

OTHER FARM DRILLS

Fielding

1. **Longest Throw:** Line up kids at home and give them 3 chance to throw the ball towards the outfield. Emphasize pointing the two, getting the arm back and then elbow above the head. Get's kids throwing hard and allows muscles to remember the feeling of throwing hard
2. **Whiffle pop flies:** Toss whiffle balls in the air having the kids try to catch them without gloves. Later introduce gloves.
3. **Hit balls:** Have kids receive ground balls off the bat slowly. Start with tennis balls and no gloves and then advance to t-balls with gloves. Emphasize butt down, glove out in front, and use throwing hand on top (alligator).
4. **Standard Infield:** Line kids up in positions. Roll or hit slowly hit balls to them and have them throw to first. Switch positions and let the kids play all positions.
5. **Reaction Drill:** Have a player stand at short or second. Throw a tennis ball to their left or right. The player must stay low and chase the tennis ball down before it bounces twice. Players should rotate after each throw. Can be made into a game.

Batting

1. **Tee work:** Have kids hit off tee into net or backstop. Follow fundamentals in the Coach's corner but focus on having kids look at the ball when they swing. The two biggest problems we see in Farm, training and even Majors is kids not looking at the ball when they hit it and not bending their knees while in the box.
2. **Coach Pitch:** Have kids hit pitches thrown by coach. It is better to kneel down and throw overhand slowly. Set up batting practice at a station. Having other kids shag balls during batting practice is a waste of team time and will result in children getting wrestles and playing with the grass, gloves and anything else in the vicinity.

Running

1. **Pro Base running:** Have kids start at home. They should first run to first as if they are beating out a ground ball . Next round they run to first as if they hit a single, and they round first, look into the outfield and return to first. Third they round first stepping on the inside corner and slide into second. Last they can run from second and slide into home. In each step every kid should do it right or else everyone repeats until it's done right.