



FGSA Coaching Points and Drills

Throwing

- **Coaching Points**
 - Use step to open shoulders, point glove or glove arm elbow to target, get throwing arm elbow above shoulder, pull down to opposite hip on release
- **Drills**
 - **Stationary throwing (6u+)**
 - Face partner
 - Do not step (no legs)
 - Only use hips to open shoulders
 - **Transition Drill (advanced 8u+)**
 - When catching the ball, step to it with the left foot, follow up with right foot and then step out with left while transferring ball from glove to throwing hand to throw back to partner
 - **Rapid fire (advanced 8u+)**
 - Just like the drill above --- each partner will transition the ball correctly as fast as they can back and forth 10 times (throwing back and forth to partner)
 - **3 cones distance throwing (6u+)**
 - Coach sets out 3 cones – 1 at 2nd base (the position), 1 on the edge of the dirt and the grass behind 2nd base (the position) and 1 in right field
 - Players start at first cone and throw across the field to a coach receiving the throw on the baseline between 3rd and home
 - Players throw 5 x's at each cone working there was from the shortest distance throw to the longest and back in
 - Focus on throwing on a line and keeping their throws straight to target
 - **Around the horn (8u+)**
 - 1 player at each base
 - Ball starts at home
 - Players throw the ball from home to 1st, 1st to 2nd, 2nd to 3rd, 3rd to home
 - Coach can time it to make them have to transition faster if this is an easy drill form them



Catching

- **Coaching Points**
 - Start in an athletic stance – be prepared to have to move feet
 - Fingers up if ball is above the belly button
 - Fingers down if ball is below the belly button
 - Move feet to get in front of the ball
 - 2 handed catches unless the ball is outside of our box (meaning if they have to reach to get the ball, only 1 handed catch)
- **Drills**
 - **Barehand Tennis Ball Catches (6u+)**
 - Work on hand eye coordination by using tennis balls and bare hands first
 - Make sure they are using their glove hand only to catch the tennis ball
 - **Light Flight Catching (6u, 8u)**
 - Use light flight balls to help players build confidence in catching if they are struggling and scared of the ball
 - **Flat Glove (6u+)**
 - Coach throws balls to player while player uses flat glove to help practice hand eye coordination and work on fingers up/fingers downs
 - Player will let ball hit flat glove but will not actually “catch” the ball
 - **Moving catches (6u+)**
 - Put players at cone facing coach
 - Player runs in direction coach chooses (glove side, throwing hand side, back, forward, etc.)
 - Coach throws ball to player in direction she is running (lead her and throw ball in front of her to make her must continue to move her feet and catch the ball)
 - Be sure player is running with glove tucked and only reaching out with glove when it’s time to catch the ball – should not be running with glove extended the entire time
 - **Points Warm-up Game (6u+)**
 - While players are throwing with each other at beginning of practice, challenge them to keep “points”
 - Variations



- 1 point for each time they catch the ball without dropping it
- 2 points for each time they catch with dropping, 1 point for keeping ball in front

Ground Ball Mechanics

- **Coaching points**
 - Knees bent, butt even with back, back flat (no frogs)
 - Stay on balls of feet and stay low when moving to ground balls
 - Field ground balls in front of left foot
 - Use “alligator hands” --- top hand traps ball in glove
 - Charge the ball
- **Drills**
 - **Fielding Progression (6u+)**
 - Players start in fielding position with ball in front of left foot
 - On coach’s command, players scoop ball with glove, move back foot up (right) to front foot and move front foot out to get into throwing position
 - Slow rolled balls by coach to player --- player works on same footwork
 - Coach hits ground balls to player – player works on same footwork
 - **Flat Glove Fielding (6u+)**
 - Use flat gloves to make player must use top hand
 - **Beat the ball to the cone (6u+)**
 - Player starts at cone and coach places another cone about 6 feet in front of player
 - Coach rolls (or hits) player ground balls and player charges the ball trying to “beat the ball” to the cone coach set in front of them
 - **Triangle Drill (8u+) – backhand/forehand**
 - Coach creates triangle with cones
 - Player starts at top of the triangle
 - Coach rolls balls to point of the triangle and player works on staying low and taking a back angle to the ball to increase range --- work both sides of triangle
 - **Hot Box (6u+)**



