

10 min Warm Up

Players drop helmets and bats at Station 3
Warm Up/Stretch
Split into 4 groups

12 min **Station 1 Catching** (balls, paddles, 3 pylons for players to line up at) 2-3 coaches

Coach review 2-handed catching with whole group (thumbs together when high, pinkies together when low, cover with non-glove hand).

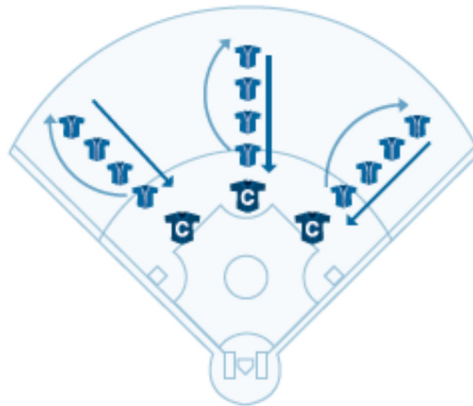
- **Thumb-to-Thumb (T2T)** When receiving the ball above the waist the receiver should show a 2HT and catch the ball thumb-to-thumb.

This is important because it emphasizes using two hands to catch the ball. This will allow the receiver to quickly make the transition from their glove to their throwing hand, while using the four-seam grip. (see Fig. 2.2)

- **Pinky-to-Pinky (P2P)** When receiving the ball below the waist the receiver should show a 2HT and catch the ball pinky-to-pinky.

Players line up in 2-3 rows, active player stands at pylon ready to catch.

CATCHING DRILL



Before throwing, **Coaches** review proper field stance with the active player.

Once player in proper field stance, **Coaches** throw balls (alternating high or low), player has to assess the throw and react: move hands up with thumbs together or down with pinkies together to catch.

Player receive each throw, throw with proper form back to coach.

5 throws to each player, next player.

*Coach choose whether players use paddles or gloves, or switch half way.
Paddles help teach player to cover with non-glove hand.*

12min **Station 2 Throwing** (baseballs, 2 pylons for player to stand between) 1-2 coaches

Coach review how to throw with the group.

FIVE STEPS OF THROWING

Step One: Step

Start square to your partner, step towards your partner with the foot of your throwing hand. Plant your foot with the inside of the foot facing the receiver, this will align the glove shoulder to your partner.

Step Two: Shoulder-to-Partner

You will want to have your glove shoulder facing your partner. The thrower's hands are to move downward towards the center of their body until they separate. This will lead you to the launch, which is the next step.

Step Three: Launch

At this point the thrower will turn their thumbs in to get the elbows up putting the arms in the launch position. The ball will be in the throwing hand away from the receiver with a four-seam grip and the knuckles of the throwing hand facing the receiver.

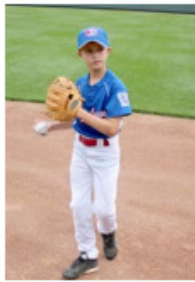
Step Four: Delivery

The thrower should stay behind the ball when throwing and snap their wrist when throwing to the receiver.

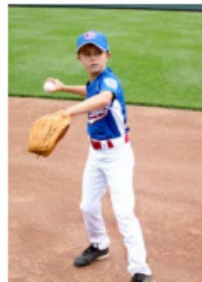
Step Five: Finish

The thrower's weight will continue towards the receiver and the arm will follow through to the 2HT.

Players line up, active player stands between two pylons with 5 balls ready on the ground nearby. Active player throws 5 balls to Coach.



3.1 Step



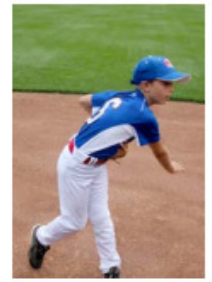
3.2 Shoulder-to- Partner



3.3 Launch



3.4 Delivery



3.5 Finish

Once all players are doing proper form, players pair off and form 2 lines of pairs for throw practice, coach reviewing/critiquing form.

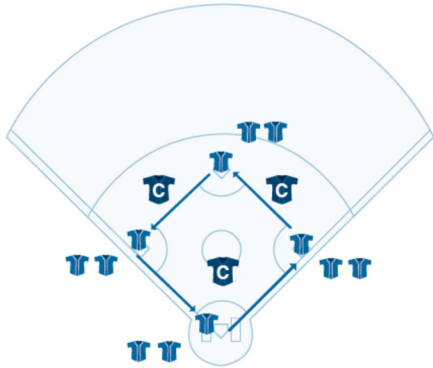
12min **Station 3 Batting** 2-3 coaches

12 min **Station 4 Base Running** (4 bases or pylons, 1 league bat) 3-4 coaches

Coach review base running with the whole group.

- Purpose of base running and how to score
- Running through first base (three times each)

Divide players into 4 groups for drill:



DRILL

Merry-Go-Round:

This is a fun drill that will allow the players to run the bases and get an understanding of how to run base to base. Start with an even number of players at each base, including home plate. One player will approach the plate with a bat with one player on each base.

They will get a proper grip on the bat. They will get in their stance and check to see their plate coverage. Once the coach says "go," the player will swing the bat like they just hit the ball and will run toward first base. This will set the drill in motion. The player on first base will run to second base.

The player at second base will run to third base. The player on third bases will run to home plate. Each player will go to the end of the line at the next base. Continue this drill until each player has "hit" two-to-three times.

During drill, Coaches are on base lines reminding players to keep their foot on the base, ready to run to next base, ready-to-run position.

During drill, one Coach review grip/stance with the active player at home plate:



– One: Grip

Each player will take a bat. Place both hands out flat and lay the bat at the base of the fingers. Lightly wrap your fingers around the bat. This grip will align the players knuckles up. The knuckles can be in a straight line or slightly shifted either way. (Fig. 3.1)

– Two: Stance

Have the players get into an athletic position with knees bent slightly and shoulder width apart. There should be more weight on the back foot, with the weight distribution being about 40 percent on the front foot and 60 on the back foot. (Fig. 3.2)

– Three: Coverage

The bat needs to cover the entire plate. Have the player get in their stance; place the bat at the corner of the plate closest to the catcher. You want to make sure that your stance allows you to have complete plate coverage, so you can hit the outside pitch. (Fig. 3.3)