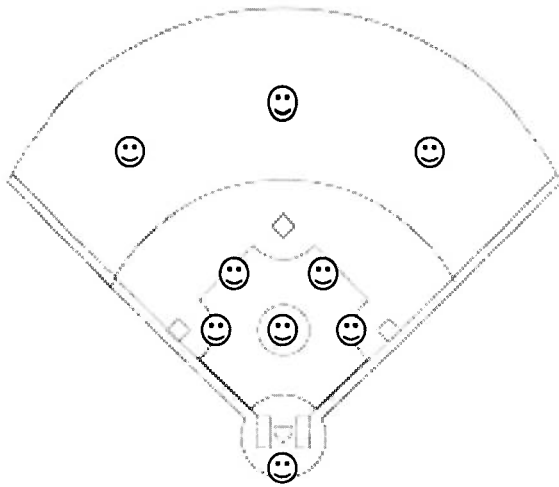


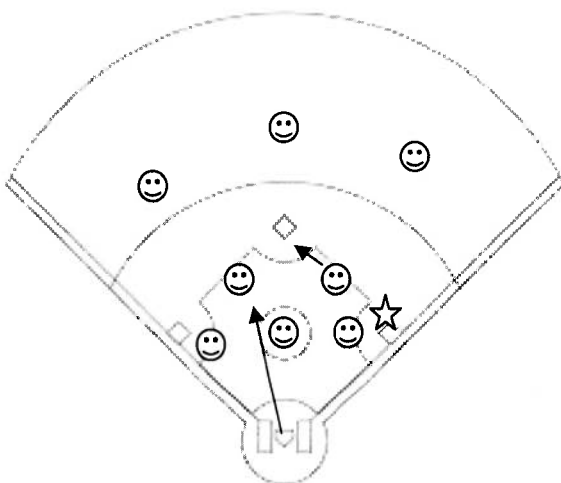
Fielding Drills – Knowing Positions

- 1.) Coach demonstrates all fielding positions to team.
- 2.) Have team line up and home plate.
- 3.) Coach calls out fielding positions in random order, team runs to said positions.
- 4.) Repeat 2 to 3 times for all positions (Good for warm up)



Fielding Drills - Knowing where to go.

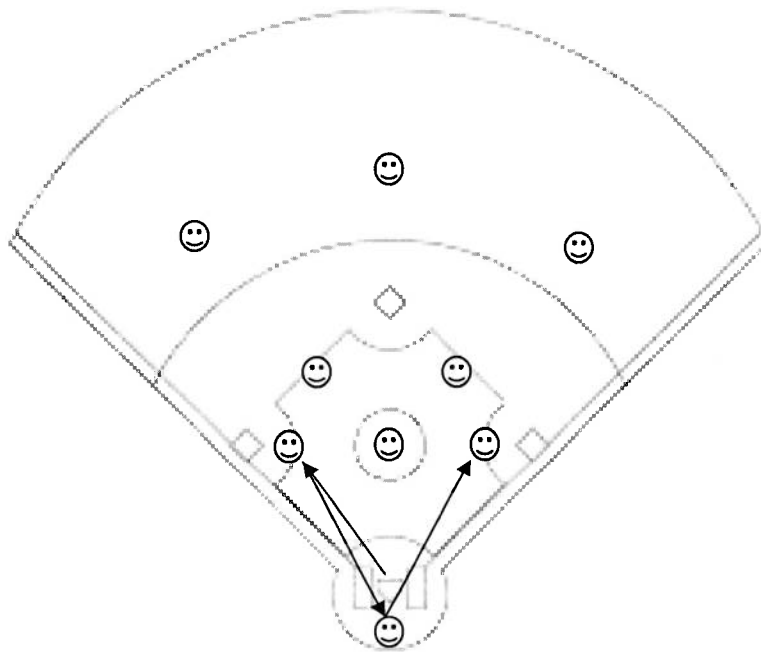
- 1.) Fill all infield positions
- 2.) Coach calls out a fielding situation and says "GO"
 - a. Ex. Runner on 1st grounder hit to Short Stop (see fielding skills for alternate base coverage options)
- 3.) Fielders to move to position to play and freeze.
- 4.) Coach to evaluate and correct player positions to make best play.
- 5.) Once basics are down add in live ground balls and base running.





