



Videos

Fielding Position Drills

- **Box Drill** – flip ball to start DP, start video at 2:35
<https://www.youtube.com/watch?v=LyRL7IDO0J4>
- **Underhand toss** – start DP or from Pitcher to 1st, start video at 1:30
<https://www.youtube.com/watch?v=LyRL7IDO0J4>
- **Charge the ball** – infield, charging the ball and getting it out quickly
<https://www.youtube.com/watch?v=nYkd5hKPSVQ>
- **Forward momentum** when fielding a ball, start video at 1:05
<https://www.youtube.com/watch?v=1WooHXTLs1A>
- **Relay drill** - OF and IF, start video at 1:10
<https://www.youtube.com/watch?v=N5fuwoCS1CI>
- **NOW drill** - Reacting to a ball hit, charge or wait back (corner infield)
<https://www.youtube.com/watch?v=LN9pHXNfiyk>
- **3 Cone Roller** – work on balls hit at, backhand and forehand, start video at 2:10
<https://www.youtube.com/watch?v=1WooHXTLs1A>
- **Dive drill** – work on getting to feet once diving for ball, start video at 3:10
<https://www.youtube.com/watch?v=mF3F4-qC6uk>
- **3 pick** – work on catching short hops, medium hops and large hops, good drill for all positions but focus on balls to 1st base
<https://www.youtube.com/watch?v=UONEYy3A8K8>

- Covering 2nd base on a steal - <https://www.youtube.com/watch?v=Uo5ac7V0EIQ>
- Starting the 4-6-3 double play – focus on getting the lead runner out
<https://www.youtube.com/watch?v=4x836MqjrnU>
- Starting the 6-4-3 double play – focus on getting the lead runner out
<https://www.youtube.com/watch?v=chpGUNbGkig>
- Starting the 5-4-3 double play – focus on getting the lead runner out
<https://www.youtube.com/watch?v=g8a7HFQtPwA>



Hitting Drills

- **Top 10 Hitting Drills** - <https://www.youtube.com/watch?v=qU11jWWQCA8>
- **Clemente** – soft toss drill hitting off one knee to help keep hands inside, work the top hand and extend through the ball <https://www.youtube.com/watch?v=IPxWsABQ-Kk>
- **Front toss** – allow the coach to simulate all pitches
<https://www.youtube.com/watch?v=-ECSzEOwDkk>
- **Load to Launch** – focus on moving hands back to load
<https://www.youtube.com/watch?v=VOCHoO3Tesk>
- **Stride, Pause, Swing**
<https://www.youtube.com/watch?v=bbqzyYYXvtM>
- **3 Zone Tee** – work on hitting the ball directionally based on location of the pitch
<https://www.youtube.com/watch?v=il0medVCaTs>
- **Tee back** – helps players from lunging at the ball to hit
<https://www.youtube.com/watch?v=kFfiHIEaKGk>