- Player stands between cones coach sets out (about 10-12 ft. apart)
- Coach rolls or hits ground balls to player while she is in between cones
- Coach hits 5-10 balls in a row so player fields ball then must get ready to field another one (rapid fire style) – also can do with line drives and pop fly's
- **T-Drill (8u+)**
 - Coach sets out 4 cones in shape of a T – 1 cone in the back and 3 cones across at the front to make the top of the T
 - Player starts at front middle cone (in middle of T)
 - Player back peddles to back cone then moves forward in a low fielding position while coach rolls ground ball to 1 of the cones at the top of the T
 - Once player fields ground ball, she back peddles to back cone again and repeats – player is done once she has fielding a ball at each front cone

Live Defense Drills

- **6u/8u**
 - **Tagging Practice**
 - Place 1 group of players at SS and 3b
 - Place another group of players at 2nd base as base runners
 - Coach rolls ball to player in field, baserunner runs to 3rd base, and player in the field practices tagging the runner before she gets to the base
 - **Listening to Coaches – Field Practice**
 - Place players in positions
 - Roll or hit ground balls to players and give them a command for what to do (kill it—throw to pitcher, throw to 1st base, tag the runner)
 - **Force Out Awareness**
 - Place players at SS and 2b in field
 - Place another group of players at 1b to run
 - Discuss with players where the runner on 1b is going to go when the ball is hit
 - Discuss difference between force out and tag out
 - Rolls players at SS and 2b the ball and have them practice getting the force out at 2b (either by tagging the runner, touching the bag themselves, or throwing to a rover --- depending on skill level of your team)
 - **1st base**



- Spend time with kids that can successfully catch – teach them how to stretch for balls and when they need to come off the bag to keep ball in front
- **RF Backing up**
 - Place players at pitcher, 1b, 2b and RF
 - Have them rotate between each position and focus on having the player in RF practice backing up
- **10u+**
 - **Turn 2 –**
 - Practice turning double plays
 - Put cones at SS and 2b and practice different “feeds” to 2b
 - Flip, backhand, take it yourself, hip swivel, side arm
 - Put barrier in baseline of 2b and have players practice getting out of running lane when turning the double play
 - **Look runner back, go 1**
 - Place live runners on 2b (or 3b)
 - Place defensive players on 3b, SS, and P
 - Have defense receive ground balls and practice looking at runner at 2b (or 3b) before they throw to 1b to get the out
 - Have runners do different things for the defense – if runners run to next base on the hit the defense should get runner out and not throw to 1b
 - If runner does not run, defense should throw to 1b
 - **Cut-off/Relays**
 - Have outfield practice receiving balls with live runners running
 - Catcher works on calling out to the defense which base to throw to based on where the runner is on the base path
 - IF should cover their bases accordingly – SS is cut-off for OF if ball is hit to left side of field – 2b is cut-off for OF if ball is hit to right side of field

Hitting Drills

- **Coaching Points**
 - Legs shoulder width apart, hands at cell phone talking height, hands together on bat, knees bent, head straight (no tilt), back leg should drive up over toe (not squish the bug)
- **Double Front Toss (6u+)**
 - Have 2 coaches pitching from mound