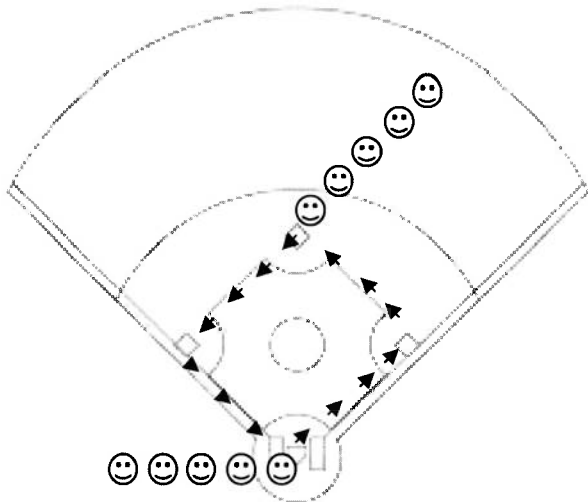
Fielding Drill- Double Play - you will need at least 4 fielders, a catcher, pitcher, and runner.

- Coach hits ground ball to 3B – 3B throws ball to catcher who will touch home plate simulating a force out at home.
- Catcher then proceeds to throw ball to 1B to complete double play
- 1B returns ball to catcher or pitcher to complete play on field
- Coach proceeds to hit ground balls to SS, 2B, 1B, and Pitcher.
- After each fielder has made a play in position the fielders will then rotate one position to the left and run the drill in the new position
- Continue the drill until all players have had a turn in each position. You can record times for incentive to improve on the plays speed and accuracy.



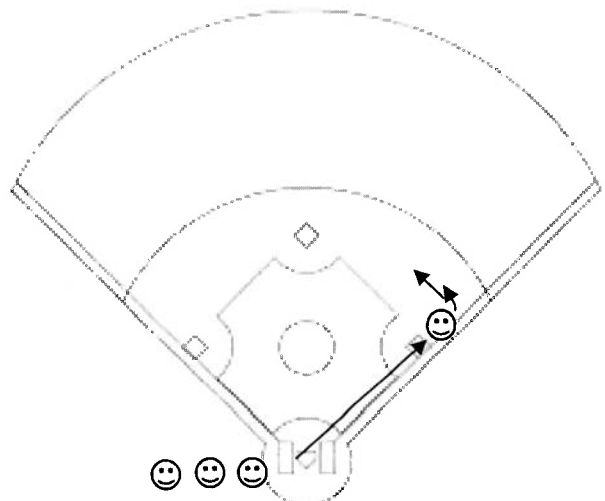
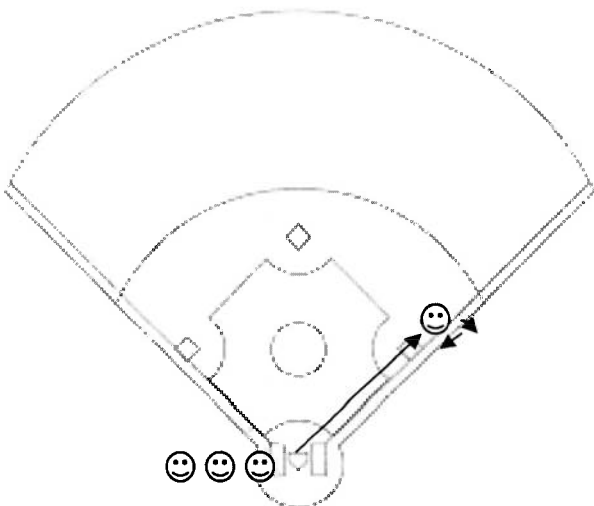
Base Running Drills – Relay running to build speed and endurance.

- 1.) Split team in to two groups
- 2.) Position players in line at 2B and Home Plate
- 3.) Have first girl from each position take off running, tag all bases until back to starting point.
- 4.) Tag next girl in line and keep rotating
- 5.) First group done wins. If uneven amount the team with one less will send the first girl again.



