

EPBA Coaching Drills and Guidelines for: TBall and First through Third Grade Levels

General: Please plan your practices well. Involve multiple assistants and employ as much parent/assistant involvement as appropriate for each grade level. Minimize kids standing around and use multiple stations as appropriate. Adjust practice plan to # of helpers as necessary – keep this guide in your bag to refer to in order to select drills which fit your practice needs.

Machine pitch guidelines: Adjust machines so that ball does not come down at a steep angle. Turn up the speed to achieve this.

Coach pitch guidelines: Do not lob the pitches in there. Maintain flat trajectory. For younger grade levels, consider pitching from knee as appropriate. For TBall, and First grade, adjust pitching distances as appropriate.

Throwing Drill	Notes/description	Grade(s)
4-seam grip	Show players correct grip for 4 seam ball.	All
Knee drill	Ball side knee down. Glove pointed at partner (facing behind). Proper windup. Elbows up. Ball high, facing back. Trunk rotation. Follow through. Regular or striped ball. Firm glove on throw.	All
Wrist flip	Elbows on glove out front. Flip ball to partner. Emphasize back spin. Regular or striped ball	All
Catch	Coaches emphasize mechanics. Build on mechanics from knee drill. Watch footwork. Point/lead with elbow glove (face to rear). Firm glove on throw	All
21	Players play catch aiming for different points on the partners body. Within the partners body is worth 3, if the partner does not move it is worth 2, if the partner must move they get 1 point. Play games up to 21 or desired point value	3 rd
Workup Game	Players begin play catch with the Knee Drill. For the first successful throw the players move to standing. From here with each successful throw the players move back one step at a time.	3 rd

Hitting Drill	Notes/Description	Grade(s)
Soft toss	Coach interaction on mechanics. Use real baseballs, wiffles, tennis balls. Hit into net or out into field.	1 st - 3 rd
T work	Coach interaction on mechanics. Inside vs. middle vs. outside pitch location.	All
Bat behind back	Place bat behind back secured with elbow creases. “Squish the bug”. After pivot, belt buckle faces towards pitcher. Lower half mechanics. 60-40 balance to rear.	All
Batting practice	Coach pitch. Maintain flat trajectory. Use bats, thunderstick. Use baseballs, wiffles, wiffle golf balls, tennis balls. Use hitting stick.	1 st – 3 rd
Front toss	Work outside of plate (hit opposite field). Throw strikes (use L screen to get close)	1 st – 3 rd
Fence Drill	1)Place bat at belly button move up to fence so the bat touches the fence. Practice swinging without hitting the fence. Working on getting hands through the hitting zone. 2) Stand with back foot up against the fence. Take regular swing, swing without hitting the fence	All
Wiffle Balls	Use plastic wiffle balls, Plastic wiffle golf balls, pitch regular batting practice to players.	All

Fielding Drill	Notes/Description	Grade(s)
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Paddles or bare hands	Ready. Creep step. Approach. Right-left-down. Throwing hand on top. When ball hits hand, shovel hands back and up. Right-left-throw (align shoulders, set feet). If lateral movement required then pivot/crossover.	All
Basic fielding	Ready. Creep step. Approach. Right-left-down. Throwing hand on top. Shovel hands with ball back and up. Right-left-throw (align shoulders, set feet). If lateral movement required then pivot/crossover.	All
Circling	Shortstops circle balls hit to the right side and in.	3 rd
Partner Fielding	Partner up players, roll ball on ground between partners. Work on good footwork and transferring ball from glove to throwing hand.	All
4 Corners	With a group of 4, make a square. Work on fielding ground balls between the 4 players, Go clockwise, counter clockwise, and diagonally.	All

Outfield Drill	Notes/Description	Grade(s)
Coach toss	Coach underhand tosses the ball up in the air for player to catch	T – 2 nd
Batted fly ball	Ready position. Creep step. Get behind/underneath ball. “W” with thumbs. Set up, crow hop and throw.	3 rd
Outfield ground ball	Safe vs. speed pickup. Approach, field, for speed pickup slow down on approach – field ball to glove side, crow hop/throw	3 rd
Over Shoulder	Player faces coach, coach points in one direction, directing the player to run, coach throws a fly ball in front of player. Player should get under ball, use two hands, be ready to throw ball into infield.	3 rd
Football	Coach plays quarterback, One player is receiver, on is the safety. Receiver runs route trying to get open, safety tries to defend receiver.	3 rd
500	Group players out in outfield, Coach throws a fly ball towards group, calling out a point value, 100, 200, 300, 400, or 500. Players catch ball and earns points. When a player reaches 500 the game begins again.	1 st – 3 rd

Drill	Notes/Description	Grade(s)
Base running	Running around bases. Sliding. Rules (tag up, force etc)	All 3 rd
Pitching	Coach works individually with player on mechanics.	2 nd , 3 rd
Base Running Relays	Begins with half the team at home and the other half at 2 nd base. Say “go” the first guys begins running the bases, the next guy on his team can not go until he tags him. Also can be done with a baseball that must be passed off to the next runner.	All
Around the Horn	Place a player at each base, begin with the ball at home, Throw to 3B, 3B to 2B, 2B to 1B, 1B to home. See how quickly you can do it without dropping it	3 rd
Full Team Game	Divide team into smaller teams (works best with 12 players, 4 players on a team, 3 teams). Coach pitches, each team bats, allow each player on the team to hit, while the other teams field. Rotate the teams so all players get to hit.	All