



# Baseball Drills

Name	Focus										Description
	Hit	Bunt	Field	Catch	Throw	Catcher	Pitcher	Infield	Outfield	Base running	
Line Throw Drill			●		●			●			2 lines of players behind 2 lines of balls Player picks up ball by hand and throws to first Player goes to end of line Alternate lines
3rd Base Drill			●		●			●			2 players at 3rd, 2 at 1st, 2 at catcher Hit ball to third. Player throws to 1st First baseman throws to catcher After each player at 3rd gets 4 or 5 balls yell rotate and players rotate clockwise
Lead Drill				●				●	●		Line up players in a line Lead players with a short fly. Player runs out to catch fly.
Line Master Drill				●	●						Team lines up on baseline arms length apart Linemaster stands 20 yards back. He tosses ball to first player Second player then throws ball to linemaster Goes up line and then rotates
Around the Horn				●	●			●			Pitcher to catcher to 3rd to 2nd to 1st to Short to 3rd to home Time how long it takes to go around the horn and compete
Diamond Drill				●	●			●			3 players at each base Players throw around the horn Next player takes place after throwing - How many times without dropping
3rd Base Knee					●			●			1st baseman and a line of players on their knees around 3rd base Roll ball to player and he throws on his knees to first
Goalie Drill			●					●			2 cones with 1 player in between. Set up two sets of cones between base Coach rolls ball and player tries to block ball with glove. Don't need to catch - use side of glove Who stops most out of 10 tries
Short Hop Drill			●								2 lines of players about 20 yds apart Put cap in front of them. Players do easy throws trying to hit the cap and the player tries to field the ball with 2 hands.



## Baseball Drills

Name	Focus										Description
	Hit	Bunt	Field	Catch	Throw	Catcher	Pitcher	Infield	Outfield	Base running	
Relay Drill					•			•	•		1 infielder and 1 outfielder. Set up target at home about 3' high and 3' wide Throw ball behind outfielder. Outfielder picks up the ball and hits the cut-off man (infielder) Infielder takes the throw and tries to knock over the cones 1 pt if hit cut-off and 2 pts if hit cones Rotate outfielder to infield to line
2 Line Drill				•	•			•	•		2 parallel lines of 4 kids First person reaches for ball and throws to next. Lines race each other down and back
Reaction Drill			•					•	•		Soft covered balls or tennis balls Cones in a square. Player goes to each cone and takes a grounder from the coach in the middle Player rolls ball back to coach
Rag Ball - Soft Toss	•										Toss the rag ball from the side and batter hits it
Rag Ball - Bunt Drill		•									Throw rag ball from the front at the batter who bunts it
Rag Drill - Tee	•										Batter hits the rag ball off of the tee
Rapid Throw Drill				•	•			•	•		2 lines of players each with a partner Throw as many as you can in 30 seconds between each player
Circle Drill			•					•	•		6 to 12 players in a circle. Run for 30 to 60 seconds Throw to anyone on ground except player next to you See how many throws in time period
Run Down Drill				•	•					•	1 player and 2 basemen. Do a run down between bases.
Scream Drill				•				•	•		Coach tosses a ball up between players. Players work on calling for ball.
Wild Pitch Drill					•	•	•	•			Put ball behind catcher and hide it Say go - catcher finds ball and throws to pitcher covering home. Runner breaks from third Runner SLOWS UP as he approaches home to avoid injury



# Baseball Drills

Name	Focus										Description
	Hit	Bunt	Field	Catch	Throw	Catcher	Pitcher	Infield	Outfield	Base running	
1st Base Overthrow					●						Same as wild pitch drill except hide behind 1st basemen and have runner go to second.
Pitcher Balance Drill							●				Pitcher is in wind up. Coach hands pitcher ball and counts to 3 Pitcher throws to home. Works on balance.
Broom Handle Drill		●									Pitch rag balls to batter who practices bunting
Bunt and Glove Drill		●									Attach an old glove to a bat. Batter squares around and tries to catch ball with glove.
Bounce and Run Drill										●	1st baseman, 3rd baseman, and shortstop with runners at second. ● Coach throws the ball to short. Runner goes to third after player throws the ball. Scores on next play to home.
Tagging Up Drill										●	All 3 outfielders. Coach throws to outfielder. Runner tags up and goes to next base
Bunt w/ Man on Third							●				Bunt to third baseman ● Runner on third goes home on throw Pitcher fields ball and either throw to first or third
Bunt Practice	●	●									Get three swings 3 cones on side Start with bunts to begin - 2 bunt attempts Bunt between left and middle cone get 2 extra swings; bunt between middle and right cone get 1 extra swing Max 7 swings
Continuation Drill	●										Practice having 2 strikes and need to make contact. Keep batting until ball gets caught, strike or fly ball
Hole in the Diamond	●										2 infielders - 1 between 1st and 2nd and one between 2nd and 3rd If grounded by infielder get a run If caught, fly or stike is out



# Baseball Drills

Name	Focus										Description
	Hit	Bunt	Field	Catch	Throw	Catcher	Pitcher	Infield	Outfield	Base running	
Texas Two-Step	●										Put bat behind back. Take step with front foot like you are going to hit Twist back foot like putting out cigarette. Work on hips
Bail Out	●										If batter is bailing out with pitches put bats parallel behind the batter so they won't bail out.
Take Pitch Drill	●										Batter, pitcher, catcher and ump Batter takes pitches and calls them balls or strikes Compare calls to ump to develop eye
Pepper	●										Three fielders in 1/2 circle - 1 batter Throw balls to batter who hits them back
Two-Player Drill	●										One player or a coach tosses the ball in from the side and the batter hits it into the fence
Batting Tee	●										Hit off of a batting tee
Pitcher Back Drill							●				Hold the pitcher's pivot foot as he comes around This forces the pitcher to use his back and follow thru
Pitcher Covering First							●				Line up pitchers at mound and let them take turns circling to the inside of the bag to take the underhand toss Coach hits ball to 1st baseman away from bag Pitcher sprints over to cover first. 1st baseman does an underhand toss to the pitcher
Alligator			●		●			●			Put glove down with bare hand above the glove with palm down Clamp down on the ball when it hits the mitt Coach rolls the ball to the fielder who throws it to first baseman
Bouncing Ball			●		●			●			Throw a bouncing ball to the fielder who throws it to the first baseman
The Dive			●					●			2nd and Shortstop players with a coach Coach throws ball to either side of the players so they have to dive Players get up and toss ball back to the coach
Tennis Ball Pop-ups				●					●		Hit pops with a tennis ball and racket to players



# Baseball Drills

Name	Focus										Description
	Hit	Bunt	Field	Catch	Throw	Catcher	Pitcher	Infield	Outfield	Base running	
Fly-Ball Relay Drill				•	•			•	•		Have outfielder, cut-off and catcher. Hit fly balls to the outfielder who hits the cut-off who throws to the catcher