



# PGSL 8U PRACTICE PLANS



## Practice 1

**Focus: Understanding the Game, Agility, Catching, Throwing, Base Running, Fielding/Footwork**

## Practice 2

**Focus: Understanding the Game, Agility, Pitching/Catching, Catching, Throwing, Fielding/Footwork, Base Running**

## Practice 3

**Focus: Agility, Pitching/Catching, Throwing, Catching, Hitting**

## Practice 4

**Focus: Agility, Pitching/Catching, Throwing, Base Running, Hitting**

## Practice 5

**Focus: Agility, Pitching/Catching, Throwing, Catching, Infield Dailies, Fielding/Footwork, Base Running, Hitting**

## Practice 6

**Focus: Competition Day! Agility, Pitching/Catching, Throwing, Catching, Infield Dailies, Hitting**

## Practice 7

**Focus: Agility, Pitching/Catching, Infield Dailies, Throwing, Catching, Fielding/Footwork, Hitting**

## Practice 8

**Focus: Agility, Pitching/Catching, Infield Dailies, Hitting, Catching, Throwing, Fly's, Fielding Circuit, Base Running**

### Practice 9

**Focus: Agility, Pitching/Catching, Catching, Throwing, Fielding/Footwork, Infield/Outfield, Situations, Hitting**

### Practice 10

**Focus: Agility, Pitching/Catching, Throwing, Catching, Fly's, Fielding/Footwork, Infield/Outfield, Hitting**

### Practice 11

**Focus: Agility, Pitching/Catching, Throwing, Catching, Infield Dailies, Hitting, Team Defense Infield/Outfield**

### Practice 12

**Focus: Agility, Pitching, Catching, Throwing, Catching, Hitting, Front Toss Live**

### Practice 13

**Focus: Agility, Pitching/Catching, Throwing, Team Scrimmage**



## PRACTICE 1 Focus: Understanding the Game, Agility, Catching, Throwing, Base Running, Fielding/Footwork

### Game Introduction (10 Min)

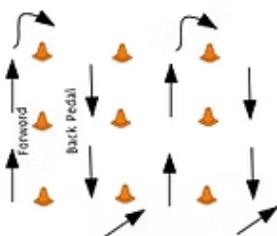
- The dugout and its purpose
- The bases, their purpose, and direction to run the bases
- The positions on the field, where they stand, and the difference between infield and outfield
- In game basics: What's an inning, 3 outs per half inning, What's an out, How is a runner safe, What's a strike, What's a ball

### Agility Warm Up (10 Min)

- One foot in each moving forward
- Two feet in each moving forward
- Two feet in each moving laterally



- Player starts at bottom left cone with glove and sprints forward
- Once past the top cone, the player back pedals in the opposite direction
- Player continues until through all cones



### Introduce Catching (15 Min)

- Have a coach discuss and demonstrate the proper catching fundamentals
- Start by having the coaches toss players a tennis ball up close with no glove
  - Have them start in a stationary athletic position with the legs flexed giving a target with both hands out front
  - Feed them the ball and have them catch it with their glove hand with their throwing hand covering up after the catch
  - Feed them balls from your knee in different areas encouraging the use of their legs working up and down (but still stationary)
  - Have 3-4 lines and feed them 3 balls each and rotate
- Forehands/Backhands with tennis ball without the glove

- Coaches start close and lightly underhand toss balls to the various 9 catching zones
- In a stationary position, player's move their catching hand to the ball finger tips up/finger tips down
- The focus isn't on catching the ball, but to get to the ball the correct way
- Slowly move back as the players get comfortable with getting to the ball
- Now with the glove, have the player get athletic by bending at the knees and having the feet outside the shoulders
  - The coach will again feed 3 balls each from a close distance on their knee and rotate
  - The players will give a target using two hands
  - Focus on having them catch the ball finger tips up or finger tips down in a stationary position

### **Introduce Base Running (15 Min)**

- Have a coach introduce base running
- Running with proper mechanics
  - Running on the balls of the feet
  - Elbows in, arms pumping
  - Head up looking at the base ahead
- Running through the first base bag, touching the front of the bag
- Break down after touching the base by taking short choppy steps and getting the bottom closer to the ground
- Rounding first base touching the inside of the bag
- Focus on taking proper angles when rounding
- Time players running from home to first and home to second
- Log the times and time them throughout the season to see their progress

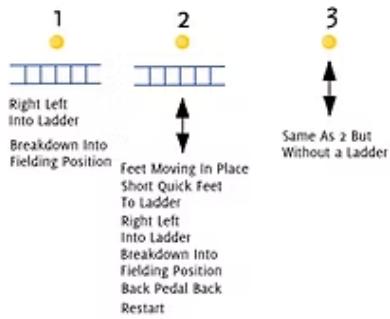
### **Introduce Throwing (15 Min)**

- Have a coach discuss and demonstrate the proper throwing fundamentals
- Player's throw to coaches
- Start with wrist snaps on the knees
  - Glove knee up, throwing hand knee down
  - Throwing arm is at 90 degree
  - Glove hand supports throwing elbow underneath
  - With ball in hand, wrist starts forward, comes back, and forward to snap
  - Arm does not move, just the wrist
- Throwing from the knee
- Start with glove shoulder facing target
- Glove to ear, ball separation behind throwing shoulder, elbow up
- On the throw, glove is tucked, wrist is snapped, throwing hand finished at opposite pocket
- Attempt to get the player's to go from shoulder to shoulder with their throws
- Throwing from the feet in an athletic position
- Utilize same mechanics mentioned above
- Targets can be used for fun, i.e. Hula Hoops or Buckets
- Start close and slowly move back.
- Can add a competition for fun having the players attempt to throw through a hula hoop at various distances starting close and slowly moving back

### **Introduce Fielding/Footwork (15 Min)**

- Discuss and demonstrate the proper fielding position
  - Feet a little wider than shoulders
  - Weight is on the inside of the balls of the feet
  - Bottom is down almost as if sitting on a chair
  - Back is straight
  - Glove is reaching out touching the ground with the arm still flexed not straight
  - The palm is towards the ball, not the sky
  - Throwing hand is over the top of the glove
  - Head is up
- Fielding Footwork
  - Setting up in an athletic position with a ladder directly in front and a ball placed in front of the ladder that's running horizontal.

- A right handed player will put their right foot in a ladder square followed by their left foot (it will be the opposite for a lefty)
- As soon as the player gets their left foot down, they will reach with their glove towards the ball in a good fielding position
- Right/Left reach for a righty, Left/Right reach for a lefty
- The two steps into the ladder should be in rhythm
- Next, move the players back so they have to take multiple steps
- Focus on short choppy steps until they get to the ladder



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## PRACTICE 2 Focus: Understanding the Game, Agility, Pitching/Catching, Catching, Throwing, Fielding/Footwork, Base Running

### Game Introduction Review (5 Min)

### Agility Warm Up (10 Min)

- One foot in each moving forward
- Two feet in each moving forward
- Two feet in each moving laterally



- Running with their glove tucked in and out of cones
- Every other time, have the player drop step around the cone



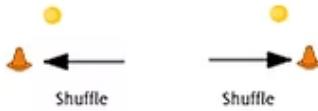
### Review Throwing (15 Min)

- Have a coach review and demonstrate the proper throwing fundamentals
- Player's throw to coaches
- Start with wrist snaps on the knees
  - Glove knee up, throwing hand knee down
  - Throwing arm is at 90 degree
  - Glove hand supports throwing elbow underneath
  - With ball in hand, wrist starts forward, comes back, and forward to snap
  - Arm does not move, just the wrist
- Throwing from the knee
- Start with glove shoulder facing target
- Glove to ear, ball separation behind throwing shoulder, elbow up

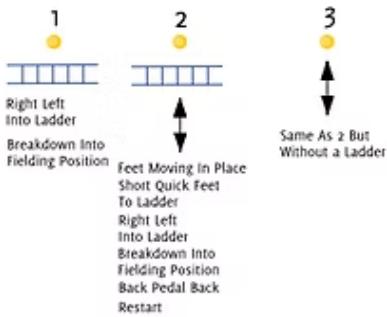
- On the throw, glove is tucked, wrist is snapped, throwing hand finished at opposite pocket
- Attempt to get the player's to go from shoulder to shoulder with their throws
- Throwing from the feet in an athletic position
- Utilize same mechanics mentioned above
- Targets can be used for fun, i.e. Hula Hoops or Buckets
- Start close and slowly move back.
- Can add a competition for fun having the players attempt to throw through a hula hoop at various distances starting close and slowly moving back

### **Review Fielding/Footwork (20 Min) Circuit**

- Discuss and demonstrate the proper fielding position
  - Feet a little wider than shoulders
  - Weight is on the inside of the balls of the feet
  - Bottom is down almost as if sitting on a chair
  - Back is straight
  - Glove is reaching out touching the ground with the arm still flexed not straight
  - The palm is towards the ball, not the sky
  - Throwing hand is over the top of the glove
  - Head is up
- Lateral Shuffle
  - Set up two balls 7-10 feet apart
  - Have the player start in the middle of the two balls in an athletic position
  - The player will shuffle laterally until they get to the ball which will be in front of them
  - The player will break down into the fielding position that was demonstrated earlier
  - Have them shuffle twice to each side and then rotate
  - Multiple stations can be setup for this footwork

