

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	20 Min	Focus/Fielding
Two Bat IF	3B to 1B and SS to 2B		
	SS to 1B and 3B to 2B		
	1B to 3B and 2B to SS		
Comments:	4 Rotations, 5 Min., Keep kids moving, Quick between stations		

Hitting Drills	5:50	30 Min	Hitting to all fields
Angle Toss	Heavy Balls - 4 Players - Coach		
Inside Ball Tee	Wiffle Balls - 4 Players - Coach		
Top/Bottom Hand	Smush Balls - 4 Players - Coach		
Comments:	Focus on perfect reps, not speed. Let ball get deep on Angle Toss. Three rotations, all three 10 mins.		

Defensive Drills	6:20	30 Min	OF Defense
Zig Zag	4 Players - Cones - Left Field		
Lead	4 Players - CF to RF Area		
Get Behind	4 Players - IF Area		
Comments:	3 Rotations, 10 Min., Keep kids moving, Quick between stations		

Team Drills	6:50	12 Min	Hitting
Front Toss	4 Kids in OF		
	4 Kids in IF		
	4 Kids Hitting		
Comments:	Each kids his for one minute. Make sure kids keep moving.		