



## **BALL EVERYDAYS**

### **REGULAR INFIELD GROUND BALLS:**

Be in ready position knees bent and glove and hand out in front, reach out in front of your forehead to get the ball watching it in all the way and pull it into your chest.

### **FOREHAND SIDE GROUND BALLS:**

Standing close to your partner you are in ready position, glove stays down, body stays low, reach out for the ball, power step and bring the ball up to your face, elbows pointing out getting ready for your throw.

### **BACKHAND SIDE GROUND BALLS:**

Ready position, body stays low, throw your glove first (it gets your body in motion) keeping it on the ground, pick to the chin and jab step, again bringing the ball up to your face, elbow out getting ready for your throw.

### **SHORT HOPS:**

Short hops are thrown straight in front of partner, to there backhand side and forehand side. Make sure you are moving your glove to the ball first! Also make sure your glove stays on the ground and bring it up to field the ball. Always start with the glove down and bring it up to play the ball!

### **REGULAR THROWS STRAIGHT TO THE CHEST:**

Person receiving the ball must be in ready position with both hands out ready to receive the ball, as you bring the ball in to your body getting ready for your throw your transferring your feet at the same time. The point is to

get the ball in and out of your glove quickly and with the correct technique. Your hand and feet are moving as a unit.

**LINE DRIVE THROWS TO THE FOREHAND SIDE:**

Step to your glove side, while extending your glove arm, catch the ball, Power step and plant, getting ready for your throw.

**LINE DRIVE THROWS TO THE BACKHAND SIDE:**

Throw your glove across your body stepping across with your glove side foot, catch the ball and Jab step while bringing the ball up by your ear getting ready for the throw.

**RUN DOWN THROWS:**

1 partner starts with the ball in one hand and holding it like you would a dart and glove up and open, start running toward your partner and wait until you hear them call ball, when they call ball you throw/forward flick the ball to her glove, quickly backpedal and get in ready position to receive the ball from your partner. Do not fake the throw that will only fake out your teammate and they will not know when it is coming so wait for their cue of “BALL” before you throw.

**DROP STEPS OVER THE LEFT SHOULDER:**

One side starts with the ball so we are all moving in the same direction, Starting in ready position when your partner says go you must throw your shoulder down and get a hard 1<sup>st</sup> 3 steps find the ball, call the ball, catch the ball. Do 3 of each.

**DROP STEPS OVER THE RIGHT SHOULDER:**

One side starts with the ball so we are all moving in the same direction, Starting in ready position when your partner says go you must throw your shoulder down and get a hard 1<sup>st</sup> 3 steps find the ball, call the ball, catch the ball. Do 3 of each.

**DROP STEPS STRAIGHT BACK:**

One side starts with the ball so we are all moving in the same direction, Starting in ready position when your partner says go you must throw your shoulder down and get a hard 1<sup>st</sup> 3 steps find the ball, call the ball, catch the ball. Do 3 of each.

## **INFIELD DRILLS**

### **BREAK DOWN:**

This drill is a "break down drill" Have your players get in partner. While on their knees they role each other the ball. While fielding with bare hands (enforce soft hands, paddles can be good for this) they lift their feet off the ground behind them. This forces them to see the ball all the way in. After they have done about twenty of that tell them to put their gloves on. Do about twenty that way. Then have them work forehand and back hands the same way. When they are done with that tell them to stand up and do the same things while standing. Start with their gloves off and go back through the rotation. When they do backhands and forehands make them start with their feet already in the position they would be in when fielding the ball and make them concentrate on soft hands.

### **SIDE TO SIDE:**

2 players 5ft apart with 2 balls, player A rolls the ball about 5ft to the left of where the fielder is standing. The fielder, in low ready position, shuffles to the left and fields the ball out in front with two hands. She quickly tosses the ball back underhand to the tosser. Once the ball is in the air back to the tosser, the tosser rolls the other ball 5ft to the right of the fielder, and the fielder shuffles quickly to the right to field it. This drill continues back and forth for 30 seconds, the fielder should keep her knees bent for the entire drill without any hunch in her back.

### **RUN-THROUGHS:**

Start with all infielders in a single line. A coach begins with a bucket of softie balls/tennis balls. The coach starts w/bucket of balls and bounce a ball

toward the first player in line. The player begins to run and continues to run through the ball as she fields. Players need to learn to get low and field from the ground up as they run toward the coach. Once the player fields the ball she continues to run toward the coach and drops the ball into the bucket. Make sure players keep their palms up toward the sky and should always approach the ball with their fielding hand or glove below the ball fielding from the ground up.

