

Rookie Practice 3 Stations

Station 1: Bats, Helmets

To get the players used to looking for the ball out of the pitcher's hand, have a coach act like the pitcher with the hitter in the box with a helmet on. The coach will fake a pitch but will hold up a number of fingers as he does it. The player has to call out the number of fingers the coach is holding up as soon as he sees them, swing.

Station 2: Fielding Positions and cut-offs

- Name of positions, area covered
- Position responsibility
- What to do with ball
- What does "cover" or "cut-off" mean
- Calling "mine"

Station 3 : Grounders with focus on throw back form.

- Glove shoulder facing target
- Ball in throwing hand, in glove, at belly
- Lift glove leg, throw while stepping down