

PR RAMS - 8U PRACTICE

Last updated 3/10/15, Gregg Lanyard

FIELDING DRILLS TO BE ROTATED; Pick and choose. SUGGEST 2 ROUNDS; EACH GROUP OF (3-4) PLAYERS rotates through each selected drill once. Coaches stay at station and change to second drill after all groups have gone through. So each coach will manage 2 drills.

1. Warmup (stretch and throw) 5-8 min All

- Tree trunks, arm circles, arm stretch left/right, finger tip back
- Play catch: Work on 3-step throws – momentum towards target focus on accuracy/aim

STATION 1 – Grounders without glove, requires tennis ball, tball, and/or quick hands trainer)

- **Quick hands - Roll grounders**
 - Work on quick, soft hands, use 2 hands, triangle; **fingers down**, use trainer or bare hands
 - **Wide base, butt down, hands out in front**

STATION 2 – Grounders, with glove (use baseball)

- Hit/roll grounders (can include charge/barehand, backhand)
 - Work on **triangle**, footwork
 - **Wide base, butt down, hands out in front**
 - Left / right throws – **shuffle feet**
 - Backhands

STATION 3 – Throwing technique – throw from knee drill

- Focus on 1)hide chest/turn body 2) ball 'down and around', freeze: elbow point at target, see knuckles, 3) follow thru

STATION 4 – Throwing to 1B (3 cones required)

- Work on **momentum**,
- Field it, 3 step throw, follow thru to target

STATION 5 – 'HIGH 5' Drill - Underhand toss: SS to 2B, 2B to 1B, P to 1B, 1B to P

- Or '4 corners drill' -> square formation with 4 kids toss to each other

STATION 6 – Fly balls – Drop step

- Focus: drop step and cross-over
- **'Get behind the ball'**. **'Always beat ball to a spot'**.
- "First step back"

STATION 7 – Wall ball

- Toss tennis ball against wall; left and right

STATION 8 – Short hop / picks

- “Ozzie drill”
- ‘Fingers down’, glove out in front

STATION 9 – Base running-Situational – A) Discuss/Show how far to go on fly ball; and B) tagging up

- A Focus: lecture with dry erase clipboard
 - Why do we want to come off base? How determine how far to go?
 - Show ball hit to left and right side, runners on different bases, 0-1 out, 2 outs
- B Focus: use your eyes and ears - listen and see; don't leave early

STATION 10 – Base running - Sliding – position (actual slide not required if turf not appropriate)

- Shoes off if needed.

STATION 11 - Base running, through 1B; rounding 1B

- Run Thru 1B – 1 peek, then eyes on base, correct step location, how to stop

STATION 12 – Relay Throws

- 3 players in a line, middle player offers target, outside players throw to glove side, catch and turn / transition ball out of glove

STATION 13 - 4 corner drill: groups of 4 (stiff wrist underhand, throw right, throw left, spin)

SAMPLE 1 HOUR PRACTICE

Day 1

We will have 2 rounds of drills, so 8 drills; 4 groups of 3 in each round: assumes 4 coaches

round 1: (quickhands) , (shorthop), (sliding), (kneethrow)

round 2: (IFglove), (running), (OF), (momentum to 1B)

Day 2

round 1: (quickhands) , (shorthop) (OF), (kneethrow)

Series 2: (IFglove), (running), (underhand), (momentum1B)

Day 3

Round 1: (quickhands) , (shorthop) (underhand), (kneethrow)

Round 2: OF - same 2 groups, throw fly balls - left, right, lose ball

Round 3: hit ground balls

Day 4

Round 1: RELAY THROWS – 4 groups of 3, in lines; 15 min

Round 2: (shorthop) , (baserunning) , (1B momentum) 15 min

Round 3: THROW and HIT IF GROUNDERS, 4 groups of 3; 1st throw shuffle left, right, charge/glove, charge/barehand ; then hit 15 min.

Round 4 – Throw popups – 1 line, running catches, 2 tosses each

Day 5

Round 1: RELAY THROWS – 4 groups of 3, in lines; 15 min

Round 2: (shorthop) , (baserunning) , (1B momentum) 15 min

Round 3 – Throw popups – 1 line, running catches, 2 tosses, left/right (10 min)

Round 4: HIT IF GROUNDERS, 3 groups of 4; normal, charge/glove, charge/barehand ; 15 min.

Day 6

1. Round 1: (shorthop) , (OF) , (momentum) 15 min

2. Round 2 – Throw popups – 1-2 lines, running catches, 2 tosses, left/right (15 min)

3. Round 3: HIT IF GROUNDERS, 3 groups; normal, charge/glove, charge/barehand ; 10 min.

4. IF grounder, (set up at SS) throw to 1B - focus on momentum, 3 step throw, rotate 1B and SS (10 min)

Day 7

1. Relay throws (10 min)

2. Stations -(shorthop), (OF dropstep), (momentum) 15 min

3. IF grounder, SS toss to 2B, DP to 1B - (10 min)

4. Throw popups – 1-2 lines line, running catches, 2 tosses, left/right (10 min)

5. HIT IF GROUNDERS, 3 groups; at, charge/glove 10 min.