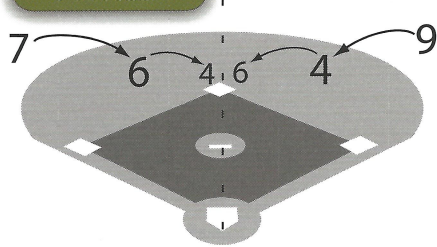


CUTOFFS

Getting ball into infield

G/T

OUTFIELD



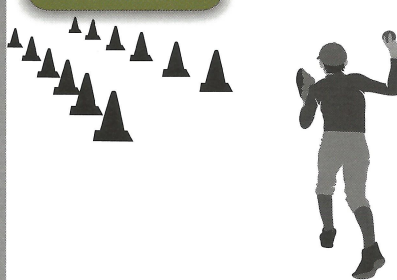
- **Line them up:** Shortstop and 2nd baseman. Remaining players in the 3 outfield positions.
- Hit ball to outfielder in left. Shortstop runs out halfway between outfielder and base with hands up, calling for ball.
- Outfielder throws to shortstop, (cutoff man), who throws it in to 2nd base.
- **Key Point:** Balls hit to left side of field are shortstop's cutoff. Balls hit to right side belong to 2nd baseman.
- **Make it a Game:** Have outfielders move to infield and vice-versa.

DISTANCE THROW

Arm strength, throwing accuracy

G/T

OUTFIELD



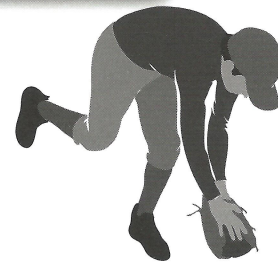
- **Line them up:** Players line up in outfield behind right field line.
- Place cones, caps or other equipment on grass forming lane about 10 yards wide.
- Players take turns throwing their farthest. Ball must land within boundaries.
- **Key Point:** Simply throwing far is useless without accuracy.
- **Make it a Game:** Run a "Distance Throw Champion" competition.

DO-OR-DIE

Charging balls hit to outfield

I/G/T

OUTFIELD



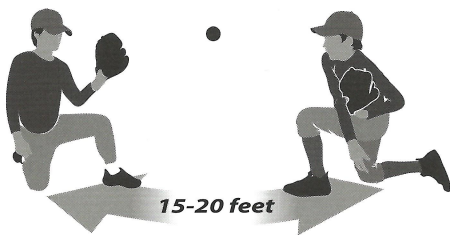
- **Line them up:** Players line up in outfield.
- Hit ball to first player.
- Player charges in and must scoop ball on the run and make throw.
- **Key Point:** Teaches players to attack ball when runner is trying to score.
- **Variation:** Younger players can use drill to learn to charge slowly-hit balls.
- **Make it a Game:** Put baserunners between 2nd and 3rd. See if they can score.

KNEEL THROW

Arm strength, throwing motion

I/G/T

OUTFIELD



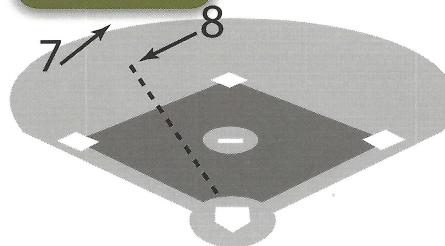
- **Line them up:** Players line up in outfield with partners 15-20 feet apart.
- Players kneel with glove-side knee up.
- Play catch using only upper-body.
- **Key Point:** Players must rotate upper-bodies for proper throwing mechanics.
- **Make it a Game:** See which pair can catch most in a row.

OUTFIELD ANGLES

Cutting off hits to outfield

G/T

OUTFIELD



- **Line them up:** One group of players in left field, and another group in center.
- Hit or throw hard groundball between first player in each line.
- One player takes angle to ball. Other player takes angle behind, in case first player misses.
- Object is not to let ball get past both players.
- **Key Point:** Players must communicate so that one backs up the other.
- **Make it a Game:** Four groups, (2 in left make Team A, 2 in right make Team B). Team keeping most from getting by wins.

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.