### **THREE CONE DRILL:**

Place three cones in a straight line, with the first one deep in the infield, the second one about 3-4 feet in and the third 3-4 feet from the second. Coach hit ground balls, players start at 3<sup>rd</sup> cone and advance to 2<sup>nd</sup> cone to field the ball (proper fielding position), and then shuffle step or crow hop (make sure the shoulders are turned to the target) to the 1<sup>st</sup> cone to make the throw. Drill demonstrates proper ready stance to start, advancement to the ground ball and footwork to throw.

### **RAPID FIRE DRILL (FIELDING SPEED AND REACTION):**

3 players lined up about 15 feet apart, player 1 throws a ground ball to player 2, player 2 throws the ball back on a line to player 1 and immediately spins around to player 3 who has started to throw another ground ball to player 2, who then has to turn find the ball and field it, and throws back on a line to player 3. Then repeat for approx. 10-15 reps.

### **BOBBLE BALL:**

Set up an infield with players playing 1st, 2nd, SS, and 3rd. Have two coaches at home plate, one to hit & one to catch in. Coach hitting the ball will be hitting quickly and randomly to the players on the infield. Player fielding the ball will throw to 1st base who will throw ball home to coach catching in. Other players are on the sidelines heckling those fielding the ball trying to distract the fielders to actually create a bobble or an error. If, and when this happens fielder will verbally admit to the error "Uh-oh my

bad or my fault" and will leave the field and a player on the sidelines will take her place. The object here is to A:) Learn to focus no matter what noise is going on in the stands. B:) If you make an error- admit it, deal with it, get over it and continue on. C: ) For my girls it is a competition as always and some of our best dives for the ball will happen.

### **PADDLE:**

For this drill we made paddles with straps out of ping pong paddles and stapled a strap on to the back of the paddle. Have the players strap on the paddles and hit them tennis balls on the ground.

This teaches them to go to the ball with both hands and also to have soft hands. It also teaches them to watch the ball all the way to the glove.

### **QUICK REACT W/ REACTION BALL:**

Approx. 10-15 reps with a reaction ball without a glove and another 10-15 reps with a glove. Player starts out in a ready position and needs to react to the reaction ball. Great for working on sight, timing, and footwork.

### **BLIND REACTION:**

I use for our infielders quick reaction time have player stand about 8 to 10 feet from cement wall or anything that will bounce a ball back. Incrediballs work best.... Stand behind player and throw ball over players shoulder at wall. The ball bounces back, and then the player reacts to ball. The closer the players get to the wall the quicker the reaction time needs to be.

### **IN THE BUCKET:**

One that I use to help with throwing accuracy from the outfield or from the infield to home plate is the use of a 5-gallon bucket laying down on the plate. Fielders must throw so that the ball enters the bucket. The throw may bounce or do so on the fly...just as long as the throw is accurate enough to enter the bucket. (Also use this with catchers and their throws to the inside part of second base)

### **COLORED NUMBERS:**

This drill is to help the kids keep an eye on the ball. I write numbers on the balls in different colors 1-5. The girls have to field the ball and call out the

color the number is written in. When they get the hang of that have them call out the number written. I use permanent marker and depending on the age I will determine what size to make the numbers

### **GROUNDERS:**

It allows for each fielder to see nearly 75-100 ground balls within 20 minutes. You need 2 coaches (if girls are skilled enough let them hit the grounders), 2 crates of balls (25 in ea.), & 2 empty crates to set at designated base. The drill goes as follows: Grounders to 3B who throws to First; other coach hits to 2B who throws to SS covering second. Then: ss to 1B, 3B to 2b; 2B to 1B, SS to 3B; 1B to 3B, SS to 2B.

## **OUTFIELD DRILLS**

### **COMUNICATION/BACKING UP:**

There is a drill I have been using for the past 3 years for outfielders. Place half the team in left field and the rest in center. The coaches hit a fly ball in between the first two outfielders.

They both go for the ball with one catching it and the other properly backing up the fielder. If the ball happens to get by both fielders then they will use a relay throw to get the ball back to the coach.

### **YOURS/MINE DRILL:**

Two Players line up with backs to coach. Simulated pop fly is thrown up as coach yells turn. Players must communicate with each other based on position of ball.

