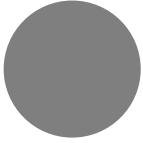


Knock A Ball of the Tee Drill

Variation 1:



Equipment Needed:

- Soccer Cones
- Batting Tee
- Soccer Ball, Playground Ball or Empty Water Bottle
- Tee Balls or Tennis Balls

Work on:

- Shuffle & Throw
- Throwing Accuracy

Play: Line players up on the foul line in back of soccer cones, while the coach stands a short distance away from the tee. Have the players go one at a time to try and knock off the soccer or playground ball off of the tee. After all players have gone, coach should roll back tee balls or tennis balls to players.

Variation 2:



Equipment Needed:

- Soccer Cones
- Batting Tee
- Soccer Ball or Playground Ball
- Tennis Balls (1-2 per player)

Work On:

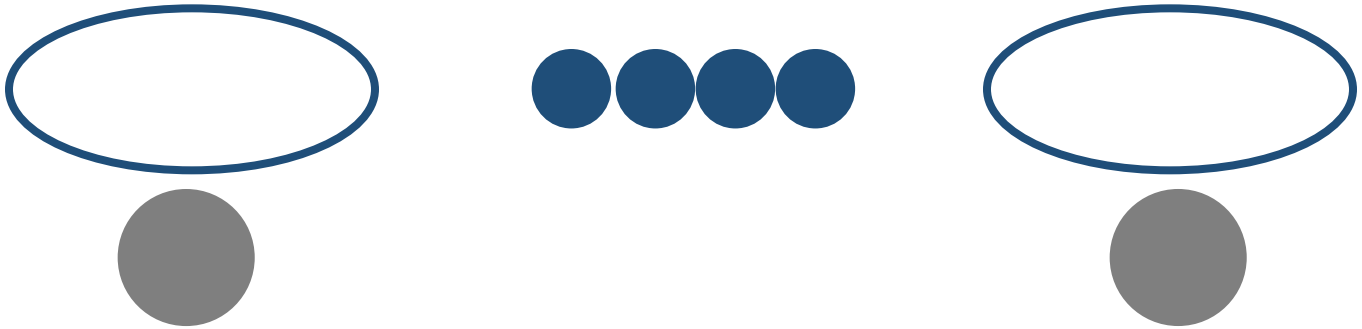
- Shuffle & Throw
- Throwing Accuracy

Play: Place tee with soccer or playground ball in the middle of an outfield section. Place soccer cones about 10-15 feet away from the tee on both sides. Have players stand behind cones and have them throw tennis balls to try and knock off the soccer or playground ball. Players are not to go in front of soccer cones. Players retrieve the balls thrown from the opposite players and continue to throw until the ball is knocked off. Play multiple rounds. (Options) - Award the winning team a point. – Switch players on teams to make teams fair.

Color Key:



"Pickle"



Equipment Needed:

- ***2 Hula Hoops or 8 Soccer Cones or Bases***
- ***Tennis Ball***

Work on:

- ***Base Running & Agility***

Objective: Tag players out with the ball before they reach base.

Setup: Place 2 hula hoops 20-40 feet apart from each other to make 2 "bases" (you may also use 4 soccer cones and place them about 2-3 feet from each other to make a square. You may also use a baseball base, but it's better if the players have a bigger base to run into). You will need 2 coaches standing next to each "base" (Trick: invite 2 older siblings/other players that may be watching the game to be the coaches). All players start by standing in a group in the middle of the "field" equidistant to the 2 bases.

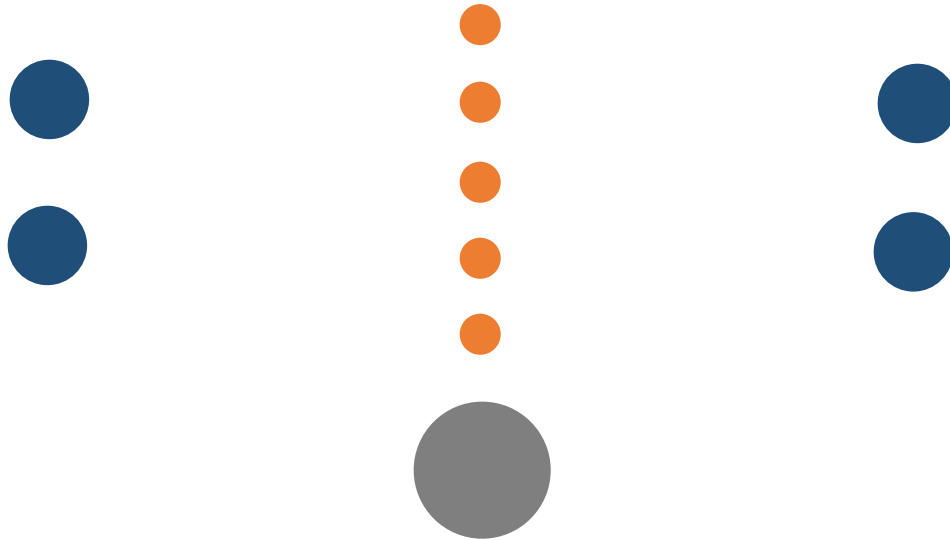
Play: The coaches start by throwing the ball back and forth to each other. By or before the third throw, all players must run to a base. If the coaches tag out a player before they reach, they are out and must sit out until the game is complete. Throughout the game, players must run to the other base by the time the coaches throw the ball back and forth 3 times. The game continues until there is only one person left and they are considered the winner. Restart the game and play for as much time allows.

