

# of PLAYERS 4 - 12	THROWING	TIME 10 min	# of PLAYERS 4 - 6
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Line Throw Drill - 2 lines of 8-10 baseballs. Player runs up, picks up the ball and throws to first. 2 lines of kids alternating throwing, 1 line at a time. Second round through have kids drop ball.

TIME 10 min	# of PLAYERS 4 - 6	FIELDING	TIME 10 min	# of PLAYERS 6 - 10
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Goalie Drill - 2 sets of cones. One player in between cones. Player tries to knock the ball down when rolled through the cones. Do not try to catch it. Drill works on agility, reaction and keeping in front of the ball. How many out of 10?

THROWING	TIME 10 min	# of PLAYERS 6 - 10
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Third Base Drill Line at 3rd, line at 1st and line at home. Hit grounders to third, throw to first then to home. After each player has 2 or 3 turns, rotate lines.

FIELDING	TIME 10 min	# of PLAYERS 6 - 10
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Short Flies to Second Players catch a fly ball and quickly throw in to second base. Second baseman straddles bag and pretends to make a tag on the runner. 2nd time around throw flies to make player run.

# of PLAYERS 5 - 10	HITTING	TIME 10 min	# of PLAYERS 9,12,15
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T-Hitting Batter hits balls into the net. 5 cuts and then rotate. If he hits a ball outside the net he has to run one sprint for each ball he misses. Concentrate on form. GAME: Try to hit all the balls into the center target.

Wiffle Soft Toss Hitter tries to hit ever ball into the net. 5 pitches then step out. 2nd round, one extra swing if batter doesn't miss any. 4 or 5 players taking turns. Player runs if he strikes out but coach runs if no kids strike out.

Numbered soft toss Hitter must call out correct numbers and colors on the ball. 5 pitches then step out. 2nd round one extra swing for every 2 in a row hit. 4 or 5 players taking turns. Player runs if he strikes out but coach runs if no kids strike out.

TIME 10 min	# of PLAYERS 5 - 10	RUNNING	TIME 10 min	# of PLAYERS 5 - 10
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Bounce Running Drill Bounce off second, hit grounder to short. Fielder checks runner back and throws to first. Runner breaks for 3rd.

HITTING	TIME 10 min	# of PLAYERS 4 - 10
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Wiffle Soft Toss Hitter tries to hit ever ball into the net. 5 pitches then step out. 2nd round, one extra swing if batter doesn't miss any. 4 or 5 players taking turns. Player runs if he strikes out but coach runs if no kids strike out.

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RUNNING	TIME 10 min	# of PLAYERS 4 - 10
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Tag Up Drill Come off 1st base 5-10 ft. and watch ball being caught. Tag up and run to the next base. Line of kids at 1st, all 3 outfield positions.