

Majors - 7 Total Stations (10 - 14 kids per station) (12 minutes per station)

Minors – 6 – 7 Total Stations (8 – 12 kids per station) (12 – 14 minutes per station)

### **Pitching/Throwing Progression Station – (Field #3 Outfield) – 10 – 15 throws per drill**

All kids partner up – 1 – 2 coaches walking around observing & helping

[https://www.youtube.com/watch?v=e\\_zWCRbrV1Y](https://www.youtube.com/watch?v=e_zWCRbrV1Y) – longer video

- Wrist Flip Drill – standing, sitting, or down on one knee <https://www.youtube.com/watch?v=Hq-OqMLKGe4#aid=P9CIVHU3luY>
- Knee Catch – down on one knee playing catch  
<https://www.youtube.com/watch?v=pTatFmLZPuE>
- Power L - Players stand square to partner (toes pointed at partner) about 10 feet apart. Player reaches back w/ball into a Power L position (Elbow slightly below shoulder). Player looks at throwing hand and then throws to partner.
- Shoulder On Target - Players stand about 10 - 15 feet away from partner. Glove shoulder pointed at target. Player gets to Power L position, pauses, steps and throws to partner.
- Receive, step through the ball and return throw in Power L position - Players stand about 15 - 20 feet away and play catch. Step through the ball to return to partner maintaining Power L position on the throw. Focus on proper positioning of body and throwing elbow. Focus on following through (body, back leg, ready position to field)

Other drills that can be used at the pitching/throwing progression

- Gripping the baseball – 4 seam, 2 seam, Change-up (don't teach a curve ball)
- Pitching – Balance, Rotation, & Body Momentum are very important
  - Pivot Foot - <http://littleleaguecoach.org/home.aspx?article=266> (signup is free)
  - Knee Lift - <http://littleleaguecoach.org/home.aspx?article=268> (signup is free)
  - Launch Drill - <http://littleleaguecoach.org/home.aspx?article=331> (signup is free)
  - Stride, Lead Leg, Landing & Ball Release Point

#### **Stride & Lead Leg**

[http://www.pitching.com/3-common-faults/lead-leg-action-fault.html?utm\\_source=1SC%2BAR&utm\\_medium=email&utm\\_content=Common%2BPitching%2BFaults%2B-%2BVideo%2B2%2B\(Lead%2BLeg%2BAction%2BFault\)&utm\\_campaign=3%2BCommon%2BPitching%2BFaults](http://www.pitching.com/3-common-faults/lead-leg-action-fault.html?utm_source=1SC%2BAR&utm_medium=email&utm_content=Common%2BPitching%2BFaults%2B-%2BVideo%2B2%2B(Lead%2BLeg%2BAction%2BFault)&utm_campaign=3%2BCommon%2BPitching%2BFaults) (10:15 minutes)

#### **Landing Position**

[http://www.pitching.com/3-common-faults/proper-landing-position.html?utm\\_source=1SC%2BAR&utm\\_medium=email&utm\\_content=Welco%2BTo%2BThe%2B3%2BCommon%2BPitching%2BFaults%2BVideos&utm\\_campaign=3%2BCommon%2BPitching%2BFaults](http://www.pitching.com/3-common-faults/proper-landing-position.html?utm_source=1SC%2BAR&utm_medium=email&utm_content=Welco%2BTo%2BThe%2B3%2BCommon%2BPitching%2BFaults%2BVideos&utm_campaign=3%2BCommon%2BPitching%2BFaults) (3:25 minutes)

#### **Ball Release Point**

[http://www.pitching.com/3-common-faults/proper-ball-release.html?utm\\_source=1SC%2BAR&utm\\_medium=email&utm\\_content=Commo%2BPitching%2BFaults%2B-%2BVideo%2B3%2B\(Proper%2BBall%2BRelease%2BPosition\)&utm\\_campaign=3%2BCommon%2BPitching%2BFault%20%20s](http://www.pitching.com/3-common-faults/proper-ball-release.html?utm_source=1SC%2BAR&utm_medium=email&utm_content=Commo%2BPitching%2BFaults%2B-%2BVideo%2B3%2B(Proper%2BBall%2BRelease%2BPosition)&utm_campaign=3%2BCommon%2BPitching%2BFault%20%20s) (3:38 minutes)