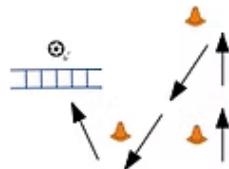


- Fielding Footwork
  - Setting up in an athletic position with a ladder directly in front and a ball placed in front of the ladder that's running horizontal.
  - A right handed player will put their right foot in a ladder square followed by their left foot (it will be the opposite for a lefty)
  - As soon as the player gets their left foot down, they will reach with their glove towards the ball in a good fielding position
  - Right/Left reach for a righty, Left/Right reach for a lefty
  - The two steps into the ladder should be in rhythm
  - Next, move the players back so they have to take multiple steps
  - Focus on short choppy steps until they get to the ladder



- Fielding Footwork II

- Set up three cones as shown below
- Have the players start outside the far right cone
- They will run forward with their glove tucked past the cone in front
- Once past they will back pedal to the far left cone
- Once past they will approach the ladder, break down entering the ladder reach for the ball and freeze



### **Review Catching (15 Min)**

- Have a coach discuss and demonstrate the proper catching fundamentals
- Start by having the coaches toss players a tennis ball up close with no glove
  - Have them start in a stationary athletic position with the legs flexed giving a target with both hands out front
  - Feed them the ball and have them catch it with their glove hand with their throwing hand covering up after the catch
  - Feed them balls from your knee in different areas encouraging the use of their legs working up and down (but still stationary)
  - Have 3-4 lines and feed them 3 balls each and rotate
- Forehands/Backhands with tennis ball without the glove
  - Coaches start close and lightly underhand toss balls to the various 9 catching zones
  - In a stationary position, player's move their catching hand to the ball finger tips up/finger tips down
  - The focus isn't on catching the ball, but to get to the ball the correct way
  - Slowly move back as the players get comfortable with getting to the ball
- Now with the glove, have the player get athletic by bending at the knees and having the feet outside the shoulders
  - The coach will again feed 3 balls each from a close distance on their knee and rotate
  - The players will give a target using two hands
  - Focus on having them catch the ball finger tips up or finger tips down in a stationary position

### **Review Base Running (15 Min)**

- Have a coach review and demonstrate the proper base running fundamentals
- Running with proper mechanics
  - Running on the balls of the feet
  - Elbows in, arms pumping
  - Head up looking at the base ahead
- Running through the first base bag, touching the front of the bag
- Break down after touching the base by taking short choppy steps and getting the bottom closer to the ground
- Rounding first base touching the inside of the bag
- Focus on taking proper angles when rounding
- Proper leads and footwork, step, step, shuffle, shuffle, go
- Stealing
  - Describe what stealing is
  - Explain the difference between stealing and just getting a lead

### **Introduce Pitching (20 Min)**

- Have a coach discuss and demonstrate the proper pitching fundamentals
- Wrist snaps restraining pitching arm shoulders stay isolated
- L Drill
  - Glove pointed to target
  - Body is open with glove shoulder facing target
  - Pitching arm is straight up with ball
  - Feet are positioned at a 45 degree angle towards target
  - Back heel starts raised
  - Player takes a small step with the front foot
  - Then the back leg drives towards the target
  - Back knee finished close to front knee

- Glove arm and pitching arm drive down together
- Wrist snap to target
- Knee Arm Circle (Right Handed Pitcher)
  - Right knee is on the ground at a 45 degree angle to the target
  - Left leg/foot are extended at a 45 degree to target
  - Glove and front shoulder are facing target
  - Pitching arm is straight down
  - Player starts rotates arm 360 degrees snapping wrist and ball to target
  - Shoulders do not rotate

### **Introduce Catching**

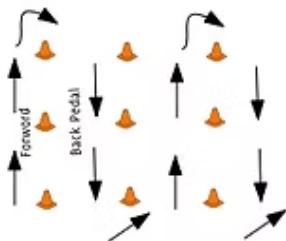
- Have a coach discuss and demonstrate the proper catching fundamentals
- Setup/Positioning
  - Feet are shoulder width apart
  - Knees fully bent
  - Back is straight
  - Glove arm is at 90 degree with glove opened towards pitcher
  - Throwing hand is behind back



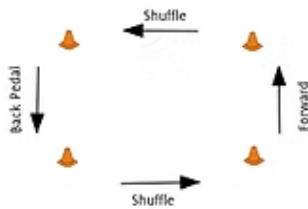
## PRACTICE 3 Focus: Agility, Pitching/Catching, Throwing, Catching, Hitting

### Agility Warm Up (10 Min)

- Player starts at bottom left cone with glove tucked and sprints forward
- Once past the top cone, the player back pedals in the opposite direction
- Player continues until through all cones



- Player start at bottom right cone with their glove and shuffles feet athletically until outside bottom right cone
- Player sprints forward until past top right cone and shuffles left until outside top left cone
- Player then back pedals to bottom left cone



- Stationary feeds to a player with no glove
- Have player get into a proper fielding position and roll balls directly to them so their feet can stay stationary
- Focus is on getting the player into the proper fielding position and reaching out for the ball with their glove hand palm facing the ball and throwing hand over the glove hand
- Roll 3 to each and rotate

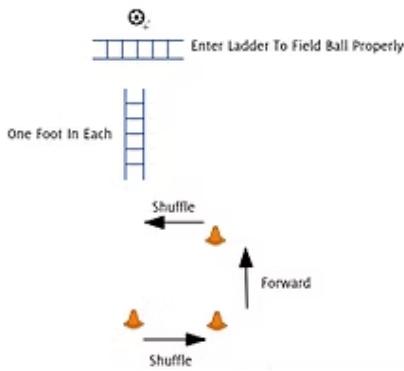
### Throwing (15 Min)

- Player's throw to coaches
- Start with wrist snaps on the knees
  - Glove knee up, throwing hand knee down
  - Throwing arm is at 90 degree
  - Glove hand supports throwing elbow underneath

- With ball in hand, wrist starts forward, comes back, and forward to snap
- Arm does not move, just the wrist
- Throwing from the knee
- Start with glove shoulder facing target
- Glove to ear, ball separation behind throwing shoulder, elbow up
- On the throw, glove is tucked, wrist is snapped, throwing hand finished at opposite pocket
- Attempt to get the player's to go from shoulder to shoulder with their throws
- Throwing from the feet in an athletic position
- Utilize same mechanics mentioned above
- Targets can be used for fun, i.e. Hula Hoops or Buckets
- Start close and slowly move back.
- Can add a competition for fun having the players attempt to throw through a hula hoop at various distances starting close and slowly moving back

### **Agility Competition (15 Min)**

- Player starts at front left cone with their glove and shuffles laterally to the right in an athletic position
- Once past the front right cone, the player sprints forward until past the cone ahead
- Once past, the player shuffles to the left
- When the player reaches the front of the ladder, they move forward with quick feet stepping one foot in each
- When player exits the ladder they use the proper footwork to enter the second ladder breaking down into a fielding position and extending the glove to the ball



### **Catching (15 Min)**

- Start by having the coaches toss players a tennis ball up close with no glove
  - Have them start in a stationary athletic position with the legs flexed giving a target with both hands out front
  - Feed them the ball and have them catch it with their glove hand with their throwing hand covering up after the catch
  - Feed them balls from your knee in different areas encouraging the use of their legs working up and down (but still stationary)
  - Have 3-4 lines and feed them 3 balls each and rotate
- Forehands/Backhands with tennis ball without the glove
  - Coaches start close and lightly underhand toss balls to the various 9 catching zones
  - In a stationary position, player's move their catching hand to the ball finger tips up/finger tips down
  - The focus isn't on catching the ball, but to get to the ball the correct way
  - Slowly move back as the players get comfortable with getting to the ball
- Now with the glove, have the player get athletic by bending at the knees and having the feet outside the shoulders
  - The coach will again feed 3 balls each from a close distance on their knee and rotate
  - The players will give a target using two hands
  - Focus on having them catch the ball finger tips up or finger tips down in a stationary position

### **Introduce Hitting (35 Min)**

- Have a coach discuss and demonstrate the proper hitting fundamentals
- Discuss and break down the swing
- Have a coach demonstrate the fundamentals displayed in the images step by step while the players are circled around with a bat
  - Player is in an athletic stance

- Feet positioned straight or slightly inward with weight on the inside
- Feet are positioned just outside the shoulders with equal weight on each
- Load and stride into an attacking position
- Front foot heel plant and back elbow slot
- To the contact point
- Through to extension
- Finish
- Tee
  - The player sets up in an athletic stance
  - Feet positioned straight or slightly inward with weight on the inside
  - Feet are positioned just outside the shoulders with equal weight on each
  - Have the player just get to contact for 5-7 reps
    - At this point, the back foot and belly button should be pointed to the contact point
    - The back arm should be close to a 90 degree angle
  - Next, have the player get through contact and to extension for 5-7 reps
    - Have the player focus on making contact with the inside of the ball which forces the knob to the ball
    - At extension, the back shoulder should be underneath the chin which is down
    - At extension, the barrel of the bat should be facing the pitcher
  - Move the tee to the middle contact point and have the player take a full swing
  - Make necessary adjustments to a player's swing