- Use protection net to split home plate and protect the hitters
- 2 kids hitting at same time --- coaches alternate every other pitch
- Helps get through more girls – has less kids standing around
- Coaches – keep eyes open and use glove for defense
- **Small balls and Stick bat (6u+)**
 - Have players hit small balls to work on hand eye coordination
 - You can also use beans (hard beans)
- **Yes, Yes, No**
 - Have coach pitch front toss to players
 - Players say “YES YES YES YES YES” outloud while coach is pitching front toss – reiterate that we should always be thinking we are swinging UNTIL the pitcher throws at ball rather than a strike --- but we should always anticipate a strike and be in the mindset of hitting the ball
 - Players will say “YES YES YES” if it is a strike
 - Players will say “YES YES YES NO” once they realize it is a ball
 - Players can do this standing without a bat only practicing pitch recognition – players can also do this while hitting off front toss from coach or live pitching from teammate -- *Good for 8u and 6u kids too!*
- **Strike Zone Calibration**
 - Place 7 balls on cones across home plate – number balls 1 through 7 (1 is ball closest to player)
 - Front toss to players and have them call out the number of ball based on the location of the pitch
 - Can do this with or without swinging and hitting at the same time
 - Really great to help players understand the strike zone working across the plate as well as understand their perception vs. reality
 - Balls 1, 2, 6, 7 should be balls
 - Balls 3, 4, 5 should be strikes
- **Tee Drills**
 - **Inside of the ball (6u+)**
 - Place ball on tee with seams line up like railroad track
 - Have players work on hitting the inside seam of the ball – not the outside seam
 - **Target Practice (8u+)**
 - Place one net at the grass line between SS and LF, another net at grass line in front of CF, and a 3rd net at grass line of RF



- Place tee at home plate and have players practice trying to hit the ball off the tee and hit each net
- **Shoulder to Shoulder (keep the head still) (6u+)**
 - Have players hit off tee and work on their chin starting on their front shoulder and finishing on their back shoulder once they are done swinging to practice keeping their head still
- **Swing then FREEZE (6u+)**
 - Have players hit off tee then freeze when they are done
 - Coaches then correct their mechanics –
 - Front leg straight
 - Back leg driving over big toe
 - Chin on back shoulder
 - Finishing swing above front shoulder
- **2 Tee Drills (8u+)**
 - Have hitters hit off tee --- place another tee about 10 feet in front of them with ball on it
 - Have hitters try to hit ball off tee in front of them with the ball they hit

Base Running Drills

- **4, 3, 2, 1 – players start**
 - Have players practice running through 1st base 4 times
 - Touch outside corner of bag
 - Run hard through bag
 - Break down after bag
 - Turn toward right when going back to 1st and not toward the field
 - Have players practice running from home to 2nd base 3 times
 - Use a cone in front of 1b to have players run around to practice “looping”
 - Players hit inside corner of bag
 - Place cone after 1b for players to run in front of to have players “cut” a straight line to 2b
 - Have players practice running from home to 3rd base 2 times
 - Use same concept with cones for “looping and cutting” at 2b as we did 1b



- Have players practice runner from home to home 1 time
- **Base Running Commands Practice**
 - Have player start at home
 - Players run to 1b --- have a base coach at 1b and 3b
 - Base coaches will give out the following commands
 - *Through the bag (run through 1st)*
 - *Go 2, Go 2, Go 2*
 - *Turn and Look*
 - *Go 2, Go 2, BACK BACK BACK*
 - Once players are almost to 2b they should be looking to the 3b coach to give them the same type of commands
- **Leadoff Practice**
 - Have coach or pitcher front toss (or live pitch)
 - Players practice lead off timing
 - Players should start with left foot on corner of bag and right foot behind the bag
 - Players should take step with right, back foot when pitchers hand is at the top of the circle (or for pixies – when pitcher’s hand moving forward before release)
 - This will help runners be on time with leadoff
 - They will not be leaving early because they still have their left foot on the bag and by the time they step again, the ball will be released from pitcher’s hand
- **Pop fly vs. Ground ball Practice**
 - Put players on each base (1st, 2nd, 3rd)
 - Have coach at home hitting balls into field
 - Have players practice running on a ground ball and tagging on a pop fly