

# of PLAYERS	TIME	# of PLAYERS
4 - 10	10 min	4 - 6

THROWING

One Knee Wrist/Elbow Drill - Pair up 6' apart. Place elbow in glove and use only wrist to throw tennis ball to partner. Concentrate on flicking wrist to create speed and power. Do this 10 - 15 throws.

One Knee Arm Extension Drill - (tennis balls) 2 lines kneel on glove. Arm separation, extension, throw, follow through. Ball should rotate backwards / vertically.

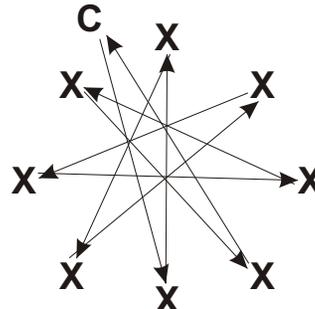
Stationary Drill - Start by placing the back foot perpendicular to the target. Take a step and throw to the target. Stress the previous steps. Check shoulder and hip aim and follow through.

Step and Throw Drill - Place throwing leg in front and perpendicular to the target. As he places his back foot, bring the other leg forward and rotate body to achieve correct throwing position. (check that the back foot is perpendicular)

TIME	# of PLAYERS
10 min	4 or 5

FIELDING

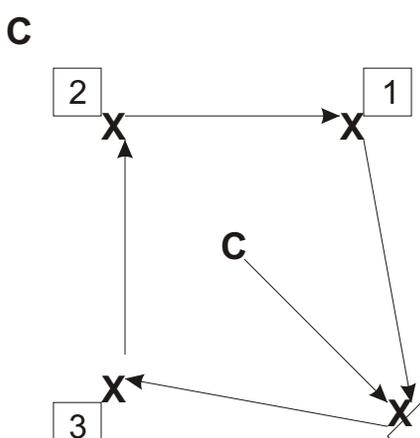
Circle Drill - Players get in a circle. Coach throws a ball to start the drill. Player fields the ball throws across circle to opposite player, next player throws across to the right and play continues. Drill ends will ball thrown back to the coach.



TIME	# of PLAYERS
10 min	4 - 10

THROWING

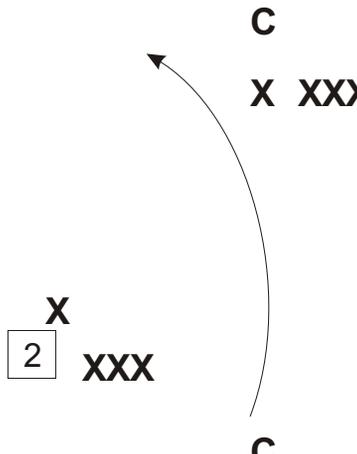
Around the Horn Drill Four player and coach. Coach throws the ball to the catcher, catcher to 3rd, 3rd to 2nd, 2nd to 1st, 1st to home and then reverse direction. Time the drill and record the results. Do this drill every other practice to see improvement. Dropped ball means round doesn't count, players must start over.



TIME	# of PLAYERS
10 min	4 - 10

FIELDING

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	TIME	# of PLAYERS
4 - 10	10 min	6, 9, 12

HITTING

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.

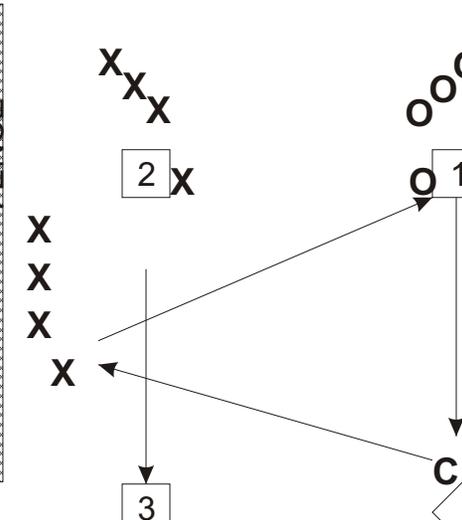
Wiffle Soft Toss Hitter tries to hit ever ball into the net. 5 pitches then step out. 2nd round, one extra swing if batter doesn't miss any. 4 or 5 players taking turns. Player runs if he strikes out but coach runs if no kids strike out.

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	# of PLAYERS
10 min	10+

RUNNING

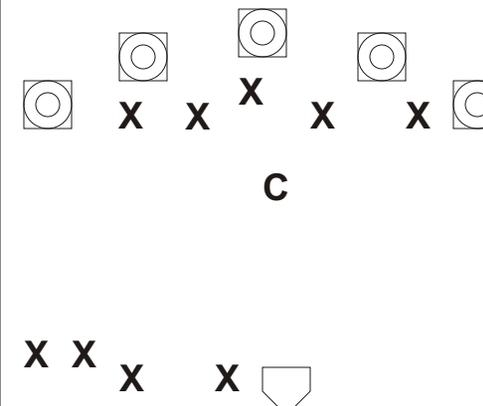
Forced to Second As soon as the ball is hit runner must go to second base as fast as they can. Don't watch the play. Fielders field the ball and flip to the second baseman. Work on fielding, flipping the ball underhand.



TIME	# of PLAYERS
15 min	4 - 10

HITTING

Wiffle Home Run Derby All kids get a predetermined number of balls to hit. (5 - 6) 3 outs and next batter steps in. Anything other than a home run is an out. Batter gets one extra swing for every home run hit. Place cones in a semicircle.



TIME	# of PLAYERS
10 min	4 - 10

RUNNING

Tag Up Drill Come off 2nd 5-10 ft. and watch ball being caught. Tag up (1) and run to the next base (2). Kids at 1st, all 3 outfield positions. Rotate outfield pos. **GAME:** Ball back to the coach before reaching 3rd.