### **Hitting Station – Batting Cage – 2 minutes per drill**

- 1. Grip:** Knocking Knuckles aligned and loose grip
- 2. Stance:** Feet shoulder width apart, hands near and above back shoulder and at the top of the zone
- 3. Trigger:** Front foot off ground (comfortable/different for each player) Hands move slightly back
- 4. Swing:** Balanced swing that starts at TOP of zone, explodes THROUGH ball, hands INSIDE ball
- 5. Finish/Pivot** Hips explode/rotate through the swing. Players pivots back foot to transfer weight.
  - 2 players in cage – 2 coaches pitching (majors could use players to pitch)
  - 2 players on tees outside of cage (could use hit sticks instead of tees if we have enough coaches) This drill is designed to be done slowly and w/balance. The player should try to hit a line drive back up the middle. Player should “feel” each step of the hitting fundamentals. Modify by having player hit outside pitch to opposite field and pull inside pitch. Also set tee high and low.
  - Have 2 players throw and 2 players bat - no swings – batter watches pitch & calls strike or ball (could also use different colored balls & player has to call out the color when seen)
  - 2 players using broom stick & power stick – 2 players soft toss wiffle balls
  - 2 players on deck watching pitch (help pick up balls) – work on grip, stance, step, swing, batting routine (step in & out of batting box)
  - 2 – 4 more coaches walking around outside the cage observing & helping

Other drills that can be used at the batting cage

- Hit basketball or soccer ball off tee (could do this with “Happy Gilmore” swing)
- Players could throw ball up and hit (Fungo)
- Soft Toss from behind and Two Ball Soft Toss
- 1 – 2 player/s on tee using bottom hand only to swing
- 1 – 2 player/s on tee using top hand only to swing
- With hit sticks & tees work on inside & outside pitches
- Play catch with a vision ring

### **Throwing, Catching, Running Station (Field #4 Infield & Outfield if needed) – 4 minutes per drill**

Break into 3 or 4 groups

- 3 Box Throwing Drill - <http://balltips.homestead.com/balltipsr28a8d.html>
- Bucket Drill - <http://balltips.homestead.com/balltipsg81c0m.html>
- Throwing Relay Drill - <http://baseballtoolkit.homestead.com/SMPLThrowingRelay.html>

Other drills that can be used at the Outfield Fielding Station

- Rundowns or pickle - <http://baseballtoolkit.homestead.com/SMPLRundowns.html>
- Wide Receiver - You are the quarterback and your player(s) are to your right. They run a post pattern. You throw them the ball after they make their break left and they have to run and catch. Less advanced use, wiffle or tennis balls, more advanced hard balls and throw the ball a bit harder.
- Relay Base Running
- 500
- Sliding

### Catcher Drills (Field #1 Infield)

Half the kids wear all equipment the other half put on leg guards & throw balls – switch after 5 minutes – If we have enough coaches we can have all kids put on the gear. Teach proper positioning & when they throw back to pitcher make sure they stand up and throw properly.

