

<b>Throwing &amp; Catching</b>		
<i><u>Fundamentals</u></i>		
Name	Description	Video Link
Wrist Flip	1st step in a throwing progression	<a href="#">Video</a>
One Knee Up Throwing	2nd step in throwing progression	<a href="#">Video</a>
Rotational Throw	3rd step in a throwing progression	<a href="#">Video</a>
Rock N Fire	4rd step in a throwing progression	<a href="#">Video</a>
Shuffle & Throw	5th step in a throwing progression	<a href="#">Video</a>
Position Specific Throw	6th step in a throwing progression	<a href="#">Video</a>
Ready break throw in a line	Organize players into a line throwing to a coach.	<a href="#">Video</a>
Ready break throw to a partner	Organize players into 2 groups of partners (throwing and receiving).	<a href="#">Video</a>
One Knee Throw	Practice hand on top and follow through	<a href="#">Video</a>
Extreme Catch	Partner Throwing Game	<a href="#">Video</a>
Superstar	Playing a game of circle catch	<a href="#">Video</a>
Knock It Off	Work on throwing accuracy	<a href="#">Video</a>

<b>Defense (Infield &amp; Outfield)</b>		
<i><u>Fundamentals</u></i>		
Name	Description	Video Link
Infield Lazy Catch	Have kids on knees in groups of five	<a href="#">Video</a>
Infield Feet Drill	Line up players in the infield behind 4 cones	<a href="#">Video</a>
Infield/Outfield Belly Up Drill	Players lay on bellies to practice both ground balls and pop ups	<a href="#">Video</a>
Infield Roll Ball Drill	Work on fielding progression	<a href="#">Video</a>
Infield Goalie Fielding Drill	Work on a variety of fielding plays	<a href="#">Video</a>

Infield Two Cone Kick Over	Practice Right Left Throw	<a href="#">Video</a>
Outfield Up Top Down Low	Players partner and throw pop flies and low balls to each other	<a href="#">Video</a>
Outfield Flyball Progression	Work on reading the ball in the air	<a href="#">Video</a>
Outfield Drop Step	Practice drop steps to left and right to catch fly balls.	<a href="#">Video</a>
Force Out Tag Out	Practice tagging and force outs	<a href="#">Video</a>

## Hitting

### Fundamentals

Name	Description	Video Link
Stride Pause Tee Work	Work on proper load position	<a href="#">Video</a>
45 Degree Tee Drill	Work on palm up & palm down	<a href="#">Video</a>
Soft Toss	Transition from Tee to a moving target and focus on certain parts of the swing.	<a href="#">Video</a>
The Catch Drill	Work on proper bat path	<a href="#">Video</a>
No Stride Tee Drill	Work on load and separation	<a href="#">Video</a>
Two Tee Drill	More advanced practice on inside and outside pitches.	<a href="#">Video</a>
Force Fields	Use the fence as a gage to keep hands inside the ball	<a href="#">Video</a>
Knee Drill	Transition from Tee to moving target. Can be done one handed or two hands.	<a href="#">Video</a>
Line Drive Derby	Challenge players to hit line drives Can be done on field or in cages.	<a href="#">Video</a>
The Boulder	Focus on driving the ball with a heavier target	<a href="#">Video</a>

## Closing Games

Name	Description	Video Link
Clean Up Crew	Throwing game	<a href="#">Video</a>

Knock Out	Pitching/Throwing game	<a href="#">Video</a>
Pickle Game	Old School "Hotbox"	<a href="#">Video</a>

Use these drills to fill out your practice [template](#)

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