

One team can use the infield for the running drill while the other executes the throwing drill in the outfield. Switch after 10 minutes max.

Throwing

Review of the grip and motion from our skill sheet *NLBSA force vs. tag.pdf* is below:

Nice short video of the throwing position and motion:

<http://www.youtube.com/watch?v=PFa7RyeMf28&NR=1>

The Grip

- Thumb under ball
- Middle fingers over the ball with little finger off to the side



The Throwing Motion

- Start with players facing 90 degrees from target, glove side foot ahead of throwing side foot
- “Scarecrow” / “Teapot” position: front elbow bent toward target (or glove pointing directly at target), reach back with throwing hand, throwing elbow bent 90 degrees and, elbow should be shoulder height (even with shoulder), wrist cocked so ball is looking at the ground and top of hand is pointing to the sky, with ball AWAY from body
- Start throwing motion by stepping toward the target with left foot (for right handed throwers) pulling glove side elbow down as throwing arm moves forward
- Proper follow-through includes throwing hand continuing down to outside of glove side knee
- Finish with throwing side foot (right foot for RH throwers) stepping toward target

Drill 1 – Throwing against a fence (for this drill, break into groups of 5 and move to different areas of the field. Any fence area is fine as long as spectators are not at risk of being hit!)

- Line up players across from a fence about 10 feet away
- Coach calls for players to show coach the grip
- Coach calls for players to get into ‘Scarecrow’/ ‘Teapot’ position
- Coach calls for players to throw (remind them to NOT MOVE after they throw)
- Wait for all players to have thrown the ball
- Players go fetch balls and race back to starting point
- Repeat

Base Running

Players need to become familiar with base coach commands. Runners should learn to watch the coach and not the ball as they run to first. Coaches at first base will use the following commands:

- ***Run Through*** – runner should touch first and continue through the base down the foul line for a few strides and then return to the base along the baseline or in foul territory. Remind them not to turn towards second after running through.
- ***Round It*** – runners should touch first, make the turn to second base, take a few strides and then list for ***Go Two*** or ***Come Back***.
- ***Go Two*** – runners should touch first and continue at full speed to second. Upon reaching second they will stop. When they are older, they will learn to look to the third base coach after rounding first to look for additional commands.

Drill 2 – Base Running (Following base coach commands)

Demonstrate each command and response before starting the drill with the players.

Start with all the kids BEHIND home plate. Position a coach or assistant at FIRST and SECOND bases. Have each player run to first base – the first base coach should give each player one of the above commands. After executing the command, players should return to home plate.

Play Ball

After you complete these drills use the rest of your hour to play a few innings. Please watch your time limit and don't start an inning unless BOTH teams will have enough time to bat.