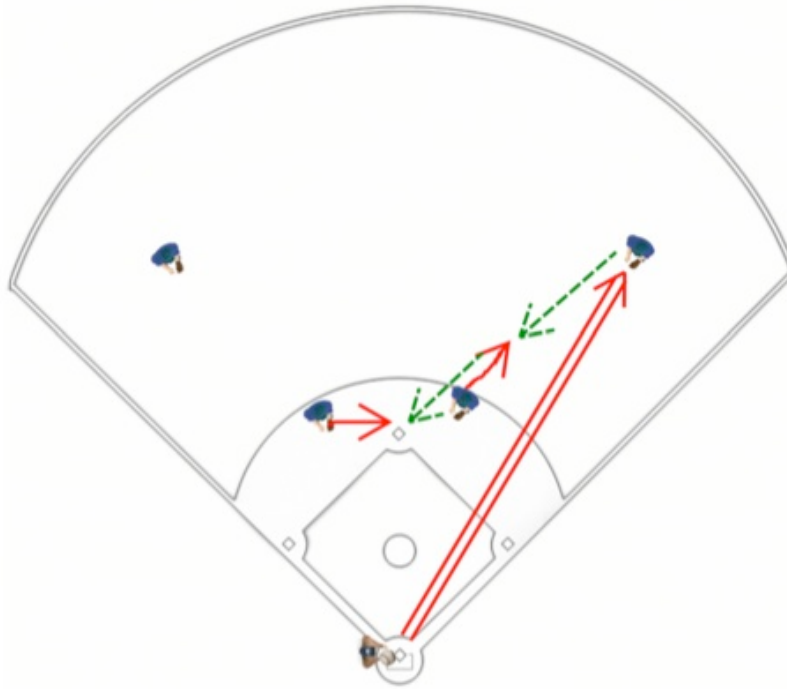


This will show players that they need to hit the man helping them to get the ball in to the infield.

What you need – Have a man at shortstop, 2nd base, right and left field to do this drill.

How this drill works – When you teach this, you will have to show the players when they are supposed to go to be the cutoff person and why it is important. Illustrating this is important. Show them that a younger player will have trouble getting the ball all of the way into the infield by themselves, and that by having a player help them, they can get the ball in quicker and save some runs.

You can hit the ball to right field and instruct the 2nd baseman to go out to cutoff the ball. The shortstop should be shown he or she should cover second base. Likewise if the ball goes to left field, the shortstop should cut it off and the second base man should cover second.



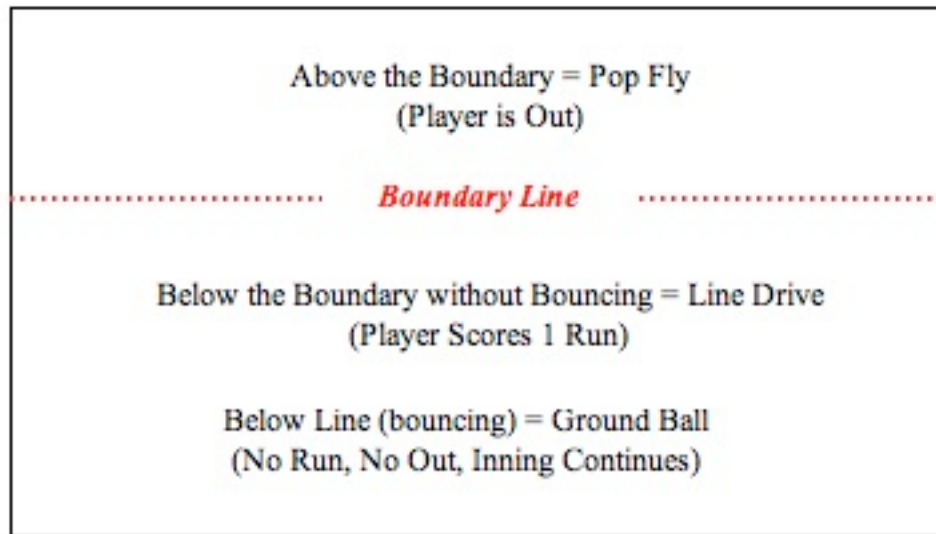
Result – Your players will soon learn the value of using their teammates to get the ball in to the infield quicker with the cutoff man.