### **CLOCKWORK:**

A cutoff is approx. 50ft. from the catcher. And 5 or 6 outfielders-each spread out from right to left, approx. 50ft. from cutoff. I start by hitting a ball to the girl farthest left, she throws to cutoff, cutoff throws home. After throwing to cutoff the fielder then runs to take her spot, the cutoff after throwing home, runs home to become catcher, and the catcher is to run to the open spot in the outfield. In a short amount of time fielders get to field in all outfield positions, work on throws, and get some conditioning.

**CONES:**

Set out some small cones in an arc in the outfield and then hit grounders to the outfielders. They must round the cones before reaching the ball. This teaches them to go to the path of the ball and not directly at the ball.

**FOOTBALL FLYS:**

They run out like a football receiver from the coach. The coach throws the football and they have to catch it over their right shoulder or left shoulder using both hands up and bringing in the ball. They cannot turn around and back up. This helps with hand-eye coordination also. After several successful catches we put their gloves on and they catch the football with the glove on. They always use both hands. After more successful catches we move to the softball.

**OVER THE HEAD:**

Have the player's line up and have one of them selected to field a ball hit over her head. Hit or throw the ball over her head and to the right or left. Make sure that she does not run with her glove up, but rather put the glove down and run to catch the ball and then get her glove up and make the catch.

**INFIELD & OUTFIELD DRILLS****ONE/TWO/THREE:**

This is a line drive and pop up fielding drill which teaches players to catch three types of fly balls.

- 1) a line drive right at them,
- 2) a line drive that they must stretch for,
- 3) and last a fly ball that they must sprint to catch.

Line your players up in a single file line, players should start on the fair line just behind first base at the edge of the outfield grass. The coach will be in right-center field with a bucket of balls. The players will be running in a straight line about 50 to 60 feet away from the coach. (Running from first towards second.) One player at a time and they need their gloves.

The coach starts by throwing a line drive right at the players, the player catches it and will still running the coach throws the second ball in front of the player making her reach to catch it, while the player is still running the coach throws the third ball, which is a high pop fly out away from the player

that she must track down and catch it. After player one has been she returns to the back of the line and it is time for the next player.

### **Keys importance to this drill:**

- 1) Once the players starts running (she never stops nor hesitates) she sprints all the way, catching all the balls on the run.
- 2) Once the players catches a ball she quickly throws it down and looks for the next ball.
- 3) After the player has finish she retreats and picks up the three balls and gets in the back of the line. (balls on the ground may cause a twisted ankle)
- 4) The coach needs to be quick and accurate with his/her throws. A line drive right at them starts it off, then the second throw must be where they reach out for, and the last throw is a fly ball out away from the player which they must hustle down and catch.
- 5) This drill really works on catches you may encounter during a game.
- 6) There is a big difference between running and sprinting we like our players to sprint while doing this drill.

### **3 BALL DRILL**

Use a three-ball drill for infielders and outfielders. Hit each infielder three ground balls. She fields the first ball and throws to first base. On the second ball, she throws to second to start a double play. On the third ball, she throws to the catcher to get the runner at home. For the outfielders, hit one long drive that forces the outfielder to retreat to catch the ball, one pop-up that forces the outfielder to come in, and a hard line drive base hit. On that play, the outfielder must pick the ball up and throw it in to the catcher.

### **5X5 DRILL**

The drill is for infielders and outfielders including pitchers and catchers.

Infielders 5 Balls:

1. Field a bunt or slap and throw to 1<sup>st</sup>.
2. Field a grounder and throw to 2<sup>nd</sup>.
3. Field 3 grounders then throw to 1<sup>st</sup>. (left, right, center)

Penalties:

1. Miss, drop or juggle ball – (5 Push ups)
2. Bad Throws – (10 Pushups)

Outfielders 5 Balls:

1. Field a fly ball sprinting forward.
2. Field a fly ball sprinting backward.
3. Field a fly ball moving left, right and line drive with proper throws to 3rd, 2nd and 1st (watch how they set their feet).



Penalties:

1. Miss, drop or juggle ball – (5 Push ups)
2. Bad Throws – (10 Pushups)

Pitchers & Catchers 5 Balls:

1. Field a bunt from the left.
2. Field a bunt from the center.
3. Field a bunt from the right.

Penalties:

1. Miss, drop or juggle ball – (10 Push ups)
2. Bad Throws – (10 Pushups)

\*\*\*\*Coach's decision on where the ball is to be thrown. \*\*\*\*

## **FUN/COMPETITIVE DRILLS**

### **BARNEY BOP**

The game is called "Barney Bop." Take a stool or high chair and place it straddling first base with a net or fence behind it to stop any errant throws. Place a stuffed animal on top of the chair (I use a Barney Doll, hence the name). Divide your team into two equal teams or as equal as possible. Both teams stand out by the shortstop position, with one member of the first team ready to field a ball. The other members of her team are awaiting their turn in line, as well as the members of the other team. Hit a grounder to the first member of the first team. She must field the ball cleanly and make a throw to first base attempting to knock "Barney" off the chair. If she does, her team gets one point. Then do the same to the first member of the second team. Alternate teams until every player of each team has had at least one throw at "Barney". The team with the most points wins!!