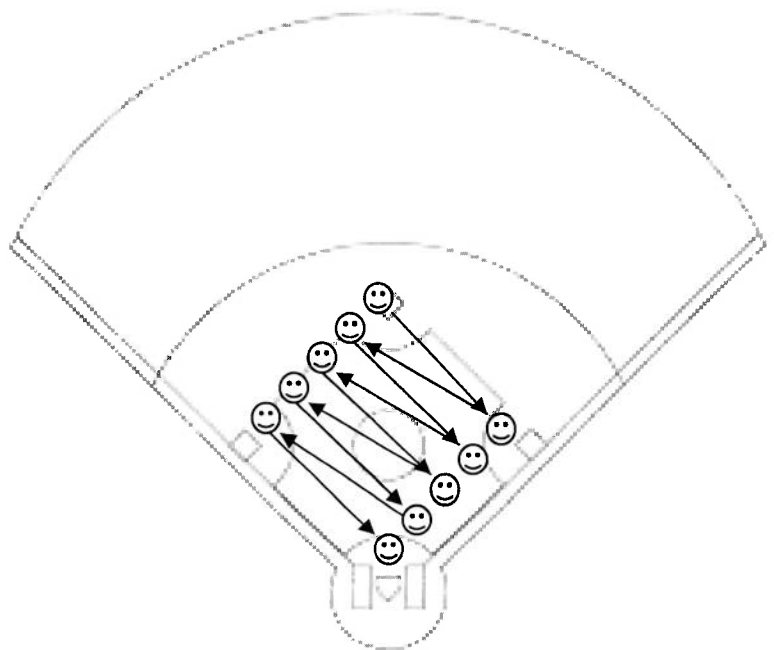
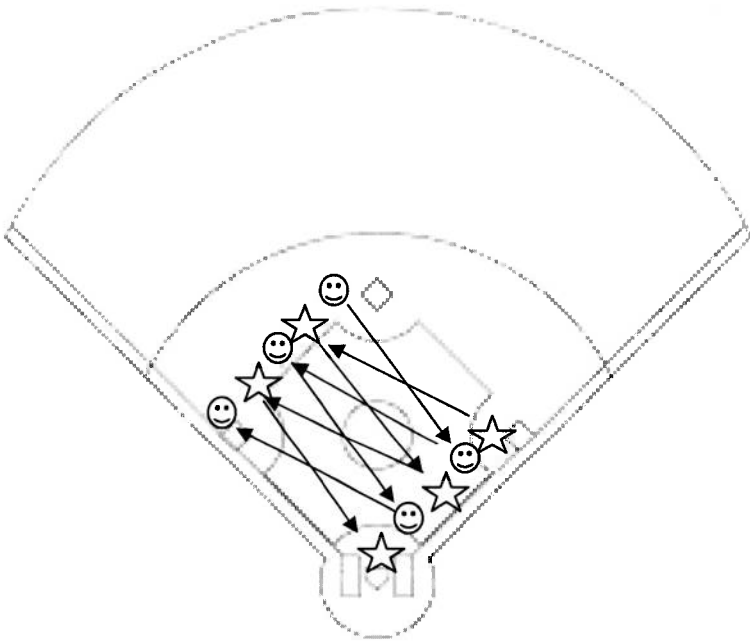
Base Running Drills- First Base Run through.

- **Singles**
 - 1.) Runners line up at Home Plate
 - 2.) One at a time runners will make way to first base.
 - 3.) Runner should run fully past first base. Runner should turn in toward 1st base dugout unless proceeding to second base. Coach will advise if rounding to Second base.
- **Doubles**
 - 1.) Make curve around 1st, cut the corner hard, Straight line to 2nd.
 - 2.) 2nd to home: angle lead, Straight line from 3rd to home.



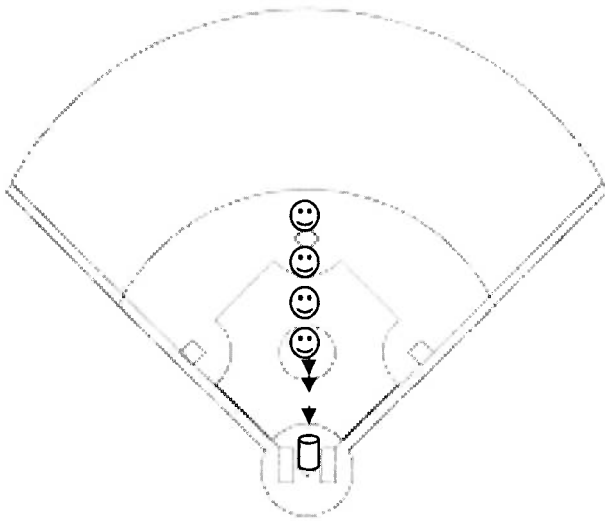
Throwing Drills – Back and Forth Quick Throw

- 1.) Split team in two groups.
- 2.) Group A lines up on 3rd and 2nd base line and group B Lines up at Home and 1st base line
 - a. You can also alternate A and B on each side for a race
- 3.) Throw one ball back and forth making a Zigzag across.
- 4.) Time how long it takes the ball to get from start to finish without dropping the ball.
- 5.) Try to beat your time when repeating
- 6.) You can bring lines in closer for short hand under throws as well.