5.0 Indoor Drills

5.1 Wall Ball Hitting Drill

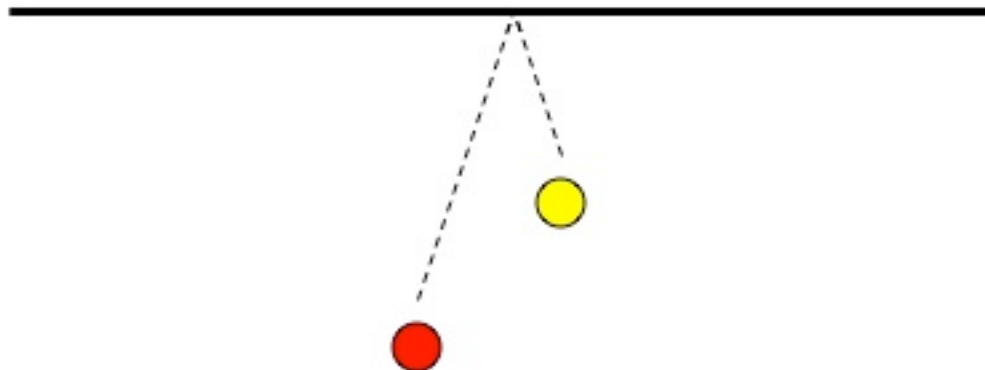
To perform this drill, the batter stands approx 30 feet away from a large wall. The coach underhand tosses pitches to the batter, who tries to score by hitting line drives against the wall.

Hits are scored using the diagram below:



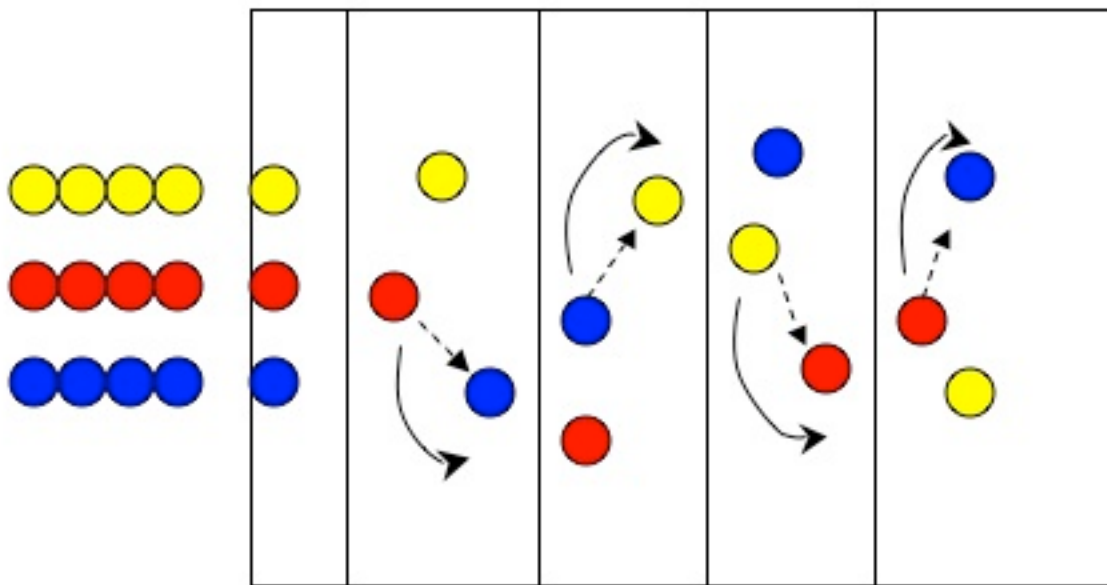
5.2 Blind Man Drill

1. Red player begins with back to the wall.
2. Yellow player throws the ball off the wall and yells "Now!"
3. Red player turns around, while the ball is in mid-air, locates the ball and catches it before it hits the ground



5.3 Three Player Weave (Indoor)

1. Start with 3 lines along the basketball baseline. The middle line has the ball. The players perform this drill barehanded – no balls permitted.
2. The drill starts when the middle player (red) flips the ball to the player on her right (blue), then cuts behind her.
3. The blue player catches the ball, then moves toward the middle of the floor. At the same time, she flips the ball to the yellow player, and cuts behind her.
4. The yellow player catches the ball, then moves toward the middle of the floor. At the same time, she flips the ball to the red player, and cuts behind her.
5. The drill continues all the way down the end of the floor, then back.
6. If the ball is dropped, the drill restarts.