### **POPCORN:**

I call this drill popcorn because the balls being tossed one right after the other representing popcorn kernels popping. Have two girls team up and kneel down in designated area. The girls have to work together to catch as many balls as they can while working together and communicating. They are to stay on the knees the entire time, challenge them so that they get in the habit of laying out for balls. Have someone keeping track of how many successful catches they make as a team. After they catch the ball have them toss the ball quickly out of the designated area.

### **INFIELD-OUTFIELD-RELAY**

I divide the team into 2 groups. One group lines up behind third-base. The other group lines up in deep right-center. I have an assistant coach acting as my catcher as I hit hard grounders to the first in line at third-base. She fields the ball and quickly makes a sharp throw to home-plate. I then hit a deep fly ball to the first in line at right-center. As this player sprints to catch the ball, the fielder that was at third-base sprints to a relay position for home-plate. The outfielder hits the now relay fielder who should be properly positioned to receive and relay the throw to home-plate.

The cycle repeats as the infielder that was the relay joins the rear of the line of outfielders. The outfielder that caught and threw the ball to the relay then joins the rear of the line of infield

## **TEAM DRILLS**

### **POSITION CARDS:**

I put these drills on 5x8 index cards and laminate them, to water proof them. Some days at practice we hand them out to players who play each position. They work on these drills for about 15-20 minutes with the other players who play that position. These Position cards enable a coach to concentrate on helping one or two positions, as the kids should not require a lot of supervision.

### **OFF THE TEE:**

Set up the players in two teams of lines approx. 50-60 feet away from two tees with balls on them, which are set up directly in front of the lines. Two coaches roll ground balls (1 Coach per line) as they field the ball they have to throw it in an attempt to knock the ball off the tee. Players must hit the ball, not the tee to earn a point. Due to the difficulty level, play to about 3 points.

### **FIRST BASE DRILLS**

- Stretch
- Tag out for runner off the bag
- Scoop
- Back hand ground balls (short hops)
- Tag on dive back
- Pick off by catcher (footwork to get back to bag)
- Bunt coverage

### **SECOND BASE DRILLS**

- Tag out at bag
- Three pivots to 2B (double play feed)
- Double play from SS at bag
- Back hand ground balls
- Pop ups between infield and outfield
- Cut off play steal with runner on 1st and 3rd
- Diving to catch ground balls

### **SHORTSTOP DRILLS**

- Back hand ground balls
- Slap tag at 2B
- Feed to 2b on double play
- Pop ups between infield and outfield
- Ground balls in hole, pivot and throw
- Diving to catch ground ball
- Cut off play on steal runners on 1st and 3rd

### **THIRD BASE DRILLS**

- Bail out and cover 3B from in close coverage
- Tag outs at bag
- Back hand ground ball on the line
- Ground ball to your left in front of SS
- Bunt pick up and throw 1B, 2B, 3B
- Diving to catch a ground ball
- Foul pop ups near the fence/dugout

### **CATCHER DRILLS**

- Framing strikes
- Scoop dirt pitches
- Block and tag at plate
- Wild pitches
- Pop outs in front of plate
- Pop outs near backstop
- Bad pitch inside & outside
- Steal throw mechanics at 2nd and 3rd base
- Pickoff throws runners on 1st and 3rd

### **PITCHERS**

- Fielding ground balls to your left and right
- Mechanics of bunt coverage and throws
- Pop Ups
- Wild pitch coverage at the plate
- Pointing up to the side of a pop up to the catcher
- Covering first base on ground ball
- Backing up third and home plate on throws from the outfield
- Work with catchers on intentional walks

## **OUTFIELD**

- Side to side range
- Up and back range
- One down on ground ball
- Crow hopping
- Backing each other up
- Tweeners in the gaps
- Coordination between infield, outfield, on short fly ball
- Diving to catch a ball
- Diving to cut off a ball going gap

### **READY FOR ANYTHING:**

Have someone to throw the ball and to catch. First you form a line about 30 to 40 feet away from the person that is throwing the ball. Tell the players just to charge the ball. Also tell them that they could expect almost anything. Grounder, Pop Fly, or a line drive right to them. It teaches them to be ready for anything. And to always charge the ball

### **RELAY THROW**

Have the players line up in a line stretching to the outfield. Have the first player throw the ball to the glove side of the second player in the line. Do the same for the rest of the players.