### **Review Pitching (20 Min)**

- Have a coach review and demonstrate the proper pitching fundamentals
- Wrist snaps restraining pitching arm shoulders stay isolated
- L Drill
  - Glove pointed to target
  - Body is open with glove shoulder facing target
  - Pitching arm is straight up with ball
  - Feet are positioned at a 45 degree angle towards target
  - Back heel starts raised
  - Player takes a small step with the front foot
  - Then the back leg drives towards the target
  - Back knee finished close to front knee
  - Glove arm and pitching arm drive down together
  - Wrist snap to target
- Knee Arm Circle (Right Handed Pitcher)
  - Right knee is on the ground at a 90 degree angle to the target
  - Left leg is extended to the target
  - Glove and front shoulder are facing target
  - Pitching arm is elevated above and out over the body
  - Player starts by driving the pitching arm down in a circular path
  - The ball is snapped toward the target by the hip

### **Review Catching**

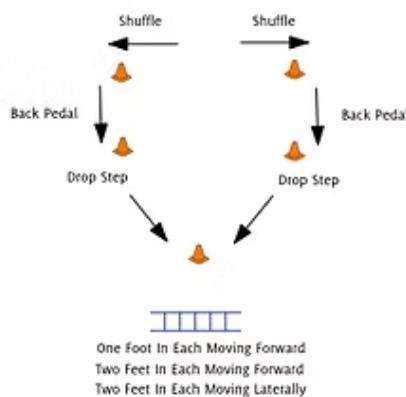
- Have a coach review and demonstrate the proper catching fundamentals
- Setup/Positioning
  - Feet are shoulder width apart
  - Knees fully bent
  - Back is straight
  - Glove arm is at 90 degree with glove opened towards pitcher
  - Throwing hand is behind back



## PRACTICE 4 Focus: Agility, Pitching/Catching, Throwing, Catching, Infield Dailies, Base Running, Hitting

### Agility Warm Up (10 Min)

- This agility warm up is performed with their glove tucked
- Player starts at the top and shuffles to their left or right
- Once outside the cone, player back pedals to the second cone
- Once past, player drop steps and sprints to the centered cone
- They immediately go to the ladder as described below
- Repeat and alternate shuffle directions



- Stationary feeds to a player with no glove
- Have player get into a proper fielding position and roll balls directly to them so their feet can stay stationary
- Focus is on getting the player into the proper fielding position and reaching out for the ball with their glove hand palm facing the ball and throwing hand over the glove hand
- Roll 3 to each and rotate

### Throwing (15 Min)

- Player's throw to coaches
- Start with wrist snaps on the knees
  - Glove knee up, throwing hand knee down
  - Throwing arm is at 90 degree
  - Glove hand supports throwing elbow underneath
  - With ball in hand, wrist starts forward, comes back, and forward to snap
  - Arm does not move, just the wrist
- Throwing from the knee
- Start with glove shoulder facing target
- Glove to ear, ball separation behind throwing shoulder, elbow up

- On the throw, glove is tucked, wrist is snapped, throwing hand finished at opposite pocket
- Attempt to get the player's to go from shoulder to shoulder with their throws
- Throwing from the feet in an athletic position
- Utilize same mechanics mentioned above
- Targets can be used for fun, i.e. Hula Hoops or Buckets
- Start close and slowly move back.
- Can add a competition for fun having the players attempt to throw through a hula hoop at various distances starting close and slowly moving back

### **Introduce Infield Dailies (15 Min)**

- Have a coach review each daily
- Split the team in to 3 groups again (assuming you have 3 coaches/helpers) and have them feed dailies to the players
  - Grounder
  - Short hop
  - Forehand

### **Catching (15 Min)**

- Start by having the coaches toss players a tennis ball up close with no glove
  - Have them start in a stationary athletic position with the legs flexed giving a target with both hands out front
  - Feed them the ball and have them catch it with their glove hand with their throwing hand covering up after the catch
  - Feed them balls from your knee in different areas encouraging the use of their legs working up and down (but still stationary)
  - Have 3-4 lines and feed them 3 balls each and rotate
- Forehands/Backhands with tennis ball without the glove
  - Coaches start close and lightly underhand toss balls to the various 9 catching zones
  - In a stationary position, player's move their catching hand to the ball finger tips up/finger tips down
  - The focus isn't on catching the ball, but to get to the ball the correct way
  - Slowly move back as the players get comfortable with getting to the ball
- Now with the glove, have the player get athletic by bending at the knees and having the feet outside the shoulders
  - The coach will again feed 3 balls each from a close distance on their knee and rotate
  - The players will give a target using two hands
  - Focus on having them catch the ball finger tips up or finger tips down in a stationary position

### **Base Running (10 Min)**

- Running with proper mechanics
  - Running on the balls of the feet
  - Elbows in, arms pumping
  - Head up looking at the base ahead
- Running through the first base bag, touching the front of the bag and breaking down
- Rounding first base touching the inside of the bag going to second
- Picking up the 3rd base coach when going to second
- Lead offs emphasizing a step, step, shuffle, shuffle
- After a proper lead off have the player work on getting back to the base staying athletic
- After a proper lead off have the player sprint to the next base

### **Hitting (30 Min)**

- Tee
  - The player sets up in an athletic stance
  - Feet positioned straight or slightly inward with weight on the inside
  - Feet are positioned just outside the shoulders with equal weight on each
  - Have the player just get to contact for 5-7 reps
    - At this point, the back foot and belly button should be pointed to the contact point
    - The back arm should be close to a 90 degree angle
  - Next, have the player get through contact and to extension for 5-7 reps
    - Have the player focus on making contact with the inside of the ball which forces the knob to the ball
    - At extension, the back shoulder should be underneath the chin which is down
    - At extension, the barrel of the bat should be facing the pitcher

- Move the tee to the middle contact point and have the player take a full swing
- Make necessary adjustments to a player's swing
- Introduce Soft Toss
  - Have a coach discuss and demonstrate the proper fundamentals of soft toss
  - Coach kneels to the side and slightly in front of batter
  - Coach slowly tosses the ball to batters strike zone
  - Batter swings through with focus points above

## **Pitching (20 Min)**

- Wrist snaps restraining\_pitching arm shoulders stay isolated
- L Drill
  - Glove pointed to target
  - Body is open with glove shoulder facing target
  - Pitching arm is straight up with ball
  - Feet are positioned at a 45 degree angle towards target
  - Back heel starts raised
  - Player takes a small step with the front foot
  - Then the back leg drives towards the target
  - Back knee finished close to front knee
  - Glove arm and pitching arm drive down together
  - Wrist snap to target
- Knee Arm Circle (Right Handed Pitcher)
  - Right knee is on the ground at a 90 degree angle to the target
  - Left leg is extended to the target
  - Glove and front shoulder are facing target
  - Pitching arm is elevated above and out over the body
  - Player starts by driving the pitching arm down in a circular path
  - The ball is snapped toward the target by the hip
- Full Motion

## **Catching**

- Setup/Positioning
  - Feet are shoulder width apart
  - Knees fully bent
  - Back is straight
  - Glove arm is at 90 degree with glove opened towards pitcher
  - Throwing hand is behind back



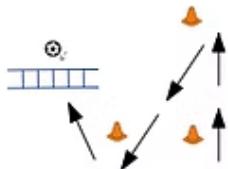
## PRACTICE 5 Focus: Agility, Pitching/Catching, Throwing, Catching, Infield Dailies, Fielding/Footwork, Base Running, Hitting

### Agility Warm Up (10 Min)

- With a glove, player shuffles left and when in front of the ball, breaks down into the proper fielding position and then shuffles to the ball opposite and repeats
- Encourage staying athletic
- Do this 3 times to each side



- With a glove, player starts at bottom right cone and sprints forward to the cone ahead, back pedals to bottom left cone and approaches the ladder and ball breaking down into a proper fielding position



- Stationary feeds to a player with no glove
- Have player get into a proper fielding position and roll balls directly to them so their feet can stay stationary
- Focus is on getting the player into the proper fielding position and reaching out for the ball with their glove hand palm facing the ball and throwing hand over the glove hand
- Roll 3 to each and rotate

### Hitting (45 Min)

- Tee
  - The player sets up in an athletic stance
  - Feet positioned straight or slightly inward with weight on the inside
  - Feet are positioned just outside the shoulders with equal weight on each
  - Have the player just get to contact for 5-7 reps
    - At this point, the back foot and belly button should be pointed to the contact point
    - The back arm should be close to a 90 degree angle
  - Next, have the player get through contact and to extension for 5-7 reps

