



## **Coaches Reference Materials**

**AA / AAA / Majors Divisions**

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Basket of Drills AA, AAA, Majors

Daily Drills

Catchers

**1. Receiving Drill**

- a. Thumb-under unless
- b. Sway body – line up everything over nose and belly button
- c. Tennis balls
- d. barehand

**2. Blocking**

- a. Coach about 10-12 feet in front on knees
- b. Underhand toss to receive in air or strikes/roll balls to block

**3. Pop-ups**

- a. Tennis racquet from 20 feet in front of plate
- b. Mask-off, throw at highest point
- c. If straight-up, run in front of plate and work toward backstop

**4. Stance Drill**

- a. Stance,  $\frac{1}{4}$  turn, receive, load, separate – muscle memory drill.

**5. Plate Drill**

- a. Back heel on left, front corner
- b. Receive with 2 hands, tag and block with right knee in basepath
- c. Throw or, if skilled, fungo from 90'

**6. Gain Ground Drill**

- a. Catcher must gain some ground to block every ball, finished when receive or to bucket

Outfielders

**1. Hip-pop Drill**

- a. Coach throws balls over left/right shoulder
- b. Pump arms – throw glove late
- c. Pop before crossover

**2. Do or die with crowhop**

- a. Fungo or roll balls from 75-90 feet
- b. Glove and opposite foot
- c. Throw to “cut” (another OF and rotate), throw to glove side

**3. Angles on ground balls**

- a. Fungo to left and right of player from 75-90 foot distance
- b. Don't cut, work to be moving forward

**4. Dive Drill**

- a. Start as catcher would and begin by reacting to toss
- b. Teach how to dive
- c. 5 good ones
- 5. *Multiple Fungos*
- a. See Outfielders attachment

### Infielders

- 1. *4-5 minute ground balls*
  - a. On knees, rolls in front, hands in front, funnel
  - b. Standing, rolls in front, with paddles, left leg, right leg
  - c. Backhands, no crossover (1B must be moving forward, elbow to ball)
  - d. Forehands
- 2. *Box Drill*
  - a. SS feeds, underhand, three-quarter arm slot (ball moving up)
  - b. 2B feeds, underhand, three-quarter arm slot
  - c. 5 players for this because you gain ground on underhand
- 3. *Multiple fungos*
  - a. Variety of scenarios
  - b. \*see Infielders attachment

### Team Defense

- 1. *Tandem Cuts and PFP's*
  - a. Space infielders 10 feet apart, SS should be lead as much as possible
  - b. Fungos to OF wall, everything to 3B
  - c. Communication/awareness important
  - d. PFP's – get ball to pitcher before he is at bag, proper angle up line
- 2. *1<sup>st</sup> and 3<sup>rd</sup> Defense*
  - a. use OF's as runners, realistic looks!
  - b. work on 3 or 4 plays – pitcher, 3B, 2B, cut play
- 3. *Bunt covers*
- 4. *Fly-ball communication between Infielders and Outfielders*
  - a. with tennis racquet
  - b. CF has priority and then works down
  - c. Infielders turn and sprint
- 5. *21 Outs*
  - a. realistic, game-like scenarios with runners
- 6. *Cut 2 – 4 Drill*
  - a. Fungos to Outfielders
  - b. all throws are to Home and to cut
  - c. Catcher communicates where he wants ball...(see non-negot.)
- 7. *Infield baseball*

- a. off a tee, with wood
- b. point system (+1 for out, +2 for double play, -1 for error, +2 for hit, -2 for safe at first)

## Scrimmage

1. *Gutbuster*
  - a. 2 teams play a 3 inning, usually coach-pitched, scrimmage
  - b. Losers sprint to 200' mark and back with bat over head in under 31 seconds
  - c. Rotate scenario each inning, stay consistent and fair (runner at 2B in 1<sup>st</sup>, bases loaded in 2<sup>nd</sup>, etc.)
  - d. Count runs scored
2. *Point Game*
  - a. 2 teams play a time limit game but each team gets same # of at-bats
  - b. point criteria (-5 for a pop-up, +5 for sacrifice, +2 for running out a glove)
  - c. add points at end for winner
  - d. ask players before practice what's at stake...
  - e. idea here is that runs will take care of themselves if we do little things right – adjust criteria in-season

