

Throwing/Pitching Drills

How to Throw

Grip: The 4-seam fastball grip should be used. Index, middle, and ring finger across the seam thumb directly underneath

Ten Toes: Have each person face each other with glove in front of their face and make sure all 10 toes are facing the other person – throw with upper body (about 20' apart at most)

Ready: Starting position – receive the ball using the correct footwork **(we will discuss this at the coaches clinic, or, come see me direct on proper footwork)**

Break: Also known as arm action. Hands come apart with thumbs under (like dumping a water cup) while taking arm thumb to the thigh, knuckles (fingers) to the sky, elbow up high.

Power Position: Also known as arm slot. Feet spread shoulder width, knees flexed, glove or elbow at target, body aligned, throwing elbow at shoulder height, back of throwing hand facing target: see the “W” (proper grip will make a “W” on ball).

Throw: Also known as arm path. Small step, hips rotate, tuck, (love glove to chest) while allowing throwing arm to go with body. Stick chest out towards glove, head should never move off target. Bend back and bow to finish. Follow through with throwing arm and show back of throwing shoulder to target.

Throwing Drills

Wrist Flips: Players stand 7-10 feet apart. Four-seam grip with elbow at shoulder height extended in front of body. Glove under elbow for support. Ball is flipped to partner with emphasis on rotation and follow through. Done daily, each player should aim for 5 perfect flips.

Controlled Catch/Quick Hands: line up about 10' away – work on short feeds to the chest as the thrower, receive the ball clean and deliver back to your partner's chest quickly. Stress proper foot work. **(please see me on this for any clarification)**

(good for beginners) Catch, Step, Throw: Throwing line and receiving side in gunfighter position. Throwing side steps to target lining up directional side and does thumb to thigh, knuckles to sky (arm action) at same time. On command of Throw, player throws ball. Receiving line positions body to receive ball, once received, player immediately steps in line to target and performs proper arm action. Once player has fundamentals correct, put it all together.

Relay Drill: Line-up a minimum of three players about 20-25 feet apart (shorter for younger; longer for older). Ball is thrown down the line to each player, last player sends it back down the line the other way. (Work on correct positioning of taking a cut off throw from the outfield)

Pitching Drill

Pitching Knee Lift (first intro to a pitching drill): Lift the throwing leg to a minimum height of thigh parallel to the ground. Get balanced with weight over rubber and posting leg.

Knee in line with catcher: Stride towards home with lead knee finished in a direct line with the catcher.

***** Please contact Ryan England (Coaching Coordinator) if you would like more detail on pitching drills *****

Fielding Drills

Ground Balls on Knees: Roll ball back and forth to control with two hands, no glove.

Ground Balls Standing: Standing with partner close together roll ball back and forth for control.

Shuffle Ball: Roll balls 10-15' side to side and have your player shuffle to get themselves in front of the ball. This will feed into the forehand/backhand drills

Forehand Play: We must get the front shoulder on the target on this play to keep the ball from sailing away from the target.

Backhand Play: You must make sure that you are bending at the knees, instead of straight down at the waist. You want to keep your eyes as close to the glove as you can.

OFFENSE

Hitting Drills

Set-Up: Stance: Feet parallel, toes pointed straight, weight on inner balls of feet, knees inside feet, grip: knocking knuckles lined up, back elbow half way up, front shoulder on pitcher, head upright eyes level, hands held on top of strike zone.

Stride Position: Stride: Step to pitcher, front toe still pointing to home plate, weight is at a 50/50.

Slow Motion Swings: Any new mechanical idea or adjustment should be executed correctly in a slow motion dry swing so that the hitter can feel the proper movement.

Standard Tee Work: Emphasis on stride alignment and not over stepping the ball and tee.

Early Stride-Separation: Front or side flips, short pitch or batting practice where the hitter goes through their weight transfer back and stride separation then pauses in a strong launch position before the ball is flipped. The purpose of this drill is to show the hitter this is their strongest hitting position and this is where they should be when they take a pitch.

Whiffle Ball Front Toss: Multiple lines at one time for more repetitions. Coaches toss the balls so players can practice consistent swing.

Step-In Drill: The hitter will be in their normal set-up but just with an open stance. They will have the bat on the shoulder and when the stride foot advances forward the hands take the bat to the proper launch position.

Team Drills

Game Play Situations: Simulate situations with coach hitting balls to the defense with players running bases and playing defense. Other coaches should roam field-giving instruction from play to play. With advanced players, they may hit with coaches pitching.

Fly Ball Communication: Two players line up at least 40 feet apart. A ball is hit or thrown in between the players forcing them to communicate and call the ball on its downward flight. A player should call the ball until it is in their glove.

Base-running

Home To First:

1. Drop Bat, step w/back foot out of box.
2. Three steps then peek out to the field and read ball
3. Hit Front part of 1st base with a slight forward lean
4. Breakdown - look to right for overthrow. Listen to your base coach

DRILL #1: Coach acts as 1st baseman w/ball in hand. As runner crosses base and looks to right coach either holds onto ball and runner returns to base, or coach tosses ball behind him and runner sees overthrow and breaks for second base.

Rounding First:

1. Drop bat, back foot out of box.
2. Three step peek, read ball.
3. Banana route prior to tagging 1st base, (3 steps out -3 steps in) touch inside corner
4. Read play, chest to infield, back to bag

DRILL #2: Coach sets up as shortstop. As runner sneaks peek coach simulates fielding a ground ball, runner runs through bag. Coach can also simulate going out for cut-off by turning around with his back to infield. Runner takes banana route and rounds bag.

First to Third:

1. Check outfielders
2. Pick up coach twice (halfway to 2nd and as they are rounding 2nd)
3. Touch inside corner of bag
4. Coach will direct you to slide, stop on 3rd, or round 3rd base and pick up ball.

DRILL #3: Position a coach in 3rd base coaching box. Runner runs, picks up coach half way to second. Coach signals player to hold up at second or continue to third. As player reaches second, pick up coach again. After reading play coach may signal player to advance or hold up. Runner picks up coach into third.

Second Base to Home:

1. Check outfielders.
2. Read infield grounders off bat (left or right of body).
3. Pick up coach, round bag, inside corner.

DRILL #4: Position a coach shortstop side of pitching mound. Runner begins secondary lead. Coach rolls ball. If rolled left side of runner, runner advances toward third, pick up coach at third base. If ball rolled to right of runner, runner stays at second.

Position a coach in third base coaching box. Runner advances towards third and coach signals to hold up on bag, round bag and pick up ball, or round bag and advance to home.

3rd Base to Home:

1. On contact, start your run in foul territory (if they get hit with a ball in foul territory, they will not be out), then make your way back to fair.
2. Tag up/score

DRILL #5: Position a coach in 3rd base box. Work with players on fly ball simulation, player should hustle back to the bag and tag up. Coach makes throw into home, runner practices sliding around the catcher.

Catcher works on receiving the ball without blocking the plate and applying a tag.