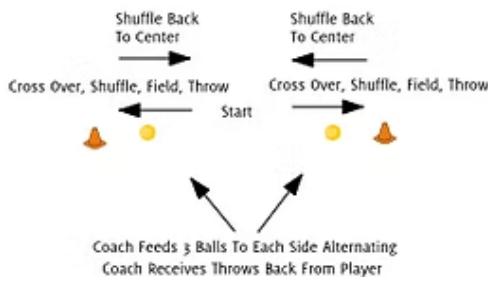
- Have the player focus on making contact with the inside of the ball which forces the knob to the ball
  - At extension, the back shoulder should be underneath the chin which is down
  - At extension, the barrel of the bat should be facing the pitcher
  - Move the tee to the middle contact point and have the player take a full swing
  - Make necessary adjustments to a player's swing
- Review Soft Toss
  - Have a coach review the fundamentals of soft toss
  - Coach kneels to the side and slightly in front of batter
  - Coach slowly tosses the ball to batters strike zone
  - Batter swings through with focus points above
- Introduce Short Front Toss
  - Coach pitches from 8-10 feet away sitting on a bucket
  - Keep focus on proper mechanics
  - Make necessary adjustments

### **Infield Dailies (10 Min)**

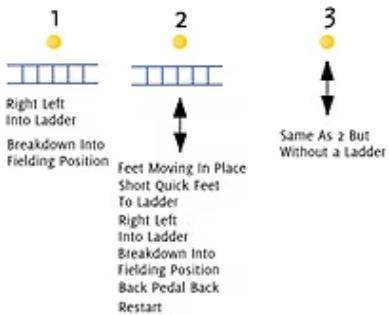
- Dailies are performed by two players that are 5-7 feet apart
- If the players are having difficult feeding to each other and it's not efficient, have the coaches step in
  - Grounder
  - Short hop
  - Forehand

### **Fielding (15 Min)** Circuit

- Lateral Shuffle
  - Set up two cones about 10-12 feet apart
  - Have the player start in the middle of the two cones in an athletic position
  - The coach will roll a ball inside one of the cones
  - The player will cross over and then shuffle laterally and field the ball
  - After fielding the ball the player will pop to a throwing position and throw the ball back to the coach
  - The player will shuffle back to the middle, cross over and shuffle to the ball that the coach rolls inside the opposite cone
  - Have them field 3 on each side for a total of 6

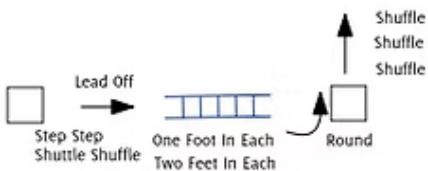


- Fielding Footwork
  - Setting up in an athletic position with a ladder directly in front and a ball placed in front of the ladder that's running horizontal.
  - A right handed player will put their right foot in a ladder square followed by their left foot (it will be the opposite for a lefty)
  - As soon as the player gets their left foot down, they will reach with their glove towards the ball in a good fielding position
  - Right/Left reach for a righty, Left/Right reach for a lefty
  - The two steps into the ladder should be in rhythm
  - Next, move the players back so they have to take multiple steps
  - Focus on short choppy steps until they get to the ladder



### Agility/Footwork/Base Running (15 Min)

- Have a coach simulate a pitcher
- Proper leads and footwork, step, step, shuffle, shuffle, go
- Quick feet through the ladder, one foot in each, then two feet in each
- Work on rounding the base getting to the inside



- Have a coach simulate a pitcher without the ladder in place
- Proper leads and footwork, step, step, shuffle, shuffle, go
- A coach can be used to hit the ball so the player can work on reading the ball of the bat
- The player works on running from 1st to 3rd picking up the third base coach
- Have the players work on continuing to 3rd and staying at 2nd
- Work on rounding the base getting to the inside

### Pitching (20 Min)

- Wrist snaps restraining, pitching arm shoulders stay isolated
- L Drill
  - Glove pointed to target
  - Body is open with glove shoulder facing target
  - Pitching arm is straight up with ball
  - Feet are positioned at a 45 degree angle towards target
  - Back heel starts raised
  - Player takes a small step with the front foot
  - Then the back leg drives towards the target
  - Back knee finished close to front knee
  - Glove arm and pitching arm drive down together
  - Wrist snap to target
- Knee Arm Circle (Right Handed Pitcher)
  - Right knee is on the ground at a 90 degree angle to the target
  - Left leg is extended to the target
  - Glove and front shoulder are facing target
  - Pitching arm is elevated above and out over the body
  - Player starts by driving the pitching arm down in a circular path
  - The ball is snapped toward the target by the hip
- Full Motion

### Catching

- Knees fully bent

- Back is straight
- Glove arm is at 90 degree with glove opened towards pitcher
- Throwing hand is behind back



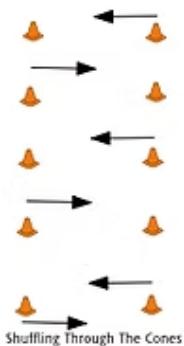
## PRACTICE 6 Focus: Competition Day! Agility, Pitching/Catching, Infield Dailies, Catching, Throwing, Hitting

### Agility Warm Up (10 Min)

- Player starts in the middle facing the coach with feet moving in place
- The coach points to a cone and the player sprints and touches the cones and returns to the middle with feet still moving
- The cones can be picked randomly and in no particular order
- Do this for 5-6 touches



- Player shuffles laterally right and left around the outside of the cone with glove tucked



- Stationary feeds to a player with no glove
- Have player get into a proper fielding position and roll balls directly to them so their feet can stay stationary
- Focus is on getting the player into the proper fielding position and reaching out for the ball with their glove hand palm facing the ball and throwing hand over the glove hand
- Roll 3 to each and rotate

### Infield Dailies (10 Min)

- Dailies are performed by two players that are 5-7 feet apart
- If the players are having difficult feeding to each other and it's not efficient, have the coaches step in
  - Grounder
  - Short hop

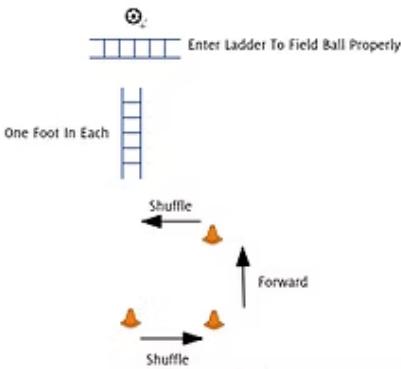
- Forehand

### Catching Competition (15 Min)

- Warm up by tossing balls to players in various locations
- After a good warm up, toss each player from a comfortable distance 10 balls
- Award a player 1 point for a ball that touches their glove and 2 points for a catch
- Reward players with a prize (i.e. a small piece of candy)

### Agility Competition (10 Min)

- Player starts at front left cone with their glove and shuffles laterally to the right in an athletic position
- Once past the front right cone, the player sprints forward until past the cone ahead
- Once past, the player shuffles to the left
- When the player reaches the front of the ladder, they move forward with quick feet stepping one foot in each
- When player exits the ladder they use the proper footwork to enter the second ladder breaking down into a fielding position and extending the glove to the ball



### Hitting Competition (30 Min)

- Tee
  - Athletic stance with no stride approach
  - Feet positioned straight or slightly inward with weight on the inside
  - Feet are positioned just outside the shoulders with equal weight on each
  - Position the tee and the middle contact point and have the player take a full swing
  - Focus on staying athletic through to extension with chin staying down
  - Have the player take a full swing finishing high at the shoulder
  - Move the tee to inside and outside contact points
  - Make necessary adjustments to a player's swing
- Soft Toss
  - Coach kneels to the side and slightly in front of batter
  - Coach slowly tosses the ball to batters strike zone
  - Batter swings through with focus points above
- After a good warm up...
- COMPETITION..
- Players setup at home plate
- Have the players take 10 swings off of front toss
- Award a point for every ball the player makes contact with

### Throwing (15 Min)

- Players start throwing to each other
- Knee wrist snaps with glove
- Regular throws starting close and slowly move back.
- Add a competition for fun having the players attempt to throw into a bucket from 10-12 feet
- The focus is on elevating the ball with a proper release point and wrist snap

### Pitching (20 Min)

- Wrist snaps restraining pitching arm shoulders stay isolated

- L Drill

- Glove pointed to target
- Body is open with glove shoulder facing target
- Pitching arm is straight up with ball
- Feet are positioned at a 45 degree angle towards target
- Back heel starts raised
- Player takes a small step with the front foot
- Then the back leg drives towards the target
- Back knee finished close to front knee
- Glove arm and pitching arm drive down together
- Wrist snap to target

- Knee Arm Circle (Right Handed Pitcher)

- Right knee is on the ground at a 90 degree angle to the target
- Left leg is extended to the target
- Glove and front shoulder are facing target
- Pitching arm is elevated above and out over the body
- Player starts by driving the pitching arm down in a circular path
- The ball is snapped toward the target by the hip

- Full Motion

### Catching

- Setup/Positioning
  - Feet are shoulder width apart
  - Knees fully bent
  - Back is straight
  - Glove arm is at 90 degree with glove opened towards pitcher
  - Throwing hand is behind back

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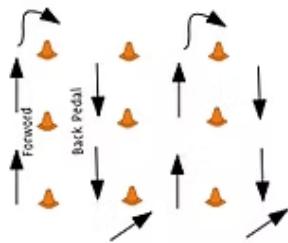
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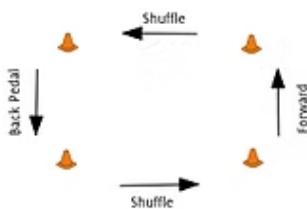
## PRACTICE 7 Focus: Agility, Pitching/Catching, Infield Dailies, Catching, Throwing, Fielding/Footwork, Hitting

