

New Richmond Baseball Club

Drill	Time		Skill
Dynamic Warm-Up	5:00	5 MIN	Flexibility/Stretching
- Lunges, Open Gate, Monster Walk, Karaoke			
- Half Speed 60ft, 3/4 Speed 60f, Full Speed 60ft			

Throwing Progression	5:05	20 Min	Build Arm Strength
- From One Knee (Snap Wrist)			
- From One Knee (TURN, BREAK, POWER L, FINISH)			
- Feet Together (TURN, BREAK, POWER L, FINISH)			
- Turned Sideways (BREAK, POWER L, FINISH)			
- Play Catch (Keep Feet Moving)			
- Long Toss (Move Back Every Minute)			
- Championship Catch (60 FT - NO TALKING)			
Comments:	Really focus on proper mechanics. Don't rush throw it.		

Coaches Talk	5:25	5 MIN	Team Building
- Expectations, Character, Etc.			

Defensive Drills	5:30	30 MIN	Defense
Forward Momentum	SS Area - 4 Players - Coach		
NOW Drill	3B Area - 4 Players - Coach		
Stride to Catch	1B Area - 4 Players - Coach		
Comments:	Rotate after 10 Min., Keep kids moving, Quick between stations		

Hitting Drills	6:00	45 MIN	Hitting to all fields
Front Toss	Wiffles - 4 Players - Coach		
Angle Toss	Heavy Balls - 4 Players - Coach		
3 Zone Tee	Smush Balls - 4 Players - Coach		
Comments:	Focus on perfect reps, not speed. Let ball get deep on Angle Toss.		

Team Drills	6:45	15 MIN	Competing
Box - Under Hand	All Players - Accurate Toss		
Box - Flip	All Players - Accurate Flips		
Four Corners	All Players - Accurate Throws		
Comments:	5 Minutes Each Drill - Beat Time on Four Corners		