## Hitting

1. *3/4 Group Hit*
  - a. Cage rotation – all middle/away (front-toss- hit different spots in strike zone, keep honest by going in on hands)
  - b. Put runners from each group on base to react
  - c. Move infielders around and OF in weaker positions (in if trouble going back)
  - d. Avoid mindless reps
  - e. All swings, even from a tee must be game speed, swing retrieval
2. *2 Tee Drill*
  - a. front tee is lower and holds the ball, back tee is one foot behind it and is slightly higher – emphasis on swing down on ball (top half)
3. *2 Tee Extension Drill*
  - a. Tees are back to back and at same height, ball on each tee, hit both balls straight ahead
4. *Backside hitting/Frontside Hitting*
  - a. move L screen to opposite side, everything is middle away, go in on hands to prevent cheating – tape on floor or foot in tire.
  - b. move L screen to same side, mid away, and in
5. *Long tee Drill*
  - a. place target directly ahead (tee with ball or ATEC mat), can also be placed top right corner for RH hitter

- b. work on extension

## **Baserunning**

1. **2 Group first and second**
  - a. Group at 1B goes to 3B, group at 2B goes to Home
  - b. Use your 3B coach and move yourself around
  - c. Explain hand signals
  - d. First to 3<sup>rd</sup> looks coach, base, coach
2. **3 Group**
  - a. 1 group at Home to 1B (through bag or hard to 15), 1 group at 1B to 3B, 1 group at 3B working tags (coach hits chest, early leaves add something bad)
3. **Chase Drill**
  - a. runners at home and each base with guys in b/t – GO til someone gets caught.

## **Pitching**

1. **Flat-ground pitching**
  - a. 45 feet if 60, therefore, 30 feet or so.
  - b. Every pitch from stretch
  - c. First 10 pitches are 4 seam, hold at power position, check points, then throw
  - d. Next 16 pitches are from stretch, no hold at PP, circle drill (see below)
2. **Circle Drill**
  - a. 2 seam arm side, curve glove side, 4 seam glove side, Change arm side (must throw change after fb to focus on arm speed)
  - b. Catchers work too...footwork to throw runner out at 2B every 3<sup>rd</sup> pitch
  - c. Receiving!
3. **Towel Drill**
  - a. focus on extension
  - b. work on getting the snap
  - c. effective velocity (stride + 5)
4. **Balance and Break Drill**
  - a. lift and separate 3 times, hold, check points, fix and go

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AA, AAA, Majors Practice Draft

- 5:00 – 5:05            Announcements (1 minute per?)
- a. Mindset
  - b. Last game, today
- 5:05 – 5:12            Dynamic Stretch routine
- a. Jog and Backpedal, high knees, buttkickers, knee tucks, down and touch, cherry picks, karaoke, static stretching
- 5:12 – 5:27            Throw with a purpose
- a. 15, 30, 45, 60, 90, 120 – 90, 60, 45 (position specific – infielders are force outs, work around ball and fake throw, snap tags, C’s start with ball, OF’s crow-hop and throw to glove side)
  - b. Replace on bad throws, poor effort to receive, any “chings”
  - c. Big Hop/NO Hop
- ASSIGN COACHES FOR EACH THING ON HERE!**
- 5:27 – 5:40            Daily Drills (Individual Drills, Position specific)
- a. Outfielder – *fill in from basket of OF daily drills*  
OF dropsteps, crow-hops
  - b. Infielder – *fill in*  
Middle feeds, corner plays
  - c. Catcher – *fill in*  
Gain Ground Drill (Bucket Drill)
- 5:40 – 5:41            45 second water break (why 45 seconds and not 60?)
- 5:41 – 6:00            Team Defense
- a. *Fill in from Team Defense basket of drills*
  - b. Maximize use of your assistants
- 6:00 – 6:25            Scrimmage
- a. *Fill-in from Scrimmage basket of ideas*
  - b. Put something on the line!