### Agility Warm Up (10 Min)

- Player starts at bottom left cone with glove and sprints forward
- Once past the top cone, the player back pedals in the opposite direction
- Player continues until through all cones



- Player start at bottom right cone with their glove and shuffles feet athletically until outside bottom right cone
- Player sprints forward until past top right cone and shuffles left until outside top left cone
- Player then back pedals to bottom left cone



- Stationary feeds to a player with no glove
- Have player get into a proper fielding position and roll balls directly to them so their feet can stay stationary
- Focus is on getting the player into the proper fielding position and reaching out for the ball with their glove hand palm facing the ball and throwing hand over the glove hand
- Roll 3 to each and rotate

### Catching/Throwing (10 Min)

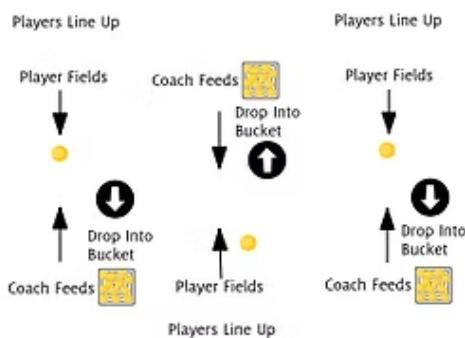
- Knee wrist snaps with glove
- Throwing from the knees
- Regular throws starting close and slowly move back.
- Add a competition for fun having the players attempt to throw into a bucket from 10-12 feet
- The focus is on elevating the ball with a proper release point and wrist snap

## Infield Dailies (10 Min)

- Dailies are performed by two players that are 5-7 feet apart
- If the players are having difficult feeding to each other and it's not efficient, have the coaches step in
  - Grounder
  - Short hop
  - Forehand

## Fielding/Footwork (10 Min)

- Players line up in a single file line facing a coach
- The coach rolls the player a ball directly to them
- The player fields the ball moving forward with proper mechanics
- After fielding, the player quickly pops to a throwing motion
- Player then jogs the ball to the bucket in front of her and gets in the next line
- Players rotate through each line and repeat



## Hitting (50 Min)

- Tee
  - The player sets up in an athletic stance
  - Feet positioned straight or slightly inward with weight on the inside
  - Feet are positioned just outside the shoulders with equal weight on each
  - Have the player just get to contact for 5-7 reps
    - At this point, the back foot and belly button should be pointed to the contact point
    - The back arm should be close to a 90 degree angle
  - Next, have the player get through contact and to extension for 5-7 reps
    - Have the player focus on making contact with the inside of the ball which forces the knob to the ball
    - At extension, the back shoulder should be underneath the chin which is down
    - At extension, the barrel of the bat should be facing the pitcher
  - Move the tee to the middle contact point and have the player take a full swing
  - Make necessary adjustments to a player's swing
- Soft Toss
  - Coach kneels to the side and slightly in front of batter
  - Coach slowly tosses the ball to batters strike zone
  - Batter swings through with focus points above
- Short Front Toss
  - Coach pitches from 8-10 feet away sitting on a bucket
  - Keep focus on proper mechanics
  - Make necessary adjustments
- Introduce Sacrifice Bunts
  - Have the coach introduce the proper fundamentals of a sacrifice bunt
  - The player sets up in an athletic stance with feet opened up towards pitcher
  - The bat starts at the top of the strike zone
  - The bat stays as close to eye level as possible using the legs
  - All pitches above the bat, the bat is pulled back

- All pitches in the strike zone, the legs get the bat to the ball
- The players arms are flexed and upon contact a small push can be made to the ball
- Bat is slightly angled for placement down 3rd and 1st

### **Pitching (20 Min)**

- Wrist snaps restraining pitching arm shoulders stay isolated
- L Drill
  - Glove pointed to target
  - Body is open with glove shoulder facing target
  - Pitching arm is straight up with ball
  - Feet are positioned at a 45 degree angle towards target
  - Back heel starts raised
  - Player takes a small step with the front foot
  - Then the back leg drives towards the target
  - Back knee finished close to front knee
  - Glove arm and pitching arm drive down together
  - Wrist snap to target
- Knee Arm Circle (Right Handed Pitcher)
  - Right knee is on the ground at a 90 degree angle to the target
  - Left leg is extended to the target
  - Glove and front shoulder are facing target
  - Pitching arm is elevated above and out over the body
  - Player starts by driving the pitching arm down in a circular path
  - The ball is snapped toward the target by the hip
- Full Motion

### **Catching**

- Setup/Positioning
  - Feet are shoulder width apart
  - Knees fully bent
  - Back is straight
  - Glove arm is at 90 degree with glove opened towards pitcher
  - Throwing hand is behind back



## PRACTICE 8 Focus: Agility, Pitching/Catching, Infield Dailies, Hitting, Catching, Throwing, Fly's, Fielding Circuit, Base Running

### Agility Warm Up (10 Min)

- With a glove, player shuffles left and when in front of the ball, breaks down into the proper fielding position and then shuffles to the ball opposite and repeats
- Encourage staying athletic
- Do this 3 times to each side



- Running with their glove tucked in and out of cones
- Every other time, have the player drop step around the cone



- Stationary feeds to a player with no glove
- Have player get into a proper fielding position and roll balls directly to them so their feet can stay stationary
- Focus is on getting the player into the proper fielding position and reaching out for the ball with their glove hand palm facing the ball and throwing hand over the glove hand
- Roll 3 to each and rotate

### Hitting (30 Min)

- Tee
  - Athletic stance with no stride approach
  - Feet positioned straight or slightly inward with weight on the inside
  - Feet are positioned just outside the shoulders with equal weight on each
  - Have the player just get to contact and through to extension starting slow then progressively getting faster maintaining proper form
  - Focus on staying athletic through to extension with chin staying down

- Have the player take a full swing finishing high at the shoulder
- Position the tee to the middle contact point and have the player take a full swing
- Position the tee to inside contact point and have the player take a full swing
- Position the tee to outside contact point and have player take a full swing
- Make necessary adjustments to a player's swing
- Soft Toss
  - Coach kneels to the side and slightly in front of batter
  - Coach slowly tosses the ball to batters strike zone
  - Batter swings through with focus points above
- Front Toss
  - Coach pitches from 12-15 feet away
  - Keep focus on proper mechanics
  - Make necessary adjustments
- Sacrifice Bunts
  - Athletic stance with feet opened up towards pitcher
  - Bat start at the top of the strike zone
  - Bat is at eye level
  - All pitches above the bat, the bat is pulled back
  - All pitches in the strike zone, the legs get the bat to the ball
  - Arms are flexed and upon contact a small push can be made to the ball
  - Bat is slightly angled for placement down 3rd and 1st

#### **Base Running (10 Min)**

- Running with proper mechanics
  - Running on the balls of the feet
  - Elbows in, arms pumping
  - Head up looking at the base ahead
- Running through the first base bag, touching the front of the bag and breaking down
- Rounding first base touching the inside of the bag
- Focus on taking proper angles when rounding
- Time players running from home to first and home to second
- Log the times and compare them to their past timed run to see their progress

#### **Catching/Throwing/Fly's (15 Min)**

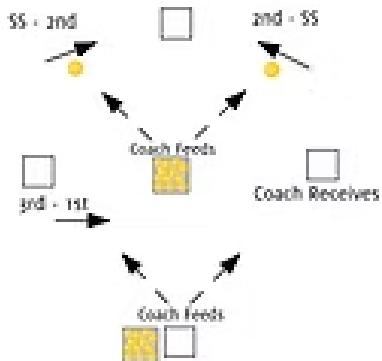
- Knee wrist snaps with glove
- Throwing from the knees
- Regular throws starting close and slowly move back.
- Add a competition for fun having the players attempt to throw into a bucket from 10-12 feet
- The focus is on elevating the ball with a proper release point and wrist snap
- Catching and moving through the ball
  - Player sets up in an athletic position
  - The player steps forward with her glove foot as she receives the ball fingertips up and throwing hand to the side
  - The player continues working through the catch by carrying her momentum forward as she crosses over with her throwing hand foot
  - The players momentum continues through the ball as she plants her throwing hand foot
  - Her glove foot strides toward the target finishing in a throwing position
- Introduce coaches tossing short fly balls directly to the player from a short distance using a tennis ball
  - Focus should be catching ball above the shoulder finger tips up
  - Player's left foot should be forward when catching if possible
  - Encourage the player to communicate "ball", "ball", "ball"
- Start with short fly balls and progress higher as appropriate

#### **Infield Dailies (10 Min)**

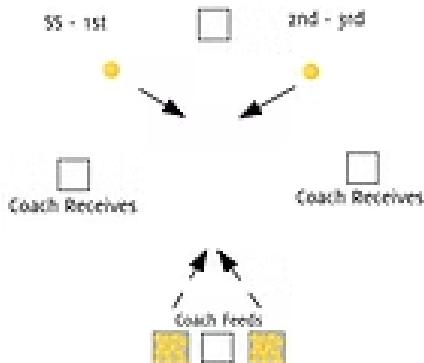
- Dailies are performed by two players that are 5-7 feet apart
- If the players are having difficult feeding to each other and it's not efficient, have the coaches step in
  - Grounder
  - Short hop
  - Forehand

