

GROUND HOG

Staying on top of ball

G/T

HITTING



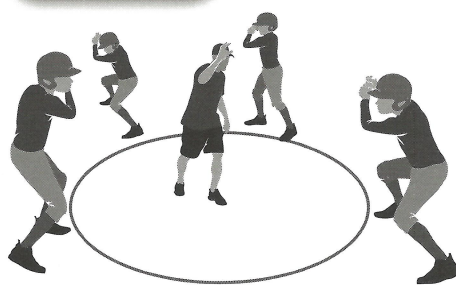
- **Line them up:** One batter; remaining players in field. Coach throws batting practice.
- Players stay up to bat as long as they hit ground balls or line drives.
- After 5 hits, batter must run it out and be safe at 1st to continue hitting.
- **Make it a Game:** Most hits without getting out is "The Groundhog".

IMAGINARY PITCH

Visualizing hitting

I/G/T

HITTING



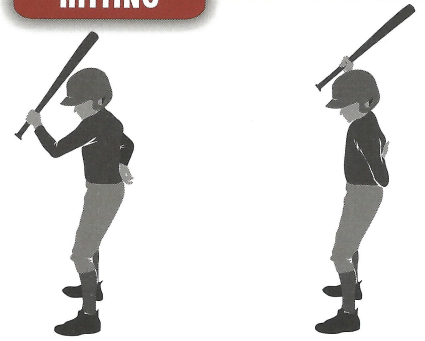
- **Line them up:** Players form circle around coach and assume "hitting stance".
- Coach goes into wind-up and pretends to throw pitch while saying something like, "Outside corner," or "Low and inside strike," or "High ball".
- **Key Point:** Batters visualize pitch being thrown, and swing or take.
- **Make it a Game:** Slowest to swing at a strike, or anyone who swings at a ball, is out. Final player remaining wins.

ONE-ARM SWING

Using each hand independently

I

HITTING



- **Line them up:** Player needs a bat and helmet.
- Player gets in normal batting stance, but swings bat with bottom hand only.
- Player can switch and swing with top hand only.
- **Key Point:** Use lighter bats so that swing mechanics don't suffer.
- **Variation:** Great drill for hitting off tee, or, for stronger players, soft-toss.

OUTFIELD SOFT-TOSS

Hitting, fielding

G/T

HITTING



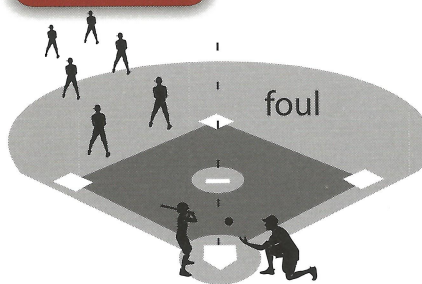
- **Line them up:** Fielders spread out in center. Coach and batter on outfield foul line. Player catching in throws.
- Batter hits to outfielders.
- Outfielders field balls and throw to player catching in.
- **Key Point:** Rotate from outfield to catch-in, catch-in to batter, batter to outfield.
- **Make it a Game:** Anyone catching fly ball automatically goes to batter.

OVER THE LINE

Hitting, defense

T

HITTING



- **Line them up:** Two equal teams. One team hitting. Other, in field, as per diagram.
- Coach pitches soft-toss to hitters who must try to hit fair ball. (Batters don't run)
- Any ball kept in infield = out. Past infield but in front of 2nd group of fielders = single. Past 2nd group = double. Past everyone = triple.
- **Key Point:** Balls caught in air are outs. Teams switch after 3 outs.
- **Make it a Game:** Use imaginary baserunners. Keep track of runs scored. Play full 6-inning game.

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.