6:25 – 6:45

**3/4 Group Hit**

- a. Maximize space/coaches/arms
- b. Last 1 or 2 players in group, react from 1B, 2B, or 3B
- c. 1<sup>st</sup> round – all mid/other way
- d. Penalty for not getting bunts down
- e. *Fill in from Hitting basket of ideas*

6:45 – 6:52

**Baserunning and Conditioning**

- a. *Fill in from Baserunning drills*
- b. Use a stopwatch

6:52 – 6:55

**Field Prep**

- a. Use a stopwatch (remember: everything is game speed)

6:55 – 7:00

**Review Signs**

- a. Penalize wrong answers immediately
- b. “gotta get 6”
- c. We make guy who got wrong watch

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### Training Absolutes or non-negotiables

#### Communication

League wide, “Ball, ball, ball” and “You, you, you” – safety  
CF, then pyramid, Infielders turn and run  
Could use (from catcher): Relay if they want ball from cut,  
Leave if they want ball w/o cut, Cut with # for other base

#### Baserunning

Run your best time every time  
See foot touch every bag  
Avoid false step  
Inside corner of the bag, hard push off the last bag that they  
round  
Runner makes decision on all balls in front of them  
Make DEFENSE stop YOU, never take it for granted

#### Hitting

Load  
Stride or Toe-Touch is Slow, Soft, Short...and, Soon (front foot  
down at separation or no later than highest point)  
Short to Ball/Shaft to Shoulder  
Keep head still  
Hips  
Extension  
Grip (some lee-way here)  
\*Most other stuff can be to the comfort of the hitter/coach  
like: where to start hands, stance width, open/close stance,  
etc.

#### Pitching

Consistent arm slot – elbow above shoulder  
Lock front shoulder in at target  
Consistent arm speed no matter what pitch is being thrown  
Consistent power position  
Ability to consistently get to balance point  
Fastball/Change development, 2 seam and 4 seam, finger  
pressures, grips, strides, etc.  
Circle Drill in Bullpen, 2, CB, 4, CH  
Break hands at the right time depending on balance, knee to  
knee, slide step



### Throwing

Throw with a purpose – develop arm strength and receiving  
Front shoulder, elbow up - throw downhill  
Middle guys catch with 2 hands all the time, catch in palm  
Start at 30, 45, 60, 75, 90, 120, 150 – then, work back in to 45  
When at 45 again, go position specific  
Bad throwing/receiving, sprint to opposite side (what's your comfort level?)

### Infielders

Work around or get to it...everything except '6's'  
4's, 5's, 6's  
Reach for everything, funnel or field through  
Separate below waste  
Receive with 2 hands around base and as cut man – work around all cuts (catch glove side)  
Arms up on all cuts  
No crossover on backhands  
Pre-pitch ready position  
No more than a quarter turn  
Don't stay too low, don't stay too high

### Outfielders

Crow-hops  
Field ground balls correct way – RH guys field do or dies right foot in front  
Throw to glove side  
Arm slot and fingers behind ball  
Pre-pitch ready position

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Outfielders

- I. Daily Drills (at least one of these will be performed daily)
  - a. Hip pop – player turns to either glove side or arm side and catches ball over that shoulder
  - b. Turn Back drill – player pops hips to either arm side or glove side and while sprinting turns back to play to catch a wind driven ball
  - c. Do or Die drill – fungo or short roll ground balls to field on sprint with throwing leg out in front, crow-hop and incorporate throws to glove side
  - d. Fly ball Communication drill – designate a CF and one wing OF, pop-flys, ground balls, and line drives in between “Ball, ball, ball” or “You you, you” must be used.
  - e. Routine Ground balls drill
  - f. Angles Ground Balls drill – work behind to move forward instead of cutting off
  - g. Work behind the ball drill – with tennis racquet or fungo
  - h. Dive drill – 5 diving catches or attempts
  
- II. Outfielder Team Defense
  - a. 2/4 drill with communication, use HAND SIGNS from bench
  - b. Fly ball communication off fungo
  - c. Tandem Relay drill
  - d. Multiple OF fungo routine – **Round 1**: RF throws to 1B cut man / CF throws to tandem cut toward 3B / LF throws to 3B cut man **Round 2**: RF throws to 2B in line with bag/ CF throws to 1B cutting to home / LF throws to 3B who throws to SS **Round 3**: LF throws to 2B bag to 2B/ CF throws to 3B / RF throws to 3B but uses SS as cut or relay (no throw) 1B go to secondary in this round
  - e. 21 pop-up drill – catch 21 pop-ups with infielders in a row
  - f. Fly-ball communication – with infielders
  