This teaches the proper location for the relay throw and also teaches quick turn and release of the throw.

### **SITUATIONS:**

One drill that our coaches use with us is where the infield takes their positions and the coach makes up situations for us. Like...A runner on 1st and 2nd...2 outs...and then she hits the ball to us making us like its a real situation and we have to figure out what to do with the ball so we'll be ready for any situations like that in a real game. She goes through every situation possible with us so we won't get confused in a game. She does this every

practice. It helps out a lot and causes less confusion during a real game. The outfielders participate too. It's just like a real game going on except it's practice. It really helps improve the mental aspect of your fielding skills.

### **STRAIGHT LINE PICK 'EM:**

Take the fielders and line them up in a straight line. With plenty of space in between each one, line them up one behind the other away from the coach. Number each player such that the first person is number one, second is number two, and so on.

To execute the drill, the coach hits a hard grounder and calls one of the numbers at the same time. That number must field it, while the others step out of the way. The coach should randomly vary the numbers, so that each fielder has a chance to field a grounder and none can predict whose turn it is. This drill teaches quick reflexes and clear thinking under pressure.

### **STAR DRILL:**

The fielder stands about 20 yards away from the thrower. The fielder runs to the right and makes the catch, then drops the ball and hauls it over to the far left, makes the catch, drops the ball, then runs away from the thrower for the longball, catches it, drops it, and runs straight towards the thrower for the shallow ball and that's it.

### **THAT GAME :**

You split your team into 3 teams it works well with 12 players and 2 coaches. One team goes to the outfield, one team plays the infield and the other team is up to bat. One coach pitches and one catches, you can also use the tee if you only have one coach, he/she needs to play catcher, or you can play pitcher and catcher after the ball has been hit. The pitcher pitches 3 pitches and the batter hits the ball and has to run all the bases, the team who touches the ball first has to field the ball and pass the ball under their legs until the ball has been passed to every girls on their team and the last girl has to throw the ball to the catcher before the batter/runner makes it home. The throw home has to be a good throw and the coach receiving the throw home can stand on home plate and can stretch to catch the ball but cant leave the plate.

If the ball arrives before the runner then the home team has one out--three outs and they go to the outfield and the infield team is up to bat, the kicker is

that the pitcher can pitch as soon as a batter is up to the plate with a helmet on so if your team was just at bat you better be running to position yourself in the outfield. We end up with girls not even taking their helmets off, but they also learn teamwork, they have each others gloves ready for their teammates on their way to the field and they usually have the girl with the best arm line up at the end of the line to assure a good throw home, coaches beware, this game has just pooped me out, especially when you are playing pitcher and catcher!!!!

The batter only gets 3 pitches, if she doesn't hit a fair ball after 3 she is out. And no bunting

### **TIGER:**

This drill is used to have everyone participate in fielding, catching and throwing. Have everyone spread out evenly into a deep infield position. Place two fielders at first base, with one on the bag and another backing up the bag. Have an assistant be the catcher or use another player. Start the drill by coach yelling, "ready!" This should be the cue for getting all the players into a ready position. You then hit grounders or fly balls to them. As coach, be sure that players' verbally call all fly balls. On grounders, make sure they setup in the PFP (Perfect Fielding Position) and keep the ball in front of them. Once the catch is made, a good throw to first base is the next step. The first basemen then throws the ball to the catcher. If a ball is missed, the player missing the ball runs and retrieves the ball. Then she runs back and rolls the ball into the backstop while everyone else continues on with the drill. After they all have received at least one ball hit to them I will then yell switch. At that time the player that is backing up the first baseman becomes the first baseman. The first baseman goes to where third would be and everyone else rotates toward first.

I usually have punishments for trying to correct certain aspects of the drill. For example, not getting ready, not getting in front of the ball, not using PFP, or making bad throws to first can all result in a short run before returning to the drill.

PFP - Perfect Fielding Position - Glove foot forward. Other foot shoulder with apart at the inseam of the glove foot. Glove out in front and on the ground. Back parallel with the ground. Shoulders square with the hitter.

## **TRIANGLE :**

You have to divide your team up into 3 groups. The first group stands between first base and second base. The second group stands at short stop. The third group stands at home plate. A coach and the catcher stand a little to the side of the plate. The coach hits the ball to the first group, then the first group catches it and throws it to the second group while running to the second group position. The second group girl that catches the ball throws it to home plate while running there. You just keep on rotating in all of the positions. This drill gets you in shape and alert the whole time.

## **WILD BALL:**

The Coach sets up a situation that forces a wild throw to a lead base. Fielders and runners are used in this drill. Give the players the number of outs to help increase concentration and awareness of whether to get the lead runner out first or just get an out to end an inning.

Here is an example: Runners on 1st and 2nd. Fielders needed: 2nd baseman, ss, 3rd, P, catcher, left fielder. One out. The coach says go and makes a wild throw to third base forcing the defense to try and get the lead runner out for the second out of the inning, or make a decision to at least get the next runner out. Stress making smart decisions depending on outs!

## **THE BREAKDOWN OF HITTING**

### **STANCE**

- Your weight should be balanced and even
- Your knees are slightly bent
- Your front foot should be pointed in slightly with the weight on the inside portion of your foot (Knock knees and pigeon toed)

### **GRIP**

- Hold the bat out in front of your body with your arms extended and the bat head touching the floor resting in your finger tips
- Rap your fingers around the bat and bring the bat directly up so that it is resting on your shoulder with the bat head pointing behind you

### **REST**

- Check your form and make sure that your “knocking knuckles” are lined up and that the bat is resting loosely in your fingers
- The pointer finger of your top hand is your trigger finger and should be slightly bent
- Your top hand is “cocked” back at the wrist

### **LIFT**



- Take the hands and lift the bat straight up in the air, about even with your ear
- Double check and make sure that your knuckles are still lined up and that your bat head is pointing backward toward the catcher at a 45 degree angle

### **LOAD/STRIDE**

- On your load bring your hands straight back toward the catcher as your front foot step toward the pitcher, make sure your foot is flat on the floor and that you are not on your toe. This will allow you to see the ball better because it keeps your head still.
- Imagine as if there was a rubber connected from your hands to your front foot and on your load you are stretching the rubber band
- On your load you are transferring your body weight to your back foot, this is when you check yourself for the “stack in the back”
- The stack is when your weight is back and your toes, knees and hands are all in alignment, making sure you still have your “Power V”

### **PUNCH POSITION**

- The punch is when you start your hip rotation by turning on the ball off your back foot (Squashing the bug) pulling your hands in a straight line towards the ball and holding up at contact point, while keeping the “Power V” (Imagine the punch position looking like a karate chop or hand shake motion)
- Contact point is where the ball crosses the plate, this allows you to get the most power out of your swing
- If you were to open your hands you should have palm up and palm down

## **PUSH**

- Push (**Extend**) your arms through the ball keeping the palm up palm down concept
- Push the bat head all the way through the ball before rolling your wrists in preparation for your follow through

## **FOLLOW THROUGH**

- Keeping your head at contact point roll your wrists and bring the bat all the way through the hitting zone finishing your swing on the upper portion of your back.

## **HITTING**

**Hitting the Inside pitch – (Turning on it/pulling it)** you are contacting the inside pitch in the front corner of the inside portion of the plate. Make sure you get your hips around quickly and that you are pulling the butt of the bat (hands) inside the ball while keeping your “Power V” at contact point; do not roll your wrists over too soon...this will cause you to lose power. After contact you push (extend) through the ball in the direction of LF for a right handed batter and RF for a left handed batter. Your belly button should be facing in the direction of the ball after your follow through

**Hitting the outside pitch – (Going with it/driving it)** you are contacting the outside pitch on the back outside corner of the plate, by your back hip. Start your hips while keeping your hands back and then pull them to the ball keeping your “Power V” at contact point, do not fly open keep your front shoulder in. At contact point push (extend) through the ball in the direction of RF for a right handed batter and LF for a left handed batter. Your belly button should be facing in the direction of the ball after your follow through

**Hitting the middle pitch – (Taking hands to pitcher)** you are contacting the middle pitch in the center of the plate, by the midpoint of your body, keeping your front shoulder in (don't fly open) Start your hips and your hands will follow. Pull your hands inside the ball while keeping your “Power V” at contact, and extend your hands through the ball as if they were going through the pitchers chest towards CF. Your belly button should be facing in the direction on the ball after your follow through

### **ARM CIRCLES (FORWARD/BACKWARD)**

Standing with your feet shoulder width apart grab the bat with your right hand. Make big arm circles with the bat keeping your arm straight throughout the motion

