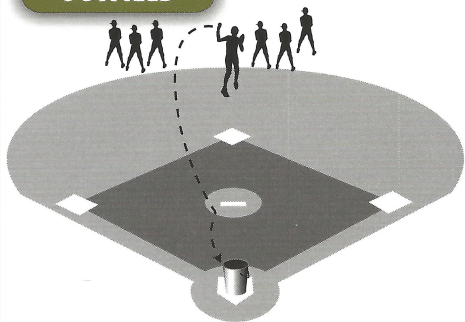


STRIKE AT HOME

Making good, low throws

I/G/T

OUTFIELD



- **Line them up:** All players to centerfield.
- Place ball bucket or equipment bag on home plate.
- Players take turns trying to throw ball that hits object.
- **Key Point:** One, or even 2-bounce throws are more effective than in air.
- **Make it a Game:** Each player gets 3 throws. 4 best advance to semi-finals, followed by championship.

TEAM FLY BALLS

Catching fly balls, making good throws

G/T

OUTFIELD



- **Line them up:** Two teams in outfield. Player or assistant coach catching.
- Hit fly ball to first player on Team 1.
- Player must catch fly ball, then make good throw in. Repeat with Team 2 and so on, alternating.
- **Key Point:** Throw soft-core or tennis balls to younger players.
- **Make it a Game:** Teams get 1 point for catch and 1 point for good throw. First team to 30 points wins.

TURNAROUND

Locating fly balls

I/G/T

OUTFIELD



- **Line them up:** Players line up in outfield.
- First player steps forward and turns back toward coach.
- Coach throws high fly ball and says, "Turnaround".
- Player must spin around and look up to make catch.
- **Key Point:** Explain drill properly before 1st time. Younger players can do same drill with grounders.
- **Make it a Game:** Make 2 teams. Count catches.

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.