Throwing Drills – Target Aiming

- 1.) Line team up at Pitcher's mound
- 2.) Set up a target at home plate
 - a. A bucket with a helmet on it (beginner)
 - b. A tee with a soft ball on it (advanced)
- 3.) Have fielders take turns throwing ball at target.



Batting Drills- Station Rotation

1. Split teams into three groups
 - a. Swing practice using Step drill and Pivot drill
 - i. Step Drill- Place small towel or line marker on ground where step out should occur. Have player Practice swinging with step out. Can also practice with a soccer ball or volley ball in-between knees, when swinging ball should not drop. This will assist in not stepping out to far.
 - ii. Pivot Drill- Batter will hold bat vertical on inside oh thigh up to shoulder. Practice pivoting the back toe in dirt shoulder should follow the pivot of batters hips with the assistance of the bat.
 - b. Tee Practice-
 - i. Blind Tee Drill- Coach will have batter close eyes and coach will adjust height and position of tee with ball. Count down for batter to open eyes and make quick judgment for swing direction. Can be used with multiple tees for even more accuracy training.
 - ii. Aim Drill- face tee and batter in front of fence place a paper marker for center, left, and right on Fence. Coach will call out left, right, or center and Batter will make correct adjustment for ball to be hit in the given direction.
 - iii. Swing & Stop Drill- Hitter is to STOP at contact like a check swing, and checks their batting stance. Back foot should be providing leverage, arms bent, shoulder in, Back elbow should be in L position close to the side. Make corrections as needed. Check STOP a couple times and then make full level swing.
 - c. Live Pitching- Coach or Team pitcher will toss balls for live hitting. Start with softer tosses and progress speed and distance as needed. Start with approximately 10 balls per batter and rotate through line up. Batter on deck can act as standing catcher and person last in line up can field balls back to pitcher or you can split team in half. Half run batting drill half field balls and then rotate.
 - d. Self Toss-
 - i. Toss ball in the air grip bat and hit. This will strongly improve batters hand eye coordination. This can be done with a wiffle ball as well.



Base Running Skills to remember

- Lead Offs
 - Keep on foot on side of base or on base
 - Base runner should be in running position (like a track start)
 - Take a 2-3 step lead (enough that you can dive back if needed) draw a line in the sand if needed for girls to learn where to go.
 - When ball leaves pitchers hand, go! (this rule can change to when the ball crosses the plate so verify with the current seasons rules)
- Diving back
 - Dive back and reach hand to base
 - Dive back facing the outfield
 - This will avoid the runner getting hit in the face by the ball or 1st baseman's glove.
 - Runner will also be able to see if the ball is overthrown to the outfield to attempt a base advance.
 - Stay on base till Umpire calls time
- Things to consider:
 - Read the Pitcher and Catcher (Do they throw high or low? How fast or accurate are they throwing?)
 - Watch defense (what plays are they attempting to make)
 - Know the count
 - Know how many outs there are
 - Pay attention to the teams Score and Situation
 - Runners should watch the coach not the ball!



Fielding Skills to remember

- Knowing where to cover during fielding situations. This will help the fielder understand they have the potential to be a part of any play. Knowing where to go and backing your teammates up can avoid simple mistakes and make for successful plays.
 - Second base position or pitcher should cover 1st if 1st baseman leaves base to obtain ball, and short stop would cover 2nd base.
 - Short stop and 2nd base need to work together and cover 2nd base when ball is hit on opposite side of their position. Ex: 2nd base position will cover the base if ball is hit between 3rd and 2nd and vice versa
 - Short stop would cover 3rd base in the same scenario as 1st
 - All infield players should act as a cut off for the outfielders when attempting to get the ball back in field. Players will make more accurate throws and allow the ball to get to the base or pitcher with less error.
 - Out fielders should watch the ball in play and assist the infielders with base covering if needed.
- Think about the play before the ball is hit.
 - Is it a Force out or will you need to tag the runner?
 - If the ball comes to you where will the best play be made? (You have bases loaded; can you make the out at home to avoid the run in?)
- Know the count for the batter and how many outs there are.
- Above all pay attention to the ball and your surroundings. This will not only assist in making correct plays but, help in avoiding possible injuries. (Getting hit by the ball or colliding with a team mate.)



Hitting Skills to remember

Form

- Feet should be positioned shoulder width apart
- Knees should be slightly bent
- Weight should be balanced on your back foot
- Handle of the bat should be aimed at the ground

Swing

- Batter should trigger back when pitcher winds up
- Front leg should take a straight stride forward
- Back leg should stay in position and foot will pivot with your body during swing (think squishing a bug)
- Swing should remain level and follow through
- Keep head in/down and eyes on the ball