Player

Coach

Color Key:

"Cleaning Up the Yard"



Equipment Needed:

- *Soccer Cones*
- *Tennis Balls or Wiffle Balls (2-3 for each player is best)*

Work on:

- *Shuffle & Throw*
- *Running*

Objective: To throw all the balls on your side of the field to the other side.

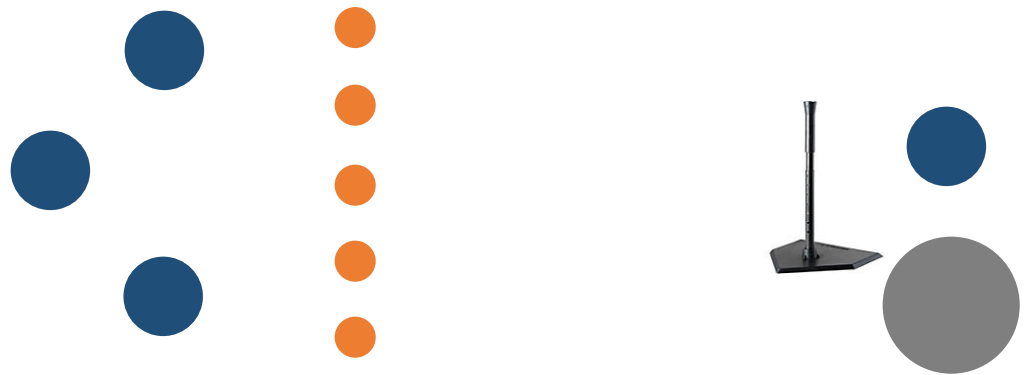
Setup: Make a dividing line with soccer cones. Split up the players and place fair teams on both sides of the cones.

Play: Set a timer and throw equal amount of balls on both sides. Players must throw any ball on their side of the "yard" to the other side of the "yard", trying to avoid to hit any player. The team that has the least amount of balls when the time expires is the winner. Restart the game and play for as much time allows.

Color Key:



Hitting Station



Equipment Needed:

- ***Batting Tee***
- ***Soccer Cones***
- ***Tennis Balls or Wiffle Balls***

Work on:

- ***Hitting***
- ***Fielding***
- ***Throwing***

Objective: To rotate hitting off a tee and fielding.

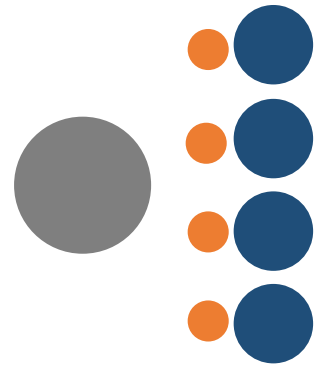
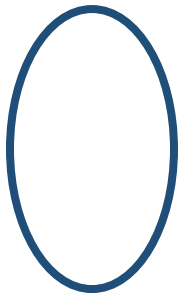
Setup: Make a dividing line with soccer cones 15-25 feet away from the batting tee. Place one player at the batting tee and the rest behind the cones, making sure the fielders are separated.

Play: Make sure the fielders are in a ready position and ready to field a batted ball. Have the hitter step up to the tee and hit the ball. After the ball is hit, call out the name of the fielding player that should get the ball to avoid all players running to the ball. Have the fielder throw the ball back to the coach. The hitter should get 3-5 hits before rotating the fielders and hitter.

Color Key:



Throwing a Ball Far or in an Area



Equipment Needed:

- ***Hula Hoop or Soccer Cones***
- ***Soccer Cones***
- ***Tee Balls***

Work on:

- ***Shuffle & Throw***
- ***Arm Strength & Confidence***
- ***Throwing Accuracy***

Variation 1 – Throwing a ball far

Objective: To practice throwing

Setup: Place soccer cones down on the field for each player. Have each player stand behind cone. Give each player a tee ball.

Play: One at a time, have a player shuffle and throw the ball as far as they can. After all players have thrown, have the players retrieve their balls and come back to their cone. **Variation 1a:** Roll the ball to the player so they can field and then throw.

Variation 2 – Throwing a ball in a hula hoop

Objective: To practice throwing to an area

Setup: Place soccer cones down on the field for each player. Place hula hoops or use soccer cones to form a zone 25-40 feet away from the cones. Have each player stand behind cone. Give each player a tee ball.

Play: One at a time, have a player shuffle and try to throw the ball in the hula hoop in the air or having the ball rest in the hula hoop. After all players have thrown, have the players retrieve their balls and come back to their cone. **Variation 1a:** Roll the ball to the player so they can field and then throw.

