

## SHORT-HOPS

Fielding balls on short-hop

I/G/T

### INFIELD



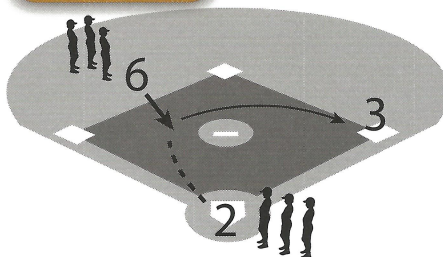
- **Line them up:** Every player with a partner 5-10 feet away.
- Throw ball so it bounces 12-18 inches in front of partner's feet.
- Players learn to catch ball on "short-hop".
- **Key Point:** Teach players to "get beneath" the ball.
- **Make it a Game:** Which pair has most consecutive catches?

## SLOW ROLLERS

Charging slow rollers

G/T

### INFIELD



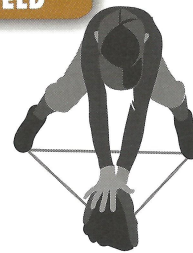
- **Line them up:** One 1st baseman. 1/2 remaining players at 3rd (or short) - 1/2 at home.
- Players at home are "rollers". Each have a ball.
- Roll slow grounder to fielder who charges ball and throws to 1st.
- After throwing to 1st, fielder continues running to end of rollers line, retrieving ball from 1st baseman on the way.
- **Key Point:** "Rollers" go to fielder line after rolling.
- **Make it a Game:** How many consecutive can team make without errors?

## TRIANGLE DRILL

Proper feet and hand positioning

I/G/T

### INFIELD



- **Line them up:** Two rows of players on infield, directly across from a partner, (10-20 feet, depending on age level)
- Draw a triangle in front of one player's feet.
- Show players how they must keep feet apart and hands out front for a triangle to stay intact. Players begin rolling grounders to each other.
- **Key Point:** When ball is rolled to either side, players must move feet and get in position so triangle moves to ball
- **Make it a Game:** Players quickly roll each other grounders. First team to 20 wins. Balls fielded without proper triangle don't count.

### How to Use CoachDeck

Tips to more effectively use the drills in this deck

• **Color-coding:** Each CoachDeck card is color-coded for instant recognition. Gold = infield; Green = outfield; Blue = baserunning; Red = hitting.

• **I/G/T:** I = Individual; G = Group; T = Team. I/G/T = Drill can be performed by individual, group or team.

• **Line them up:** Adjust drills for age level. Some drills call for players to be stationed a certain number of feet apart, but you may feel this is too short or too great a distance for your players. Modify as you see fit.

• **Key Points:** The "Key Points" are items you or your players need to know to maximize each drill's effectiveness.

• **Make it a game:** An ordinary drill turns exciting if you can make it into a competition. Nearly every drill in CoachDeck can be performed as a fun game your players will love.

• **Equipment:** CoachDeck drills require no special equipment beyond bats, balls and helmets. However, if some drills are too advanced for players, you may use batting tee. (In T-ball level it is recommended that all hitting drills be done with tee.) Substitute soft-core or tennis balls as needed, depending on player ability, for safety reasons. Stopwatch may be helpful in some drills.

• **No team required:** The majority of CoachDeck drills can be adapted to one-on-one coaching in backyard or park. Fundamental skill taught in each drill is key.