

Remember to keep it simple!

1) Commands, Cues, & Rules To Get Attention and Stay Organized

- Pre-game activities – “No unsupervised catch”
- Eyes...2 Claps
- Countdown with time
- Finger tip to finger tip for spacing
- Line cones & Go cones

2) Receiving the baseball (Part of playing catch)

- Catch the ball in the finger tips
- Practice with no glove (Hackie sack, tennis ball, racket ball)
- Above the waist = fingers up & out, below the waist = fingers down & out, bent knees
- Use best judgment when to let kids play catch vs. having a “catch” station

3) Throwing the baseball (Part of playing catch)

- Glove up from partner means “green light to throw”
- Balls of the feet
- Throwing hand – down by the thigh, fingers to the sky
- Glove hand – thumb down with “camera at target”
- Throwing hand foot has “eyes” that see the target

4) Fielding

- Sequence
 1. Fielding Position
 2. Glove Dirty
 3. Vacuum
 4. Turn
 5. Eagle
 6. Side-Skip
 7. Throw
- Triangle Cone Drill
 1. Straight Roll-Outs
 2. Either Side Roll-Outs
 3. Bouncing Roll-Outs

5) Fielding Player Pitch

- Short Hops Forward Drill
- Short Hops Backhand Drill
- Underhand Flip Drill

6) Pitching Player Pitch

- Stretch vs. Wind-Up
- Step 1 toe the rubber, Step 2 come set, Step 3 pitch
- Lift and freeze drill
- Up down drill
- Upper body throws
- Base drill
 - Step 1 Launch Position w/hand separated
 - Step 2 Launch Position w/hand Together
 - Step 3 Release back foot

7) Hitting –

- Stance
- Hands
- Load, Laces, Trigger
- Drills
 - **Front toss**
 - **Soft toss**
 - **T-Work**