Color Key:



Covering the Base



Equipment Needed:

- *Soccer Cones*
- *Tee Ball*

Work on:

- *Fielding*
- *Underhand Flip*

Objective: Have players field a ground ball and understand who fields the ball and who covers the base.

Setup: Place a soccer cone or base in the middle. Place one soccer cone 10 feet to the right and one soccer cone 10 feet to the left. Place one soccer cone 20-30 feet behind soccer cone on the right and 20-30 feet behind the soccer cone on the left.

Play: Assign 2 players to the cones to the right and left of the middle cone. Divide the remaining players behind the cones that are further back to wait their turns. Explain to the 2 players up at the front cones that if a ball is hit to the player on the right cone, the player on the left cone should get to the middle cone to catch the ball from the other player. The player that fields the ball should throw the ball underhand to the player covering the base. Explain the vice versa situation. After a few turns, have the players from the back cones to move up to the front cones to perform drill.

Color Key:

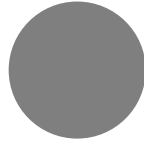


Shuffle, Shuffle, Throw

1



2



Equipment Needed:

- *Soccer Cones*
- *Tee Balls*

Work on:

- *Shuffling*
- *Shuffle & Throw*

Objective: To have players understand the importance of shuffling and throwing.

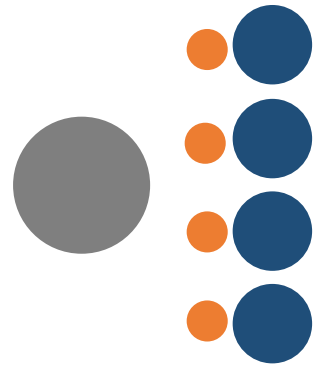
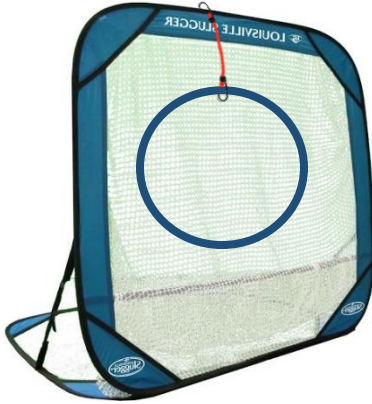
Setup: There are 2 phases. In the first phase, set up the soccer cones on the foul line 5-10 feet apart from each other. Set up the same amount of cones 25-30 feet away. Have the players face the direction with their throwing hand on the foul line. Instruct players to shuffle all the way to the cones. When they get to the far cones, have them turn around and shuffle all the way back. Do this 2-3 times.

Phase 2: Move the cones 6-10 feet away from the first cones on the foul line. Give each player a ball. Have them shuffle until they get to the cones and then throw the ball as far as they could. Have the players go back to the cones on the foul line and repeat as many times as time allows. When coach is out of balls, have the players fetch all the balls that have been thrown.

Color Key:



Throwing a Ball Through the Hoop



Equipment Needed:

- ***Pop Up Net & Bungee Cord***
- ***Hula Hoop***
- ***Soccer Cones***
- ***Tee Balls***

Work on:

- ***Shuffle & Throw***
- ***Arm Strength & Confidence***
- ***Throwing Accuracy***

Objective: To practice throwing accurately.

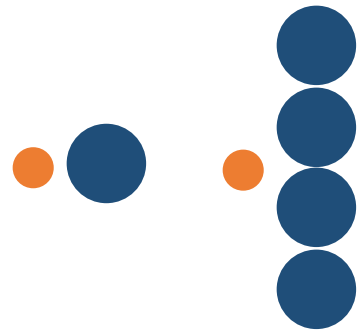
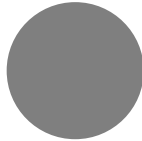
Setup: Place soccer cones down on the field for each player. Place pop up net 25-40 feet away from the cones. Hang hula hoop from the net with a bungee cord. Have each player stand behind cone. Give each player a tee ball.

Play: One at a time, have a player shuffle and try to throw the ball through the hula hoop in the air. After all players have thrown, have the players retrieve their balls and come back to their cone. **Variation 1a:** Roll the ball to the player so they can field and then throw.

Color Key:



Sliding Practice



Equipment Needed:

- ***Soccer Cones***
- ***Sliding Mat***

Work on:

- ***Running***
- ***Sliding***

Objective: To practice running and sliding.

Setup: Place soccer cone on foul line. Place another soccer cone 15-20 feet in front of the other soccer cone. Place the sliding mat 25-35 feet from the front cone. Have one player stand at the front cone. Have remaining players stand behind cone on the foul line to wait their turn.

Play: On “go”, have the player at the front cone run towards the sliding mat and have them start their slide once they have reached the mat. The top part of the sliding mat will need to be pulled back to the front of the mat before the next player goes. Rotate the line appropriately and continue play for as long as time allows.

Variation 1a: Have another coach or older sibling help out by throwing the ball to you when the player is running to the mat to try and catch and tag the player before sliding.

Color Key:

