

Stationary Athleticism Drills

- 2-3 minutes of stretching (calves and achilles; quads and hamstrings; hips and back)
- 20 jumping jacks
- 6 wall sits for 20 seconds each (back against a wall with knees bent at 90 degrees – adjust the number and duration to the age/strength of the player – take a 30 second break between sits)

Dynamic Athleticism Drills : <https://youtu.be/K6f86phLEnU>

- Carioca in athletic position for 40-50'; stay facing the same direction down and back (2x)
- Long jumps; feet together jump off two feet and land on two feet – jump as far as you can, then jump again until you have gone 40-50' (2x)
- Four cone drill; place four cones in a square approximately 20' apart; start at cone 1, side shuffle to cone 2, sprint to cone 3, back-pedal to cone 4, and then sprint back through cone 1 (3x)
- Running hills; if you have a hill near home, no matter the size, it's a great workout to sprint up the hills and walk down the hills (5-10x depending on age/strength of player)

Solo Fielding Drills

- Drop the Ball: <https://youtu.be/KGOc0qs-UeA>
 - Use a baseball or softball (if a softball is too big for a player's hand, it's ok to use a baseball or a similar-sized hard ball – the point of the drill is to improve hand-eye coordination)
 - Without a glove on, get in a low athletic position with the ball in your throwing hand
 - Drop the ball straight down and field it on the short hop with your glove hand (20x) to the forehand and then cross your arms and field (20x) to the backhand
 - Just like a basketball player improves by constantly dribbling the ball, the "drop the ball" drill can be the same for baseball/softball players – the more the better!

Fielding Drills with a Partner

- 3 Step / 5 Step <https://youtu.be/2Is0myzurGk>
 - You need 3-5 balls and player has a glove
 - With their glove on, player gets in an athletic fielding position
 - Partner rolls ball to a point where the player needs to take 3 steps to field the ball; player fields the ball, plants their back foot to get into power throwing position before throwing ball lightly to partner
 - 10x to the forehand and 10x to the backhand
 - Then repeat the drill but partner rolls the ball to a point where the player needs to take 5 steps to field the ball
 - Remind player to field through the ball, funnel it to their chest, plant the back foot and get into power throwing position

Throwing Drills with a Partner

- Always start with arm circles and stretching
- Throwing progression (every day or every other day)
 - depending on age/strength, start at 20-40' apart with feet wide, toes facing your partner; keep feet still and throw (12-15x each)
 - move back 5-10' each and repeat (12-15x each)
 - move back another 5-10' each, step and throw (12-15x each)

- For players just starting to play catch, stop after 40-50 throws
- For players who have been throwing for more than a couple weeks, add long toss from 60-120' depending on age/strength (15-20x each)
 - finish with pull down throws from 30-50'; throw medium-hard on a line hitting partner in the chest (8-10x each)

- Jump back throws <https://youtu.be/Uucr1204BY4>

- This is done after an athlete has warmed up his/her throwing arm and has progressed to stepping and throwing at approximately 45-60' depending on age; player starts with the ball and their glove side towards their partner (sideways); Player puts their weight on their glove side leg, then hop back to their throwing leg, and then throw the ball to their partner feeling how they push off their back leg. Push off the back leg/hip with a sensation of pushing INTO the front side hip; then move back 10-15' depending on age/strength of player (12-15x at each distance)

Hitting Drills that can be done Solo or with a Partner

- Walking stride and separation: <https://youtu.be/krDE6uELFu0>

- You will need a 20-30' space
- Player gets into a proper batting stance; as the player strides to start a swing, make sure their hands are going back as their stride is going forward; stop when their stride is down and their hands are all the way back, then slide the back foot to meet the front foot and brings the hand in front of the chest; repeat until the player moves forward 20-30' (2x)

- Hitting off a Tee / Slow to Explode https://youtu.be/48n_2PPsWz0 (if you have a net to hit into or go to a nearby park)

- A player should start their swing by shifting their weight to the back leg – this is called the “load”; as they load, they should be striding with their front leg and their hands should be going back (there is a link on the Player Development tab of the Highland Ball website that has additional information on hitting technique, including a proper “load”)
- In this drill, the player is going to “load” very slowly so they can feel their weight shift, their stride, and their hands extending back; then they will EXPLODE forward through their swing. We want the athletes to feel the sensation of muscle memory and a composed/relaxed (not rushed) load getting to a power position to explode through the baseball.
- hit 20 balls, take 2 minute break, then hit 20 more

Hitting Drills with a Partner

- Front toss

- You need a bucket of balls, a screen to stand behind, and a home plate (can be anything flat)
- put the screen approximately 15' from the batter
- the partner should throw the ball underhand as flat as possible
- hit 25 balls, take a short break, hit 25 more