

OFFENSIVE DRILLS

- 1) **Swing mechanics**
 - a) Gather(weight on inside of back leg)/Toe touch/hands set/knob pointing at catchers toes
 - b) Heal slam/knee drive back heel comes up(weight transfers to inside of front leg)
 - c) Start hip turn/Elbow nudge/back elbow grazes hip when hands come through, hands inside the ball
 - d) Connection - palm up/palm down, out in front of your body, arms at 90 degrees, hands in front of barrel
 - e) Extension - barrel pointing to target, palm up/palm down still
 - f) Finish high

- 2) **Bunts** -
 - a) Bunts - check plate coverage by having girl put bat on ground from her bunting position. Bend a waist to cover outside
 - b) Drag bunt - normal stance, shuffle feet right/left, hands come in to body, tuck bat and start to run, drop bat after 1-2 steps

- 3) **Various Drills** -
 - a) Attack(20 reps) - just working on getting to toe touch, with weight on inside of back leg
 - b) Tee Drills - middle/inside/outside/high/low
 - c) Tee drill - gather to toe touch(pause) heal plant, hit
 - d) Extensions - hit normal, but stop at extension(check for proper form)
 - e) Bat throws - if they have proper balance and even grip with their hands, bat should go straight. Most kids will throw bat to the left. Need a stronger top hand.
 - f) Small bat(one handed hitting) - Hit with a small tee ball bat with one hand at a time
 - g) Head on - 20ft away or so. 10-15ea middle, inside, and outside pitches
 - h) Timing drill - head on pitching from 2-3 different distances
 - i) Stand In's - have girls stand in without a bat during pitching practice. Good for pitcher to have a batter, good for batter to see pitches and learn to watch the ball all the way in.

- 4) **Baserunning** - run like you're going to get home. Always look to take the next base.
 - a) Four Base Drill - divide girls evenly to all 4 bases. players at home fake hit, run hard through 1st/runners on 1st steals, slide into 2nd/runners on 2nd start with a lead, back to the base to tag up, then run and stand up on 3rd, runners on 3rd take a lead, dive back in, get up and go home. Keeps all the girls moving.
 - b) Read the ball - Have a girl on 1st, 2nd, 3rd hit the ball in various parts of the field and have the girls read the ball and decide what to do(tag up, go half way, shuffle and go hard)
 - c) 1st base - touch front part of bag, look at the field, break down
 - d) Rounding the bases - have coach stand off back corner of bag
 - e) Sliding(hook slide, head first, touch home with hand slide), slide/pop up/run
 - f) Leads - timing the lead for a straight steal, rock and start at top of windup

Offensive Discussions/Breakdowns

- Counts, inside/outside corners
- Signs (Bunt, take, fake bunt, steal)

DEFENSIVE DRILLS

3 B's - Ball/Base/Backup - each girl should be doing one of the 3 B's on every play.

- 1) **Ready position** -
 - a) be big
 - b) creep in
 - c) Right foot>Left foot>Ready when pitcher releases ball

- 2) **Fielding mechanics** -
 - a) We just teach, step with right foot, left foot, then get down to field, bring it in and then step right foot, left foot, throw. So we say, right left, down, right, left throw.
- 3) **Team Defense Drills** - PRACTICE UNDER PRESSURE
 - a) Situations - with baserunners or stopwatch, know the Primary play, think about the Secondary play
 - b) Bunt Coverage
 - c) Four Corners - divide girls evenly to all bases, throw around to all bases, working on foot work, quick releases. Do a few rounds, then add a tag and throw, spin and throw, tag, spin and throw.
 - d) 4321 drill - girl at each base, yell out a random number combo, throw to each position accordingly.
 - e) Around the world - coach hits to 2nd, girl runs to first. She must try to beat the ball home. 2>3>1>SS>4
 - f) Pitching machine - shoot balls to catch forehand and backhand liners
 - g) Pitching machine for short and mid range hops
 - h) DP drill - (one base at a time) work on DP for 2nd(step backs),SS(come through), 3rd(step back touch base go 1, digs/scoops for 1st basemen
 - i) Cutoffs - middle IF are relays for deeper balls, pitcher is cutoff for other throws. Ball, base, backup
 - j) Catcher signs - IF read Catcher signs and play accordingly
 - k) Mine/Yours - put the girls at 3rd/SS hit a ball between them, have to work on calling the ball, and the other girl has to cover 3rd. Do the same thing at 1st/2nd
 - l) Double play footwork 2nd/SS - work on flips to 2nd bases.
 - m) 12 OUTS - get 12 outs in a row or start over

- 4) **Outfield Drills**
 - a) Drop Steps
 - b) Containment
 - c) DO or DIES - Field on glove hand leg, stutter, crow hop, throw, follow through, forward momentum
 - d) Backing up each other and bases
 - e) Pitching machine for fly balls

DEFENSIVE STRATEGIES

- 1) Defensive Depth - 1,2,3, Mid INF PM, when to use each one