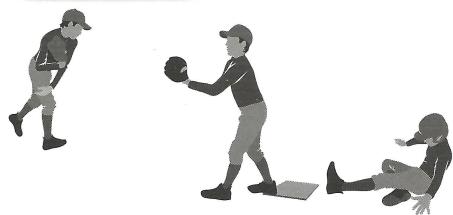


## FORCE OUT

Getting lead runner at 2nd

G/T

### INFIELD



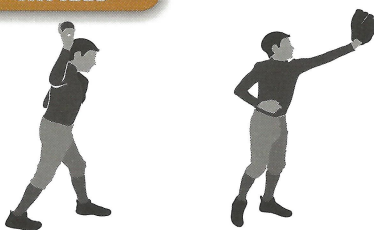
- **Line them up:** 1/3 playing shortstop, 1/3 playing 2nd and 1/3 running at 1st base.
- Hit ball to either 2nd baseman or shortstop. Runner runs to 2nd.
- If ball goes to shortstop, 2nd baseman catches throw at base, and vice-versa. After everyone has gone twice, rotate groups.
- **Key Point:** Fielders should learn to catch ball safely away from sliding runner.
- **Make it a Game:** Fielders vs. runners. See which group wins most often.

## HATS NO HATS

Teamwork, decision-making

T

### INFIELD



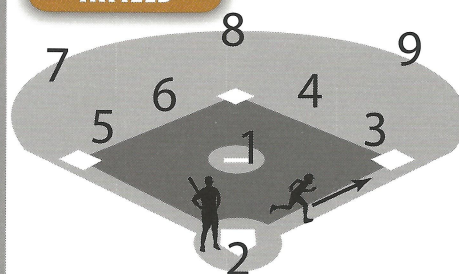
- **Line them up:** Two teams designated "Hats" or "No Hats". "No Hats" remove caps. Boundary is right field line to centerfield.
- Using tennis ball, "Hats" begin "passing" to teammates while "No Hats" try to intercept.
- After each catch, coach counts to 3. Ball must be passed before 3, or it is turned over to other team.
- Dropped or missed passes automatically go to other team.
- **Key Point:** Players must move to get open. No contact allowed when defending.
- **Make it a Game:** Which team finished with longest streak of catches?

## LIVE SITUATIONS

Live game experience

T

### INFIELD



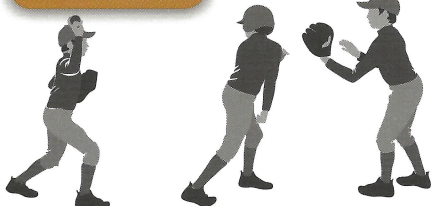
- **Line them up:** Assign player to each defensive position. Remaining players run bases.
- Hit balls various places on field and play as if live game.
- Rotate runners to fielding positions and vice-versa.
- **Key Point:** Review after each play where fielders should have moved or thrown.
- **Key Point 2:** Before each hit, call out situation, (i.e. "runner on 2nd, one out.")

## PICKLE DRILL

Rundown situations, baserunning

G/T

### INFIELD



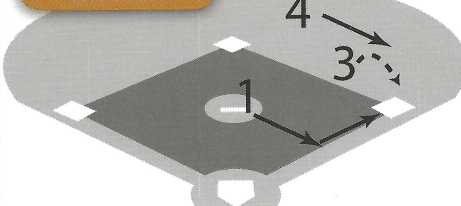
- **Line them up:** Place a player at every infield position, including pitcher and catcher. Remaining players are baserunners.
- Runner rounds 1st and goes halfway to 2nd. Coach throws ball from right field to shortstop or pitcher. Runner is now in a "Pickle".
- Fielders try getting runner out with fewest throws necessary.
- **Key Point 1:** Teach "Follow your throw." After you throw, take place of player who caught it.
- **Key Point 2:** Run at baserunner before throwing. Runner is always chased back to smaller base.
- **Make it a Game:** Also play between 2nd/3rd/home. Points for safe/out.

## PITCHER COVERS

Pitcher moving to 1st

G/T

### INFIELD



- **Line them up:** 1/3 of players on mound, 1/3 at 1st and 1/3 playing 2nd.
- Hit grounders that cause 1st baseman to move to right.
- Pitcher runs to 1st and catches toss from 1st baseman, while stepping on base.
- 2nd baseman should be hustling over to back-up 1st baseman and cover 1st if pitcher forgets.
- **Key Point:** Pitcher should run straight to 1st base line, then parallel with line.
- **Make it a Game:** Rotate players from 2nd to 1st to pitcher.

## 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.