

## Warm up stretches

Touch it catch it.

## Throwing drills

### Power stance

Shoulder width Wide base

Glove foot slightly in front.

-Wrist flips

-Power throws - pivot on toes, drive elbow, tuck glove, follow through to glove leg

-Baseball throws - elbows high, let momentum take you through, drive elbow, tuck glove, and follow through to glove leg

Partner grounders - Ninja

## Fielding fundamental

-ready position (feet under your armpits, quick feet), call ball, charge the ball, right, left, to fielding position left foot slightly forward, butt low, stay low, pound glove down out in front of you, field ball in to tummy, soft hands, (Bring the ball in, with momentum of the ball) (under the barrel to over the barrel), hold, jump turn to throwing form. Stay low do not stand up.

Partners -Player on knees. Glove out, coach/partner roll ball 5-8' away, player fields ball into belly button. Thumb down underhand throw back.

- Work on soft hands

Next- same thing in fielding position keep butt low and head up.

- remember Footwork "right, left"

"Sit & absorb"

## Team infield drill to first

Quick feet = shuffle side to side. Like a boxer.

Ball, body, play.

Field the ball in to the body. Soft hands.

Position the body to throw

Make a play. Throw.

## Team 3<sup>rd</sup> & SS to 2nd

### SS & 2nd drill

Fielders at 2nd, SS, & catching on 2nd. In Defense 3. Hit ball to 2nd fielder, throw to 2nd catcher, 2nd fielder follows throw to catch 2nd, 2nd catcher will go to SS, hit to SS, throw to 2nd catcher, SS follows throw to catch 2nd. Figure eight. Hitting in between fielder and base.

2nd base foot work - throw from SS step, step, fake throw to first. (Hand up and separate)

Throw from 2nd - step through fake throw to first.

### Cover Flips/throws 1st & 3rd

-Ball hit to 1st baseman, first calls mine, 2nd covers 1st base, 1st flips/throws to 2nd baseman on first.

-Ball hit to 3rd baseman, third Calls mine, SS covers 3rd base, 3rd flips/throws to SS on third base.

### **3rd to 1st fielding**

1/2 at 3rd base, 1/2 running to first

Coach catching at 1st.

Runners count step and beat their last try.

### **Do or dies to 1<sup>st</sup> & 3<sup>rd</sup>**

Everything is bent (can't stand straight up)

Charging ball

Field ball on glove foot forward side

Keep hands and arms up.

Step right, arm/hands should be transitioned up in throwing position. Tuck glove and throw

Into crow hop

### **Over the shoulder catches**

Open up, turn & run

Get to full stride, tuck glove, run to the ball, 1 hand, turn & fake throw in. (gather, toe touch)

2 lines

### **Bases 1-2-3-4, 3-1-2-3, 2-4-1-3, etc**

Players in infield position. No pitcher Call out the baseball flight. Players repeat "yell" ball flight together.

Coach hits ball to player. Player throws ball to base #. Player yells out next base #. Player throws ball until it reaches last base.

After a while have players pick bases

### **Pop ups**

2 lines - girls stay in the same line

Spread apart a good distance

Alternate - Rapid pop ups

Girl takes Angle back. Calls for it.

Ball hit to middle of 2 lines

Add 2nd girl to simulate a call off

Explain running with glove tucked until last step & 1/2

**Agility base running** (fake hit, run to first, shuffle to second, run  $\frac{3}{4}$  backwards to 3<sup>rd</sup>, run and slide into home)

### **Team Defense**

Everyone turn and call out the "outs"

Ready position when pitcher gets on the plate

Light on feet – shuffle side to side

Ball - Base – Backup

### **Bunt Defense**

**Infield play at home.** Call out 4

**1<sup>st</sup> & 3<sup>rd</sup> s**

Leg - 3<sup>rd</sup> pick off

Chest - fake to 2<sup>nd</sup> home