

ANDERSON HIGH SCHOOL



GAME PLAN

A. Run a couple times around the field

B. Stretch (Arms & Legs)

C. Discuss Throwing Techniques

D. Station Work (Have as small of groups possible; depends on amount of coaches)

1. I do this for a number of reasons.
 - a. Keep the kids in small groups so that they are easily coached.
 - b. More touches on the ball& small swings of the bat.

E. Throwing

1. Spread them out in lines. Start out at a close distance, move back a little at a time.
2. Closely monitor them to quickly fix bad habits.
 - a. Example: Not stepping toward target & squaring shoulders.
3. Work on getting arm back.
 - a. Thumb to the thigh, Fingers to the sky.
4. Work on Long Toss to begin to strengthen the arm.

F. Fielding (Infield)

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| 1. Fundamentals | 5. Ground Balls |
| 2. Stationary Ball Drills | 6. Throw to Bases |
| 3. Pick-ups | 7. Double Play |
| 4. Short hops | 8. Mass Fungo |

G. Fielding (Outfield)

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| 1. Getting Under the Ball. | 4. Work to Get Behind Ball. No Drifting!!! |
| 2. Moving Lateral | 5. Fielding Ground Balls |
| 3. Drop Step & Crossover | 6. Throwing To Bases |

H. Pitching

1. Form (North/South, Touch/Turn, Balance, Power, Finish)
2. Drills (Count, 1 Knee = Upper Body, Wall, Balance, Chair, Short Box)
3. Throw short distance to regular distance.

I. Catching

1. Stance = Footwork
2. Receiving
3. Blocking
4. Throwing to bases

J. Batting

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| 1. Stance | 4. Bunting |
| 2. Tee | 5. Batting Practice |
| 3. Flip | |

K. Baserunning

1. Out of box
2. Base to Base