- III. Stress on all cuts that throws should be big hop/no hop, throw to glove side

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### Infielders

- I. **Daily Drills (everyday)**
  - a. **Paddle Work: 30 seconds bounce in front (combination of thru and funnel), 30 seconds to Left Leg, 30 seconds to Right Leg, 60 seconds short hops in front**
  - b. **Glove Work: 30 seconds bounce in front, 30 seconds to Left Leg – extended, 30 seconds backhands (no crossover), 30 seconds short-hops**
  
- II. **Other Drills (mix)**
  - a. **Box Drill: all kinds of throws and tosses – SS feeds underhand walk thru, SS feeds at  $\frac{3}{4}$  arm slot // 2B feeds underhand walk thru, 2B backhand feeds with crossover, 2B  $\frac{3}{4}$  arm slot feeds with dropstep**
  - b. **5 in group (especially important on any that we walk through)**
  - c. **Unnecessary for 1B and 3B – work on picks at 1B or short fungo 3B**
  
- III. **Long box drill**
  - a. **60 feet hands and footwork drill, glove side turns and arm side turns, arm slot is where ball is caught – can range from over top to  $\frac{3}{4}$  to side**
  
- IV. **13 Plays multiple fungos or rolls**
  - a. **Depending on skill level of fungo hitter, may want to short fungo or roll part of this**
  - b. **Round 1: 3B throws to 1B – backhands, slow rollers, glove side// middle infielders turn 2 and throw to short bucket: all plays – balls at the fielder for underhand toss and backhand toss (must be behind bag at 2B for the SS) and  $\frac{3}{4}$  toss/ move SS to left and right for feeds, same with 2B (full extension)**
  - c. **Round 2: SS backhands (short fungo or roll), throws to bag at 1B no crossover with jab, 3B turn 2 without extra movement or crow-hop – move 3B around/ 2B receives left foot on bag, when to turn into 1B (any bobble), arm slot on throws to 1B**
  - d. **Round 3: SS and 2B 4's, 5's, and 6's throws to 1B bag/ off 1B 5's and 6's/ 3B receives short fungo grounders**
  - e. **Round 4: SS balls in hole to force out at 3B, 2B jump throws to 1B – aim low/ 1B receive – know when to come off bag, block, etc,**
  - f. **Round 5: SS and 2B jump throws fully extended to bag at second base, no throw to 1B/ 1B receive slow rollers or bunts and throw to 3B, force plays**
  
- V. **Competition**
  - a. **21 Outs Infield Drill – fungo starts at 3B, need 21 straight around the horn**
  - b. **Failure results in physical activity for all who did not make error ONLY!**

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**Pitchers Routine**

- I. Dynamic Stretch Routine
  
- II. Rotator Routine (40 seconds each)
  - a. Thumb up Front Raise
  - b. Thumb up 'V' Raise
  - c. Thumb up Lateral Raise
  - d. Shoulder Presses
  - e. 90 degree shoulder rotation
  - f. Standing Bench Press
  
- III. Band Routine
  - a. Internal x 10
  - b. External x 10
  - c. Tricep x 20
  - d. Wrist Flix x 20
  - e. Finger Flix x 20
  - f. Lateral Raise x 20
  - g. Hip Take Away (in position to throw) x 20
  
- IV. Long Toss Routine (step behinds)
  - a. Team long toss routine up to 210/220 feet
  - b. Long toss change-ups
  - c. 4/2/ch from 90 feet
  
- V. Heavy Ball Routine (max 3 times per week)
  - a. 25 feet 9 oz. x 8, 60 feet 5 x 8, 40 feet 7 x 5, 60 feet 4 x 8, 25 feet 8 x 5, 40 feet 5 x 5
  
- VI. Towel Drill
  
- VII. Flat Ground
  - a. Power position hold and correct
  - b. 4/2/ch/cur (circle drill)
  
- VIII. Bullpens

- a. *Early Season* – (sets of 12-15) fastballs from wind-up, glove side and arm side. Second set is from the stretch and mixing in his second pitch (breaking ball or change up). Third set is from the stretch and he is alternating between his fastball and his 3<sup>rd</sup> pitch.
- b. *Mid Season* – Circle Drill, 2 arm side, curve glove side, 4 glove side, change up arm side and glove side (if pitcher has a cutter or another pitch, mix that in as well)