Practice Plans

Note: Volume 1 Drills are in Blue

Practice Plan #1

Date Used: _____ Coach: _____ Team: _____

Time	Drill	Coaching Tips
00 to :10	Throwing warm ups	One knee, stationary, etc
:10 to :15	Full body stretch	Shoulder, legs, groin, and lower back
:15 to :25	Light jog around the outfield	Limbering up and preparing for drills
:25 to :35	4.7 Line Throw Relay	Good throws to cut off are key
:35 to :38	Water break	-
:38 to :45	2.10 Follow through drill	Watch that players have the proper FT
:45 to 1:00	2.1 From the tee	Batters need to make solid contact
1:00 to 1:10	4.3 Feet first, head first	Reinforce good sliding technique
1:10 to 1:20	4.2 First then Plate	Solid throws are a must
1:20 to 1:30	4.9 Inside, outside hitting	Two tees, but same stride
1:30 to 1:35	Water break	-
1:35 to 1:45	4.8 Third Throw Out	Use the second cutoff man
1:45 to 1:55	3.12 Sac flies	Work with hitting and base runners
1:55 to 2:00	Cool down	Light throwing or hitting and general stretching

Coach's Notes:

Practice Plan #2

Date Used: _____ Coach: _____ Team: _____

Time	Drill	Coaching Tips
00 to :10	Throwing warm ups	One knee, stationary, etc
:10 to :15	Full body stretch	Shoulder, legs, groin, and lower back
:15 to :25	Light jog around the outfield	Limbering up and preparing for drills
:25 to :35	2.9 Hold Shirt	Watch player hand to ball distance
:35 to :38	Water break	-
:38 to :45	Ricochet	Catcher needs concentration
:45 to 1:00	4.6 Ricochet Drill	Make sure team yells "Dirt"
1:00 to 1:10	4.3 Feet first, head first	Reinforce good sliding technique
1:10 to 1:20	4.10 Right, middle, left hitting	Make sure players can hit to tall fields
1:20 to 1:30	4.7 Line Throw Relay	Good throws to cut off are key
1:30 to 1:35	Water break	-
1:35 to 1:45	2.8 Hit and Run / 1.16 Make the play	Combine the two drills
1:45 to 1:55	3.11 Squeeze play / 1.16 Make the play	Combine the two drills
1:55 to 2:00	Cool down	Light throwing or hitting and general stretching

Coach's Notes:

Practice Plan #3

Date Used: _____ Coach: _____ Team: _____

Time	Drill	Coaching Tips
00 to :10	Throwing warm ups	One knee, stationary, etc
:10 to :15	Full body stretch	Shoulder, legs, groin, and lower back
:15 to :25	Light jog around the outfield	Limbering up and preparing for drills
:25 to :35	3.6 Quick jump	Clean break from pitcher's move
:35 to :38	Water break	-
:38 to :45	4.1 Star Drill	This reinforces good infield throwing
:45 to 1:00	4.3 Feet first, head first	Reinforce good sliding technique
1:00 to 1:10	4.10 Right, middle, left hitting	Make sure players can hit to tall fields
1:10 to 1:20	4.8 Third Throw Out	Use the second cutoff man
1:20 to 1:30	4.7 Line Throw Relay	Good throws to cut off are key
1:30 to 1:35	Water break	-
1:35 to 1:45	1.14 Pepper	To elimination
1:45 to 1:55	3.8 Baserunning relay	For conditioning
1:55 to 2:00	Cool down	Light throwing or hitting and general stretching

Coach's Notes:

Practice Plan #4

Date Used: _____ Coach: _____ Team: _____

Time	Drill	Coaching Tips
00 to :10	Throwing warm ups	One knee, stationary, etc
:10 to :15	Full body stretch	Shoulder, legs, groin, and lower back
:15 to :25	Light jog around the outfield	Limbering up and preparing for drills
:25 to :35	3.8 Baserunning relay	For conditioning
:35 to :38	Water break	-
:38 to :45	Ricochet	Catcher needs concentration
:45 to 1:00	2.5 Balloon drill	Watch stride length
1:00 to 1:10	4.2 First then Plate	Solid throws are a must
1:10 to 1:20	2.10 Follow through drill	Hit both balls
1:20 to 1:30	4.4 Dirt ball	Make sure team yells "Dirt"
1:30 to 1:35	Water break	-
1:35 to 1:45	4.3 Feet first, head first	Reinforce good sliding technique
1:45 to 1:55	3.8 Baserunning relay	For conditioning
1:55 to 2:00	Cool down	Light throwing or hitting and general stretching

Coach's Notes:

Practice Plan #5

Date Used: _____ Coach: _____ Team: _____

Time	Drill	Coaching Tips
00 to :10	Throwing warm ups	One knee, stationary, etc
:10 to :15	Full body stretch	Shoulder, legs, groin, and lower back
:15 to :25	Light jog around the outfield	Limbering up and preparing for drills
:25 to :35	4.3 Feet first, head first	Reinforce good sliding technique
:35 to :38	Water break	-
:38 to :45	1.12 Double play ball	Vary the scenarios
:45 to 1:00	4.1 Star Drill	This reinforces good infield throwing
1:00 to 1:10	4.2 First then Plate	Solid throws are a must
1:10 to 1:20	4.5 Catcher block drill	Throws should be all over
1:20 to 1:30	4.10 Right, middle, left hitting	Make sure players can hit to tall fields
1:30 to 1:35	Water break	-
1:35 to 1:45	1.10 Catch and throw	Watch for footwork and momentum
1:45 to 1:55	3.12 Sac fly drill	With batters versus outfielders
1:55 to 2:00	Cool down	Light throwing or hitting and general stretching

Coach's Notes:

Practice Plan #6

Date Used: _____ Coach: _____ Team: _____

Time	Drill	Coaching Tips
00 to :10	Throwing warm ups	One knee, stationary, etc
:10 to :15	Full body stretch	Shoulder, legs, groin, and lower back
:15 to :25	Light jog around the outfield	Limbering up and preparing for drills
:25 to :35	4.9 Inside, outside hitting	Two tees, but same stride
:35 to :38	Water break	-
:38 to :45	3.7 Run through first	Run all of the way through and look right for overthrows
:45 to 1:00	3.10 Watch the base coaches	Can be used with fielders and batters
1:00 to 1:10	3.3 Star with four	Hit the inside of the base and narrow angles
1:10 to 1:20	4.5 Catcher block drill	Throws should be all over
1:20 to 1:30	4.6 Ricochet Drill	Make sure team yells "Dirt"
1:30 to 1:35	Water break	-
1:35 to 1:45	4.10 Right, middle, left hitting	Make sure players can hit to tall fields
1:45 to 1:55	4.8 Third Throw Out	Use the second cutoff man
1:55 to 2:00	Cool down	Light throwing or hitting and general stretching

Coach's Notes:

Practice Plan #7

Date Used: _____ Coach: _____ Team: _____

Time	Drill	Coaching Tips
00 to :10	Throwing warm ups	One knee, stationary, etc
:10 to :15	Full body stretch	Shoulder, legs, groin, and lower back
:15 to :25	Light jog around the outfield	Limbering up and preparing for drills
:25 to :35	3.8 Baserunning relay	For conditioning
:35 to :38	Water break	-
:38 to :45	4.7 Line Throw Relay	Good throws to cut off are key
:45 to 1:00	4.6 Ricochet Drill	Make sure team yells "Dirt"
1:00 to 1:10	4.5 Catcher block drill	Throws should be all over
1:10 to 1:20	4.4 Dirt Ball	Catcher needs concentration
1:20 to 1:30	4.8 Third Throw Out	Use the second cutoff man
1:30 to 1:35	Water break	-
1:35 to 1:45	1.10 Catch and throw	Watch for footwork and momentum
1:45 to 1:55	3.12 Sac fly drill	With batters versus outfielders
1:55 to 2:00	Cool down	Light throwing or hitting and general stretching

Coach's Notes:

Practice Plan #8

Date Used: _____ Coach: _____ Team: _____

Time	Drill	Coaching Tips
00 to :10	Throwing warm ups	One knee, stationary, etc
:10 to :15	Full body stretch	Shoulder, legs, groin, and lower back
:15 to :25	Light jog around the outfield	Limbering up and preparing for drills
:25 to :35	4.17 Four Man Cutoff	Communicate w/ teammates
:35 to :38	Water break	-
:38 to :45	4.2 First then Plate	Solid throws are a must
:45 to 1:00	4.5 Catcher block drill	Throws should be all over
1:00 to 1:10	2.1 From the tee	Work on skills just practiced in drills
1:10 to 1:20	2.6 Bunt drill	Proper squaring and placement of ball
1:20 to 1:30	2.12 Swing down	Focus on hitting solid grounders
1:30 to 1:35	Water break	-
1:35 to 1:45	4.4 Dirt ball	Make sure team yells "Dirt"
1:45 to 1:55	4.8 Third Throw Out	Use the second cutoff man
1:55 to 2:00	Cool down	Light throwing or hitting and general stretching

Coach's Notes:

Practice Plan #9

Date Used: _____ Coach: _____ Team: _____

Time	Drill	Coaching Tips
00 to :10	Throwing warm ups	One knee, stationary, etc
:10 to :15	Full body stretch	Shoulder, legs, groin, and lower back
:15 to :25	Light jog around the outfield	Limbering up and preparing for drills
:25 to :35	4.4 Dirt ball	Make sure team yells "Dirt"
:35 to :38	Water break	-
:38 to :45	4.3 Feet first, head first	Reinforce good sliding technique
:45 to 1:00	2.1 From the tee	Batters need to make solid contact
1:00 to 1:10	2.7 Opposite field	Open stance / closed stance and timing
1:10 to 1:20	4.14 Block the Ball	
1:20 to 1:30	4.17 Four Man Cutoff	Catcher needs concentration
1:30 to 1:35	Water break	-
1:35 to 1:45	4.7 Line Throw Relay	Good throws to cut off are key
1:45 to 1:55	3.12 Sac flies	Work with hitting and base runners
1:55 to 2:00	Cool down	Light throwing or hitting and general stretching

Coach's Notes:

Practice Plan #10

Date Used: _____ Coach: _____ Team: _____

Time	Drill	Coaching Tips
00 to :10	Throwing warm ups	One knee, stationary, etc
:10 to :15	Full body stretch	Shoulder, legs, groin, and lower back
:15 to :25	Light jog around the outfield	Limbering up and preparing for drills
:25 to :35	3.8 Baserunning relay	For conditioning
:35 to :38	Water break	-
:38 to :45	4.2 First then Plate	Solid throws are a must
:45 to 1:00	4.5 Catcher block drill	Throws should be all over
1:00 to 1:10	4.4 Dirt Ball	Catcher needs concentration
1:10 to 1:20	2.6 Bunt coverage	Batters versus fielders
1:20 to 1:30	4.1 Star Drill	This reinforces good infield throwing
1:30 to 1:35	Water break	-
1:35 to 1:45	1.10 Catch and throw	Watch for footwork and momentum
1:45 to 1:55	4.8 Third Throw Out	Use the second cutoff man
1:55 to 2:00	Cool down	Light throwing or hitting and general stretching

Coach's Notes:

Practice Plan #11

Date Used: _____ Coach: _____ Team: _____

Time	Drill	Coaching Tips
00 to :10	Throwing warm ups	Players should throw together
:10 to :15	Full body stretch	Shoulders, legs
:15 to :25	Light jog around the outfield	Limbering up and preparing for drills
:25 to :35	1.3 Alligator arms	To learn to trap the ball with two hands
:35 to :38	Water break	-
:38 to :45	1.4 Ball to first	This helps to reinforce where they should throw the ball
:45 to 1:00	4.11 Slide to the bag	The basics of the sliding position
1:00 to 1:10	2.1 From the tee	Helps with beginning batting skills
1:10 to 1:20	2.2 Eye on the spot	Keep the eye on the ball
1:20 to 1:30	4.16 One man on base	Teaches kids the force out
1:30 to 1:35	Water break	-
1:35 to 1:45	4.17 Four man cut off	Shows young players the importance of the cut off man
1:45 to 1:55	1.2 Past Ball	Teaches players to get in front of the ball
1:55 to 2:00	Cool down	