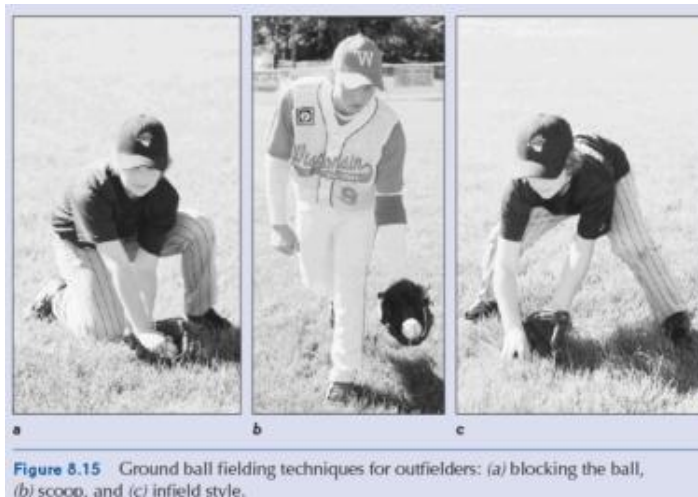
Use Protective Balls

- Throwing Balls - <https://www.youtube.com/watch?v=ANeSBipb4k> (last drill is great)
- Blocking Balls - <https://www.youtube.com/watch?v=0ahP9ephnoI#aid=P-pOdSAh5Jg>

### Outfield Fielding Station (Field #1 Outfield) – 4 minutes per drill

Teach the ready position, running with the glove down (glove comes up only to catch), getting the ball into the infield quickly.

- 5 – 7 kids in a group – hit popups, can use tennis balls, protective balls, or hard balls
  - Work on proper catching position of body and glove. Watch ball all the way into glove, use two hands to secure the ball.
  - Work on drop step – Left/Right Drill – Learn to turn)
- 5 – 7 kids in a group – hit line drives & grounders
  - Work on proper fielding of grounders



- Kids Partner Up – Kids play quick toss with each other – 10 – 15 balls and then switch. Make it a contest between the two players, see who can catch the most.

Other drills that can be used at the Outfield Fielding Station

- Work on Cut Offs
- Crow Hop
- Hit two balls to each player – One pop up than hit a line drive or One line drive than a pop up (use tennis balls for this one).
- Long Throws – Better to throw a line drive to the infield that bounces a couple of times than throwing a high arching ball.

## How Much Fun Can We Have (Field #2 Infield & Outfield) – 4 minutes per drill

Break into 3 or 4 groups

- Long Toss Golf – Setup 3 – 4 holes (3 – 4 players at each hole) each player throws a ball towards the hole/cone/flag and the closest one gets 2 point, anyone within a certain distance (5 – 10 feet gets 1 point). Play all 3 – 4 holes see who has the most points
- Home Run Derby – Use tees, have the kids throw the ball up, or have the kids pitch. Use Wiffle balls and be near the fence in the outfield.
- Butterfly Relay Drill - <http://balltips.homestead.com/BallTipsI54n1H.html>
- Throw the Ball into a bucket - Set up a 5gal bucket at home plate or anywhere else you want. Put players in a single file line, throw them a grounder or fly ball, using proper throwing techniques, attempt to throw baseball into the bucket.
- Use drills from throwing, catching, & running station

## Infield Fielding Station (Field #3 Infield) – 4 minutes per drill

Teach the ready position, fingers down when fielding the ball, glove out in front, eyes on ball, cover ball with other hand.



**Figure 8.14** Fielding a ground ball.

- Kids Partner Up – throw grounders to each other, work on balls in front, backhand, forehand and moving.  
<https://www.youtube.com/watch?v=yGTqNEyfGRk>  
<https://www.youtube.com/watch?v=68LQwZc6S-M>  
<https://www.youtube.com/watch?v=egV-oW1QATQ>
- Break into 2 groups - Field, Shuffle, Throw, Follow – Can have them field the ball also in this drill  
<https://www.youtube.com/watch?v=TgpJXlglWrQ&list=PLSCIFjZwCM6WypVOff5G-UrQdwmzYRWyM>
- Throw him out – Runners start at Short Stop position, fielders are at 2<sup>nd</sup> Base Position. Coach throws or hits grounder to 2<sup>nd</sup> Base Fielder, Runner takes off, rounds 3<sup>rd</sup> & heads home. Fielder tries to throw him out at home. Coach plays catcher.

Other drills that can be used at the Outfield Fielding Station

- <https://www.youtube.com/watch?v=sf1Od2dsv2A&list=PLSCIFjZwCM6WypVOff5G-UrQdwmzYRWyM#aid=P81NWTIbHzw> (This one gets everyone involved, hitting & fielding)