## Fielding Circuit (20 Min)

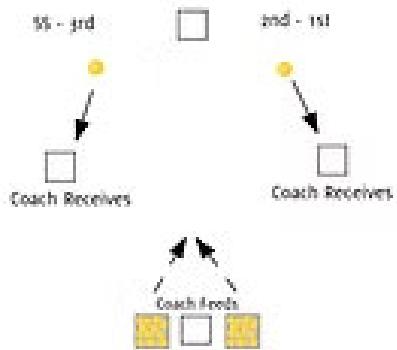
- Circuit 1 (10 Min)
  - Equal players are positioned at 3rd, short stop, and 2nd
  - For the first five minutes
  - The player at 3rd fields a ball rolled from the coach at home and throws to 1st, Player then rotates to short stop
  - The player at short stop fields a ball from a coach close to the pitching mound and throws to 2nd, then rotates to 2nd
  - The player at second receives the throw from the short stop with the footwork to turn a double play, then rotates to 3rd
  - Next five minutes
  - Same fielding positions, only the coach rolls to 2nd and the throw is received by the short stop
  - The player at short stop receives the throw from the second baseman with the footwork to turn a doubt play, then rotates to 2nd



- Circuit 2 (5 Min)
  - Equal players are positioned at short stop, and 2nd
  - The player at short stop fields a ball from a coach at home and throws to 1st, then rotates to 2nd
  - The player at 2nd fields a ball from a coach at home and throws to 3rd, then rotates to short stop



- Circuit 3 (5 Min)
  - Equal players are positioned at short stop, and 2nd
  - The player at short stop fields a ball from a coach at home and throws to 3rd, then rotates to 2nd
  - The player at 2nd fields a ball from a coach at home and throws to 1st, then rotates to short stop



### Pitching (20 Min)

- [Wrist snaps restraining pitching arm shoulders stay isolated](#)
- [Long Toss](#)
  - The pitcher starts at the mound and moves back about three feet after each successful pitch across the plate
  - Once the pitcher fails to reach the plate, she moves forward and starts her long toss from that location
  - The pitcher pitches 20 pitches from this location

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- Setup/Positioning
  - Feet are shoulder width apart
  - Knees fully bent
  - Back is straight
  - Glove arm is at 90 degree with glove opened towards pitcher
  - Throwing hand is behind back



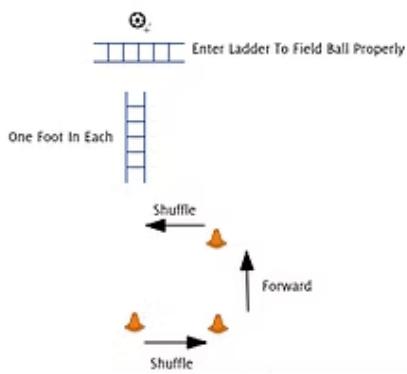
## PRACTICE 9 Focus: Agility, Pitching/Catching, Catching, Throwing, Fielding/Footwork, Infield/Outfield, Situations, Hitting

### Agility Warm Up (10 Min)

- One foot in each moving forward
- Two feet in each moving forward
- Two feet in each moving laterally



- Player starts at front left cone with their glove and shuffles laterally to the right in an athletic position
- Once past the front right cone, the player sprints forward until past the cone ahead
- Once past, the player shuffles to the left
- When the player reaches the front of the ladder, they move forward with quick feet stepping one foot in each
- When player exits the ladder they use the proper footwork to enter the second ladder breaking down into a fielding position and extending the glove to the ball



### Catching/Throwing (15 Min)

- Players start throwing to each other
- Knee wrist snaps with glove
- Regular throws starting close and slowly move back.
- Add a competition for fun having the players attempt to throw into a bucket from 10-12 feet
- The focus is on elevating the ball with a proper release point and wrist snap
- Stay athletic when receiving moving the feet to the ball

## Introduce Infield/Outfield (40 Min)

- Outfield
  - Put the players into positions
  - Have them rotate between 2 positions during the infield/outfield session as the coaches should know the potential of each player at this point
  - Use coaches as base runners so players can visually see what's happening on the bases
  - Start with the outfield by hitting balls to each position starting with no base runners, explaining where to throw the ball, who is the cut off, and what the rotations are for each player
  - Add a runner on 1st, then 1st and 2nd, and finally base loaded, and repeat where to throw the ball, who the cut off is, and what the rotations are for each player
- Infield
  - Emphasize proper footwork, throwing, and catching
  - Again, use coaches as base runners so players can visually see where the play should be
  - Explain the difference between a force out and a tag play
  - Put coaches at the various bases discussing where the play should be if X position received the ball and the infield and outfield rotations
  - With force and tag plays make sure the player is gets to the proper positioning to tag the base and stay away from a slide
  - Encourage communication in both the infield and outfield as to where the play is and where to throw the ball

## Hitting (30 Min)

- Tee
  - Athletic stance with no stride approach
  - Feet positioned straight or slightly inward with weight on the inside
  - Feet are positioned just outside the shoulders with equal weight on each
  - Have the player just get to contact and through to extension starting slow then progressively getting faster maintaining proper form
  - Focus on staying athletic through to extension with chin staying down
  - Have the player take a full swing finishing high at the shoulder
  - Position the tee to the middle contact point and have the player take a full swing
  - Position the tee to inside contact point and have the player take a full swing
  - Position the tee to outside contact point and have player take a full swing
  - Make necessary adjustments to a player's swing
- Soft Toss
  - Coach kneels to the side and slightly in front of batter
  - Coach slowly tosses the ball to batters strike zone
  - Batter swings through with focus points above
- Front Toss
  - Coach pitches from 12-15 feet away
  - Keep focus on proper mechanics
  - Make necessary adjustments

## Pitching (20 Min)

- Wrist snaps restraining pitching arm shoulders stay isolated
- L Drill
  - Glove pointed to target
  - Body is open with glove shoulder facing target
  - Pitching arm is straight up with ball
  - Feet are positioned at a 45 degree angle towards target
  - Back heel starts raised
  - Player takes a small step with the front foot
  - Then the back leg drives towards the target
  - Back knee finished close to front knee
  - Glove arm and pitching arm drive down together
  - Wrist snap to target
- Knee Arm Circle (Right Handed Pitcher)
  - Right knee is on the ground at a 90 degree angle to the target
  - Left leg is extended to the target

- Glove and front shoulder are facing target
- Pitching arm is elevated above and out over the body
- Player starts by driving the pitching arm down in a circular path
- The ball is snapped toward the target by the hip

- Full Motion or Lunge Leg Drive

### **Catching**

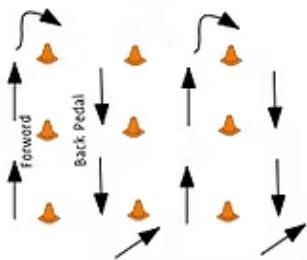
- Setup/Positioning
  - Feet are shoulder width apart
  - Knees fully bent
  - Back is straight
  - Glove arm is at 90 degree with glove opened towards pitcher
  - Throwing hand is behind back
- Introduce Framing/Receiving
  - The coach demonstrates the proper fundamentals of framing/receiving
  - Glove arm stays flexed and out in front
  - For an inside pitch, upon catching the ball the catchers thumb is up
  - For an outside pitch, upon catching the ball the catchers thumb is down
  - For a high pitch, upon catching the ball the catchers palm is down
  - For a low pitch, the catcher receives the ball finger tips up



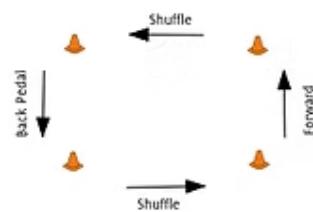
## PRACTICE 10 Focus: Agility, Pitching/Catching, Throwing, Catching, Fly's, Fielding/Footwork, Infield/Outfield, Hitting

### Agility Warm Up (10 Min)

- Player starts at bottom left cone with glove and sprints forward
- Once past the top cone, the player back pedals in the opposite direction
- Player continues until through all cones



- Player start at bottom right cone with their glove and shuffles feet athletically until outside bottom right cone
- Player sprints forward until past top right cone and shuffles left until outside top left cone
- Player then back pedals to bottom left cone



- Stationary feeds to a player with no glove
- Have player get into a proper fielding position and roll balls directly to them so their feet can stay stationary
- Focus is on getting the player into the proper fielding position and reaching out for the ball with their glove hand palm facing the ball and throwing hand over the glove hand
- Roll 3 to each and rotate

### Catching/Throwing/Fly's (15 Min)

- Knee wrist snaps with glove
- Throwing from the knees
- Regular throws starting close and slowly move back.
- Add a competition for fun having the players attempt to throw into a bucket from 10-12 feet
- The focus is on elevating the ball with a proper release point and wrist snap
- Catching and moving through the ball
  - Player sets up in an athletic position
  - The player steps forward with her glove foot as she receives the ball fingertips up and throwing hand to the side