Start by going forward ten times and then backwards ten times, switch hands and repeat the sequence 2X

### **ONE ARM SWINGS (BOTTOM HAND/TOP HAND)**

Get in your batting stance and cock up on the bat with your lead hand, start with the bat resting on your shoulder as if you were getting ready to hit

Lift the bat and pull the bat through your hitting zone keeping your head on the ball (palm down at contact point), take ten swings at full speed

Switch hands and start with the bat resting on your shoulder, lift and pull the bat through your hitting zone as if you were karate chopping through the ball (palm up at contact point), take ten swings at full speed

Make sure you are turning your hips as you pull through your hitting zone

### **WARM UP DRILL#1 (HITTING ROUTINE)**

Get in your batting stance and go through the hitting sequence focusing on form and technique (**REST/LIFT/LOAD/PUNCH/PUSH/FOLLOW THROUGH**) repeat 10X

### **WARM UP DRILL #2 (STEP BY STEP HITTING SEQUENCE BROKEN DOWN)**

**Start with the inside pitch and work your way out/Repeat 5X each**

Place three balls on the floor in front of you in a diagonal line across home plate. The first ball is placed on the front inside corner of the plate. The second ball is placed in the center of the plate. The third ball is placed on the outside corner of the plate.

Get set as if you were getting ready to hit (grip, stance, rest). Start your swing by loading and take your hands to the ball full speed as if you were going to hit the inside pitch/middle pitch/outside pitch and hold up at contact point (punch position), check and make sure that your weight is back and your hips are around. Your arms are not extended yet and they should be in

“Power V” position. Your head is on the ball and your hands are in palm up/palm down position. Do not drop your bat head  
Extend your hands through the ball in the direction of the pitch keeping your hands in palm up/palm down position through your extension (Pushing through the ball)  
Finish by turning over your wrists and following through your swing keeping your head on the ball at contact point

### **DROP AND HIT**

The batter takes their normal batting stance at the plate  
The tosser will stand on a chair on the side of the plate and drop tennis balls allowing the hitter to track the ball and make contact when the ball falls into the strike zone.

### **INSIDE/MIDDLE/OUTSIDE**

Using the same 3 ball set up swing through each pitch at full speed  
REMEMBER: The inside pitch is contacted at the front inside portion of the plate, the middle pitch is contacted in the center of the plate and the outside pitch is contacted in the back outside portion of the plate

### **TEE WORK ON ONE KNEE USING ONE HAND: (USE SMALL BAT AND CHOKE UP)**

Hold the bat with your lead arm and rest it on your shoulder  
Lift the bat straight up and pull through the ball  
Focus on technique and mechanics throughout the swing  
Switch hands and repeat with your back hand

### **RAPID FIRE (Choke up on the bat)**

Start kneeling down on one your back knee with your front leg extended forward, both hands are on the bat and you’re ready to hit  
Wiffle balls are going to be tossed from the side at a rapid pace in all different directions (inside/middle/outside), you have to pull your hands through the ball rolling your wrists after contact and quickly bring the bat back through the same hitting zone and be ready to attack the next ball

### **TURN AND CATCH**

Stand about 10ft away from the tosser in normal batting stance with out a bat, keeping your hands up and eyes on the ball.

Track the ball from the tossers hand all the way into your back hand, time it so that you are turning your hips and catching the ball by your back hip

### **VOLLEYBALL/BASKETBALL**

Using a semi deflated volleyball/basketball work on pushing through the ball. Make sure you start your hips and extend your hands all the way through the ball before your follow through

### **DOUBLE TEE WORK**

Using two tees you are working on swinging through both balls before your follow through, the balls should be about an inch apart

Work on hitting through the inside,middle and outside pitch

### **SIDE TOSS**

Batter gets in their normal batting stance and gets ready to hit the ball that is tossed from the side Focus on timing and keeping your weight back

Time the toss so you are making contact in your hitting zone

If the ball is tossed inside your should be getting your hips around and pulling your hands to the ball taking it in that direction.

If the ball is tossed in the middle you should be driving it up the middle

If the ball is tossed outside turn your hips and take you hands to the ball driving it in that direction

### **FRONT TOSS**

Stand about 10ft away for the tosser, make sure you have a plate so you can focus on contact point of the different pitches

The tosser should throw the ball in at a decent speed working on hitting all the spots on the plate forcing the hitter to adjust to the pitch

The responsibility of the batter is to stay focused, see the ball and adjust to each pitch thrown.