Coach's Notes:

Practice Plan #12

Date Used: _____ Coach: _____ Team: _____

Time	Drill	Coaching Tips
00 to :10	Throwing warm ups	One knee, stationary, etc
:10 to :15	Full body stretch	Shoulder, legs, groin, and lower back
:15 to :25	Light jog around the outfield	Limbering up and preparing for drills
:25 to :35	1.1 Scoop drill	Make sure the kids have the proper scoop
:35 to :38	Water break	-
:38 to :45	1.3 Alligator arms	To learn to trap the ball with two hands
:45 to 1:00	1.4 Ball to first	This helps to reinforce where they should throw the ball
1:00 to 1:10	4.16 One man on base	Teaches kids the force out
1:10 to 1:20	3.1 Learn the bases	Helps kids understand the different bases
1:20 to 1:30	2.4 Batter stance	Teaches the batter the proper posture
1:30 to 1:35	Water break	-
1:35 to 1:45	2.1 From the tee	Helps with beginning batting skills
1:45 to 1:55	2.2 Eye on the spot	Keep the eye on the ball
1:55 to 2:00	Cool down	

Coach's Notes:

Practice Plan #13

Date Used: _____ Coach: _____ Team: _____

Time	Drill	Coaching Tips
00 to :10	Throwing warm ups	Throwing with teammates
:10 to :15	Full body stretch	Shoulder and leg warm ups
:15 to :25	Light jog around the outfield	Limbering up and preparing for drills
:25 to :35	1.1 Scoop drill	Make sure the kids have the proper scoop
:35 to :38	Water break	-
:38 to :45	1.4 Ball to first	Make sure they scoop!
:45 to 1:00	1.2 Past ball	Teaches players to get in front of the ball
1:00 to 1:10	3.1 Learn the bases	Helps kids understand the different bases
1:10 to 1:20	3.2 Base relay	Reinforces above drill
1:20 to 1:30	2.4 Batter stance	Teaches the batter the proper posture
1:30 to 1:35	Water break	-
1:35 to 1:45	2.1 From the tee	Helps with beginning batting skills
1:45 to 1:55	2.2 Eye on the spot	Keep the eye on the ball
1:55 to 2:00	Cool down	

Coach's Notes:

Practice Plan #14

Date Used: _____ Coach: _____ Team: _____

Time	Drill	Coaching Tips
00 to :10	Throwing warm ups	Practicing with teammates
:10 to :15	Full body stretch	Shoulder warm ups and legs
:15 to :25	Light jog around the outfield	Limbering up and preparing for drills
:25 to :35	1.4 Ball to first	This helps to reinforce where they should throw the ball
:35 to :38	Water break	-
:38 to :45	1.5 Step away toss	Teaches players the strength behind throws
:45 to 1:00	3.1 Learn the bases	Helps kids understand the different bases
1:00 to 1:10	3.2 Base relay	Reinforces above drill
1:10 to 1:20	4.17 Four man cut off	Shows young players the importance of the cut off man
1:20 to 1:30	4.16 One man on base	Teaches kids the force out
1:30 to 1:35	Water break	-
1:35 to 1:45	2.4 Batter stance	Teaches the batter the proper posture
1:45 to 1:55	4.11 Slide to the bag	The basics of the sliding position
1:55 to 2:00	Cool down	

Coach's Notes:

Practice Plan #15

Date Used: _____ Coach: _____ Team: _____

Time	Drill	Coaching Tips
00 to :10	Throwing warm ups	One knee, stationary, etc
:10 to :15	Full body stretch	Shoulder, legs, groin, and lower back
:15 to :25	Light jog around the outfield	Limbering up and preparing for drills
:25 to :35	1.1 Scoop drill	Make sure the kids have the proper scoop
:35 to :38	Water break	-
:38 to :45	1.5 Step away toss	Teaches players the strength behind throws
:45 to 1:00	4.11 Slide to the bag	The basics of the sliding position
1:00 to 1:10	1.2 Past ball	Teaches players to get in front of the ball
1:10 to 1:20	3.1 Learn the bases	Helps kids understand the different bases
1:20 to 1:30	3.2 Base relay	Reinforces above drill
1:30 to 1:35	Water break	-
1:35 to 1:45	4.17 Four man cut off	Shows young players the importance of the cut off man
1:45 to 1:55	4.16 One man on base	Teaches kids the force out
1:55 to 2:00	Cool down	

Coach's Notes:

Indoor Practice Plan

Practice rained out? Try this short but effective Practice Plan designed just for Indoor Spaces. Remember to use whiffle balls for batting practice, and padded balls or tennis balls for fielding drills.