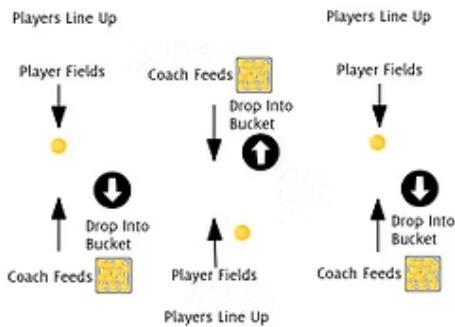
- The player continues working through the catch by carrying her momentum forward as she crosses over with her throwing hand foot
- The players momentum continues through the ball as she plants her throwing hand foot
- Her glove foot strides toward the target finishing in a throwing position
- Review coaches tossing short fly balls directly to the player from a short distance using a tennis ball
  - Focus should be catching ball above the shoulder finger tips up
  - Player's left foot should be forward when catching if possible
  - Encourage the player to communicate "ball", "ball", "ball"
- Start with short fly balls and progress higher as appropriate

### **Infield Dailies (10 Min)**

- Dailies are performed by two players that are 5-7 feet apart
- If the players are having difficult feeding to each other and it's not efficient, have the coaches step in
  - Grounder
  - Short hop
  - Forehand

### **Fielding/Footwork (15 Min)**

- Players line up in a single file line facing a coach
- The coach rolls the player a ball directly to them
- The player fields the ball moving forward with proper mechanics
- After fielding, the player quickly pops to a throwing motion
- Player then jogs the ball to the bucket in front of her and gets in the next line
- Players rotate through each line and repeat



### **Infield/Outfield (20 Min)**

- Outfield
  - Put the players into positions
  - Have them rotate between 2 positions during the infield/outfield session as the coaches should know the potential of each player at this point
  - Use players as base runners so the defense can visually see what's happening on the bases and the base runners can work on their base running skills
  - Emphasize proper footwork ,throwing, and catching
  - Start with the outfield by hitting balls to each position starting with no base runners, explaining where to throw the ball, who is the cut off, and what the rotations are for each player
  - Add a runner on 1st, then 1st and 2nd, and finally base loaded, and repeat where to throw the ball, who the cut off is, and what the rotations are for each player
- Infield
  - Emphasize proper footwork ,throwing, and catching
  - Again, use players as base runners so the defense can visually see what's happening on the bases and the base runners can work on their base running skills
  - Explain the difference between a force out and a tag play
  - Put coaches at the various bases discussing where the play should be if X position received the ball and the infield and outfield rotations
  - With force and tag plays make sure the player is gets to the proper positioning to tag the base and stay away from a slide
  - Encourage communication in both the infield and outfield as to where the play is and where to throw the ball

### **Hitting (30 Min)**

- Tee

- [Athletic stance with no stride approach](#)
  - Feet positioned straight or slightly inward with weight on the inside
  - Feet are positioned just outside the shoulders with equal weight on each
  - With a bat utilizing a tee, to contact and through to extension starting slow then progressively getting faster maintaining proper form
  - Focus on staying athletic through to extension with chin staying down
  - Finish the swing finishing high at the shoulder
  - [Move the tee to inside contact point](#)
  - [Move the tee to outside contact point](#)
  - Make necessary adjustments to a player's swing
- Soft Toss
  - Coach kneels to the side and slightly in front of batter
  - Coach slowly tosses the ball to batters strike zone
  - Batter swings through with focus points above
- Front Toss
  - Coach pitches from 12-15 feet away
  - Keep focus on proper mechanics
  - Make necessary adjustments

## **Pitching (20 Min)**

- [Wrist snaps restraining pitching arm shoulders stay isolated](#)
- [L Drill](#)
  - Glove pointed to target
  - Body is open with glove shoulder facing target
  - Pitching arm is straight up with ball
  - Feet are positioned at a 45 degree angle towards target
  - Back heel starts raised
  - Player takes a small step with the front foot
  - Then the back leg drives towards the target
  - Back knee finished close to front knee
  - Glove arm and pitching arm drive down together
  - Wrist snap to target
- [Knee Arm Circle \(Right Handed Pitcher\)](#)
  - Right knee is on the ground at a 90 degree angle to the target
  - Left leg is extended to the target
  - Glove and front shoulder are facing target
  - Pitching arm is elevated above and out over the body
  - Player starts by driving the pitching arm down in a circular path
  - The ball is snapped toward the target by the hip
- [Full Motion](#)

## **Catching**

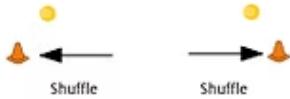
- Setup/Positioning
  - Feet are shoulder width apart
  - Knees fully bent
  - Back is straight
  - Glove arm is at 90 degree with glove opened towards pitcher
  - Throwing hand is behind back
- [Review Framing/Receiving](#)
  - Glove arm stays flexed and out in front
  - For an inside pitch, upon catching the ball the catchers thumb is up
  - For an outside pitch, upon catching the ball the catchers thumb is down
  - For a high pitch, upon catching the ball the catchers palm is down
  - For a low pitch, the catcher receives the ball finger tips up



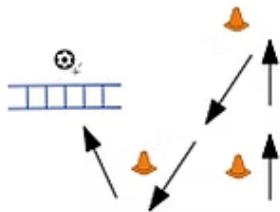
## PRACTICE 11 Focus: Agility, Pitching/Catching, Throwing, Catching, Infield Dailies, Hitting, Team Defense Infield/Outfield

### Agility Warm Up (10 Min)

- With a glove, player shuffles left and when in front of the ball, breaks down into the proper fielding position and then shuffles to the ball opposite and repeats
- Encourage staying athletic
- Do this 3 times to each side



- With a glove, player starts at bottom right cone and sprints forward to the cone ahead, back pedals to bottom left cone and approaches the ladder and ball breaking down into a proper fielding position



### Catching/Throwing (10 Min)

- Knee wrist snaps with glove
- Throwing from the knees
- Regular throws starting close and slowly move back.
- Add a competition for fun having the players attempt to throw into a bucket from 10-12 feet
- The focus is on elevating the ball with a proper release point and wrist snap
- Catching and moving through the ball
  - Player sets up in an athletic position
  - The player steps forward with her glove foot as she receives the ball fingertips up and throwing hand to the side
  - The player continues working through the catch by carrying her momentum forward as she crosses over with her throwing hand foot
  - The players momentum continues through the ball as she plants her throwing hand foot
  - Her glove foot strides toward the target finishing in a throwing position

### Infield Dailies (10 Min)

- Dailies are performed by two players that are 5-7 feet apart
- If the players are having difficult feeding to each other and it's not efficient, have the coaches step in
  - Grounder

- Short hop
- Forehand

### Hitting (25 Min)

- Tee
  - Athletic stance with no stride approach
  - Feet positioned straight or slightly inward with weight on the inside
  - Feet are positioned just outside the shoulders with equal weight on each
  - Have the player just get to contact and through to extension starting slow then progressively getting faster maintaining proper form
  - Focus on staying athletic through to extension with chin staying down
  - Have the player take a full swing finishing high at the shoulder
  - Position the tee to the middle contact point and have the player take a full swing
- Soft Toss
  - Coach kneels to the side and slightly in front of batter
  - Coach slowly tosses the ball to batters strike zone
  - Batter swings through with focus points above
- Front Toss
  - Coach pitches from 12-15 feet away
  - Keep focus on proper mechanics
  - Make necessary adjustments

### Infield/Outfield Defense (60 Min)

- Infield/Outfield
- Situations/Positioning
- Bunt Coverage
- Force Play/Tag Play

#### **● Infield/Outfield Warm Ups (20 Min)**

- Split the team in to two groups
- Have one coach work with outfield fundamentals throwing or hitting fly balls and grounders
- Have another coach work with the infield rolling or hitting grounders
  - You can have the players stay in one position or can rotate them through the infield from third, to short stop, to second, and then first
  - Work on force plays to first, second, third, and home and explain defensive positioning and coverages
  - Stress the fundamentals of good footwork, working through the ball, staying athletic, and good throws
- After 10 minutes, the infield goes to the outfield and outfield goes to the infield

### Infield/Outfield Defense (60 Min)

- Coach places the players in positions
  - The coaching starts with the outfield hitting to the left fielder, center fielder, then right fielder (Work on relays as well)
  - The coach hits each outfielder 2 balls with the outfielder throwing to second, then third
  - When the outfield is throwing to 2nd base:
    - The second baseman covers 2nd base on all balls hit to the left side of 2nd base
      - When the second baseman covers, the right fielder is the backup and gets in to proper position if the ball gets passed
      - The short stop is the cut off on all balls that get by the outfielders on the left side
    - The short stop covers 2nd on all balls hit to the right side of 2nd base
      - When the short stop covers, the left fielder is the backup and gets in to proper position if the ball gets passed
      - The second baseman is the cut off on all balls that get by the outfielders on the right side
  - When the outfield is throwing to third base:
    - The third baseman covers third base
      - The pitcher is always the back up
      - The short stop is the cut off on all balls fielded by the left and center fielder with the second baseman covering 2nd base
      - The second baseman is the cut off to balls hit to right field with the short stop covering 2nd base
  - The coach then hits balls to infielders
  - Each position receives 3-4 balls one at a time (Work on both force plays and tag plays and explain proper positioning of the receiver for each)