Make sure you keep your body weight stacked in the back and use your hips to start your swing, your hands will follow

### **TOSS FROM BEHIND**

Have the batter get in their normal stance at the plate and the tosser will stand about 5 feet behind them

The batter will keep their head still and eyes forward as if they were looking at the pitcher

The tosser tosses the ball toward the plate standing behind the batter

The batter must be ready and pull their hips around and take their hands through the ball

### **TOP/BOTTOM**

The batter gets in their stance at the plate while the tosser kneels to the side of the plate

The tosser will toss two balls in one hand to the batter and call out “TOP” or “BOTTOM”

The hitter will have to attack the ball that is called out by the tosser, this can also be done with different color balls

### **BUNTING DRILL #1**

When working the bunt with a reluctant player, I have them put a glove on the hitting hand (lefty glove for right-hander) and reach out, as if they were holding a bat, and catch the ball with the gloved hand over the plate. This teaches them confidence in putting the bunt down with a bat in their hands.

### **BUNTING DRILL #2**

12 golf ball size whiffle balls are used here so that batters must concentrate to be successful. Players are to execute the various bunts the team employs. Execution is an absolute must here. If a player does not successfully bunt eight out of 12 pitches, she remains at this station and bunts again. The coach should remain close to this station and see that concentration is at a maximum.

### **BOUNCE DRILL**

We use dimpled machine balls because they are easy to bounce. The purpose of this drill is to make sure the hitter is balanced at the plate. The bouncer is about 30 feet from the hitter behind an L-screen. We attempt to bounce the ball towards the middle/away part of the plate. The hitter is instructed to hit the ball middle/away. Great drill for off-speed pitches.

### **FLAMINGO DRILL**

To develop timing, weight transfer, hands back and hitting off back foot. Seems like a lot but the drill is simple and will have immediate results. Assuming grip is correct and stance is solid, have hitter pick up lead foot and balance on back foot. Coach will present ball high and drop it low to toss. At the bottom of the toss hitter takes stride keeping weight back and head from moving. Swing away! Even beginning hitters will get immediate feedback.

### **OVERLOAD/UNDERLOAD**

With a heavier than normal bat and using golf whiffle balls, have player take swings in proper mechanics for about 15-20 reps. Make sure they make contact, then have them switch to whiffle ball bat or a wood dowel and have them repeat. DO this for 3-4 reps, this promotes muscle memory and hand/eye when conditions change.

### **EYE ON THE SPOT**

Teaching young players the need to keep their eye on the ball might not always be as effective as we as coaches would like. This drill focuses things on a much smaller area of the ball. Set up a tee that is about waist height for the player. Put a dime size dot on the backside of the ball, just above the halfway circumference of the ball. Always place the ball with the spot facing toward the backstop. This drill has been designed to get them to keep their eye on a certain spot on the ball. Once they focus on a target smaller than the ball itself, they can swing at the spot using the fundamentals they have been taught to this point. You can start with a bigger spot and work down to a dime size spot depending on the skill level of the player.

### **STACKED SOFT TOSS**

Using two different color softball sized whiffle balls (yellow and white), the tosser holds them on top of each other like scoops of ice cream on a cone. Toss both balls up together (one under the other) and call out a color. The batter must hit the color called out by the tosser. Good hand/eye soft-toss drill.

### **ONE KNEE ONE HAND TEE**

Using a short tee, a player will get down and kneel on back knee (righty = right/ lefty = left). Using a short (18") bat, take 15-20 reps, swinging with each hand. Make sure the player is using only the one hand to swing, and be sure the hand is its normal position when gripping the bat. Make sure there is proper trunk rotation and follow through with each swing.

### **THREE...TWO...ONE...SWING**

This drill is good to use following the last drill (one knee/one hand). Have the player set up in her normal stance hitting off a tee.. Have her raise her step leg 3 times and plant. On the 3<sup>rd</sup> raise and plant, the player should begin her hip/trunk/shoulder/arm rotation of the swing and hit the ball. Be sure the player makes a good follow through and make sure she loads properly on her back leg.

### **BALANCE BEAM:**

Using a 2x4 have a player (in sneakers) set up on the 2x4 on the balls of her feet in her stance. Have the player than hit a ball off the tee, keeping her balance all the way through her follow through. Teaches a player to be balanced through the entire swing.

**VARIATION** – Add a hop to the end of the follow through to have her check her own balanced. If she can't land the hop and stay balanced, she was not completely balanced in her swing.