Date Used: _____ Coach: _____ Team: _____

Time	Drill	Coaching Tips
00:00-00:10	Throwing warm ups	One knee, stationary, etc
00:10-00:15	Full body stretch	Shoulder, legs, groin, and lower back
00:15-00:20	Light jog around the gym	Limbering up and preparing for drills
00:20-00:30	5.3 Three Player Weave	Call out name of teammates as ball is passed
00:30-00:40	5.2 Blindman	Start close to the wall. Move farther away as players get better. Bat is not allowed to touch the floor.
00:40-1:00	5.1 Wall Ball Hitting Drill	Encourage an even swing to hit line drives or ground balls.

Coach's Notes:

Recommended Resources

The Coaching Essentials:

Baseball Drills & Practice Plans - Would you like to have 25 pre-designed practice plans at your fingertips? My ebook, "Baseball Drills & Practice Plans" is jam packed with over 50 unique, fun and effective baseball drills. The drills are fully organized into clipboard-ready practice plans... so you can prepare for practice in just 5 short minutes. Includes baseball tryout plans and my own "Team Selection Matrix". Perfect for the beginner coach looking to get organized, or for the experienced coach looking for fun, innovative ways to teach fundamental baseball skills. (\$34.68)

For more information visit:

<http://www.coachkennybuford.com/ar/drills.html>

Baseball Blueprint - Designing your own animated plays and drills can be as easy as 1-2-3. Baseball Blueprint software allows you to create stunningly effective animated drills and plays and share them with your team in 3 super easy steps. (from \$49.95)

For more information visit:

<http://www.baseballblueprint.com>

Online Clinics:

Underground Hitting Secrets Clinic - Every book, magazine article, and instructional video is just dead wrong about hitting- this clinic reveals 7 simple secrets that will improve your players' skills forever. The focus is on hitting mechanics... the specific "underground" secrets of stance, spine angle, head tilt, hand position and swing path that nobody seems to get right... and nobody ever teaches. Discover the 6 biggest mistakes hitters make and find out how to quickly correct even the most difficult-to-cure bad habits. (\$49.95)

For more information visit:

<http://www.coachkennybuford.com/ar/hitting.html>

Signs and Signals Clinic - Discover the secrets to a mega-effective on-field communication system that will give your team a massive mental edge on the competition. Find out how to make use of verbal, touch, and descriptive hand signals that are simple enough for your team to memorize and recall easily, yet deceptive enough to prevent other teams from "cracking your code". (\$29.95)

For more information visit:

<http://www.coachkennybuford.com/signs/fullstory.html>

Practice Planning Secrets Clinic - Finally! A proven, step-by-step system that'll keep your kids totally riveted and steadily improving for the ENTIRE practice. Incorporate the "Team Time" drill into your practice to get the entire team working simultaneously (this incredible mega-drill does the work of 14 regular drills in 1). Discover why common methods of practice planning usually backfire- and learn 7 shortcut strategies to design an outrageously effective practice (even if you don't have an assistant to help!). (\$29.95)

For more information visit:

<http://www.coachkennybuford.com/ar/ppsecrets.html>

Baseball Coaching Aids:

Solo Hitting Machine - This is the world's first "Self Contained" hitting machine that allows your batter to swing full speed at a moving target (just like real batting practice)...then get instant feedback on swing accuracy and power. You're batters will get a massive number of swing reps in only 5 minutes. Can be set up inside or outside. (\$249 + S/H)

For more information visit:

<http://www.coachkennybuford.com/ar/solohitting.html>

New coaching tools are being added all the time, for a current list of the best coaching resources we offer, please visit our main catalog at:

<http://www.coachkennybuford.com/catalog.html>