



SOMBA

SOUTH OKANAGAN MINOR BASEBALL ASSOCIATION

Providing a Positive Baseball Experience for the Youth of the South Okanagan

Drills for SOMBA Coaches

Updated March 2024

OFFENSIVE DRILLS

- Line Swing
- Slow motion (feel Swing)
- Line Drive off Tee
- Cage Competition
- Bunting Competition
- Situational Hitting Drill
- High Tee
- Low Tee
- Middle off Tee
- Pull off Tee
- Oppo off Tee
- Front toss Underhand Behind L-screen (**stay away from tossing from the side**)
- Tic Tac Toe (w/ targets)

★ Batting practice is for the hitters to get comfortable and work on their swings. If you cannot throw strikes, move closer and throw front tosses from behind the screen.

★ If you cannot front toss, use a pitching machine.

★ If you don't have a pitching machine, use a batting Tee.

DEFENSIVE DRILLS

- Two fungo infield
- Square Catch or Four corner catch
- Three cone drill
- Triangle fielding drill
- Controlled Double Play drill
- Pitcher pickoff drill
- Run down or Pickle Drill
- Quarterback or Outfield Routes drill
- Outfield backup drill
- Short Hop (front, Forehand, Backhand)

TEAM DRILLS

- Controlled Scrimmage
- 21 outs
- No glove Back up
- Flyball Communication
- Live infield with runners
- Live outfield with runners
- Simulated Game
- Live BP
- Live situations
- Pick-off to Rundown
- Bunt Defense

PITCHING DRILLS

- Towel Drill
- Chair Drill
- Strait Line Landing
- Shadow Pitching
- Mirror Pitching
- Over the Hill Throwing
- 21 pts
- Can Knockdown
- Tic Tac Toe (with target)
- Double Knee follow-through
- Pitching Drills by: Tom House