- When the third baseman fields:
  - When the third baseman throws home, the short stop rotates to cover 3rd base and second baseman covers 2nd base
  - When the third baseman fields a ball for a force out at 3rd base the short stop covers 3rd base if necessary
  - When the third baseman throws to 2nd base, the second base covers and turns two with the right fielder backing up
  - When the third baseman throws to 1st base, the first baseman covers with the right fielder backing up
- When the short stop fields:
  - When the short stop throws home, the catcher receives and the second baseman rotates to cover 2nd base
  - When the short stop throws to third, the third baseman covers and the short stop drop steps with balls hit to their glove side
  - When the short stop throws to 2nd base, the second baseman covers turning two
  - When the short stop throws to 1st base, the first baseman receives the ball
- When the second baseman fields:
  - When the second baseman throws home, the catcher receives and the short stop rotates to cover 2nd base
  - When the second baseman throws to 2nd base, the short stop covers turning two
  - When the second baseman throws to 1st base, the first baseman receives the ball
- When the first baseman fields:
  - When the first baseman throws home, the catcher receives and the short stop rotates to cover 2nd base
  - When the first baseman throws to 2nd base, the short stop covers turning two
  - When the first baseman fields she touches first for the out with the second baseman rotating to 1st base if needed
- Go through 3-4 cycles of the above with the infield and outfield
- Next, work on very basic situations with runners on various bases and let them know how many outs there are

## **Pitching (20 Min)**

- Wrist snaps restraining pitching arm shoulders stay isolated
- L Drill
  - Glove pointed to target
  - Body is open with glove shoulder facing target
  - Pitching arm is straight up with ball
  - Feet are positioned at a 45 degree angle towards target
  - Back heel starts raised
  - Player takes a small step with the front foot
  - Then the back leg drives towards the target
  - Back knee finished close to front knee
  - Glove arm and pitching arm drive down together
  - Wrist snap to target
- Knee Arm Circle (Right Handed Pitcher)
  - Right knee is on the ground at a 90 degree angle to the target
  - Left leg is extended to the target
  - Glove and front shoulder are facing target
  - Pitching arm is elevated above and out over the body
  - Player starts by driving the pitching arm down in a circular path
  - The ball is snapped toward the target by the hip
- Full Motion or Lunge Leg Drive

## **Catching**

- Setup/Positioning
  - Feet are shoulder width apart
  - Knees fully bent
  - Back is straight
  - Glove arm is at 90 degree with glove opened towards pitcher
  - Throwing hand is behind back
- Framing/Receiving
  - Glove arm stays flexed and out in front
  - For an inside pitch, upon catching the ball the catchers thumb is up
  - For an outside pitch, upon catching the ball the catchers thumb is down
  - For a high pitch, upon catching the ball the catchers palm is down



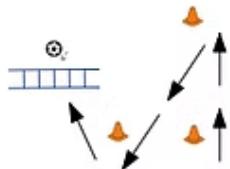
## PRACTICE 12 Focus: Agility, Pitching, Catching, Throwing, Catching, Hitting, Front Toss Live

### Agility Warm Up (10 Min)

- With a glove, player shuffles left and when in front of the ball, breaks down into the proper fielding position and then shuffles to the ball opposite and repeats
- Encourage staying athletic
- Do this 3 times to each side



- With a glove, player starts at bottom right cone and sprints forward to the cone ahead, back pedals to bottom left cone and approaches the ladder and ball breaking down into a proper fielding position



- Stationary feeds to a player with no glove
- Have player get into a proper fielding position and roll balls directly to them so their feet can stay stationary
- Focus is on getting the player into the proper fielding position and reaching out for the ball with their glove hand palm facing the ball and throwing hand over the glove hand
- Roll 3 to each and rotate

### Catching/Throwing (10 Min)

- Add a competition for fun having the players attempt to throw into a bucket from 10-12 feet
- The focus is on elevating the ball with a proper release point and wrist snap
- Stay athletic when receiving moving the feet to the ball

### Hitting (20 Min)

- Tee
  - Athletic stance with no stride approach
  - Feet positioned straight or slightly inward with weight on the inside
  - Feet are positioned just outside the shoulders with equal weight on each
  - With a bat utilizing a tee, to contact and through to extension starting slow then progressively getting faster maintaining proper form
  - Focus on staying athletic through to extension with chin staying down

- Finish the swing finishing high at the shoulder
- [Move the tee to inside contact point](#)
- [Move the tee to outside contact point](#)
- Make necessary adjustments to a player's swing
- Soft Toss
  - Coach kneels to the side and slightly in front of batter
  - Coach slowly tosses the ball to batters strike zone
  - Batter swings through with focus points above
- Front Toss
  - Coach pitches from 12-15 feet away
  - Keep focus on proper mechanics
  - Make necessary adjustments

### **Front Toss Live (50 Min)**

- Front Toss
  - Have the coach pitch from 12-15 feet away with a catcher
  - Put players in to appropriate defensive positions
  - Have 2-3 players hitting together and rotate after each get 2-3 at bats
  - Each at bat is live with the batter running
  - You can start each batter with a 1-1 count to speed things up
  - The coach can vary how many outs there are to change defensive options
  - Encourage the defense to communicate where the plays are
  - The coach should help with defensive positioning based on each situation
  - When runners are on base they should work on their lead offs

### **Pitching (20 Min)**

- [Wrist snaps restraining\\_pitching arm shoulders stay isolated](#)
- [Long Toss](#)
  - The pitcher starts at the mound and moves back about three feet after each successful pitch across the plate
  - Once the pitcher fails to reach the plate, she moves forward and starts her long toss from that location
  - The pitcher pitches 20 pitches from this location
- [Full Motion](#) from the mound

### **Catching**

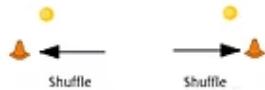
- Setup/Positioning
  - Feet are shoulder width apart
  - Knees fully bent
  - Back is straight
  - Glove arm is at 90 degree with glove opened towards pitcher
  - Throwing hand is behind back
- [Framing/Receiving](#)
  - Glove arm stays flexed and out in front
  - For an inside pitch, upon catching the ball the catchers thumb is up
  - For an outside pitch, upon catching the ball the catchers thumb is down
  - For a high pitch, upon catching the ball the catchers palm is down
  - For a low pitch, the catcher receives the ball finger tips up



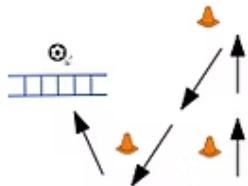
## PRACTICE 13 Focus: Agility, Pitching/Catching, Throwing, Team Scrimmage

### Agility Warm Up (10 Min)

- With a glove, player shuffles left and when in front of the ball, breaks down into the proper fielding position and then shuffles to the ball opposite and repeats
- Encourage staying athletic
- Do this 3 times to each side



- With a glove, player starts at bottom right cone and sprints forward to the cone ahead, back pedals to bottom left cone and approaches the ladder and ball breaking down into a proper fielding position



- Stationary feeds to a player with no glove
- Have player get into a proper fielding position and roll balls directly to them so their feet can stay stationary
- Focus is on getting the player into the proper fielding position and reaching out for the ball with their glove hand palm facing the ball and throwing hand over the glove hand
- Roll 3 to each and rotate

### Pitchers/Catchers Warm Up (15 Min)

#### Catching/Throwing (10 Min)

- Add a competition for fun having the players attempt to throw into a bucket from 10-12 feet
- The focus is on elevating the ball with a proper release point and wrist snap
- Stay athletic when receiving moving the feet to the ball

#### Hitting (20 Min)

- Tee
  - Athletic stance with no stride approach
  - Feet positioned straight or slightly inward with weight on the inside
  - Feet are positioned just outside the shoulders with equal weight on each
  - With a bat utilizing a tee, to contact and through to extension starting slow then progressively getting faster maintaining proper form

- Focus on staying athletic through to extension with chin staying down
- Finish the swing finishing high at the shoulder
- Move the tee to inside contact point
- Move the tee to outside contact point
- Make necessary adjustments to a player's swing

- Soft Toss

- Coach kneels to the side and slightly in front of batter
- Coach slowly tosses the ball to batters strike zone
- Batter swings through with focus points above

- Front Toss

- Coach pitches from 12-15 feet away
- Keep focus on proper mechanics
- Make necessary adjustments

### **Team Scrimmage Player Pitching(45 Min)**

- Live scrimmage with the player pitching
- Allow the player to pitch a maximum of 4 balls to each batter to keep things moving
- Teams are split up in to groups of 2-3
- They rotate to hit 2 times, then rotate to defense
- Every swing is live with the batter running
- Have the batters stay on the base if they are safe to work on base running as well as having different defensive situations
- Players are in appropriate defensive positions
- Coaches are on the field helping communicate where the play is
- Coaches can walk around asking players if they get the ball where is the play, what are they going to do with the ball
- Encourage communication on the field

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