

# 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. Small groups helps with short attention span.

### **E. Throwing**

1. Spread them out in lines. Start out at a close distance, move back a little at a time.
  - a. Have them throw one side 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.

### **F. Fielding (Infield)**

1. Fundamentals
2. Stationary Ball Drills
3. Pick-ups
4. Step to Throw.

### **G. Fielding (Outfield)**

1. Getting under the ball
  - a. Catch ball on forehead.

### **H. Pitching**

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

### **I. Catching**

1. Stance
2. Receiving

### **J. Batting**

1. Stance
2. Tee
3. Flip
4. Bunting
5. BP

### **K. Baserunning**

1. Out of box
2. Base to Base

