

Outfield:

Relay drill:

- Two lines RF and LF, 3 balls per line
- Throw over shoulder catch and throw. Left side, Right side and back to Left side

Run and Catch:

- Throw pop up away from player, he relays to coach, throw second pop up in the opposite direction. Helps with coordination of catching ball on the run.

Infield:

Infield drill:

- One coach near first base of home hits grounders to 3rd and SS, kid throws to 1st
- Second coach is near third base side hits grounders to 2nd, kid throws to a player with coach

Red drill: See attachment

Hitting:

Soft Toss:

- Coach tosses ball underhand off to the side as the kid hits into the fence/net. Teach to hit inside of ball

Tee Drill:

- Set tee up, kids can hit into fence/net. Teach stride and swing

Miscellaneous:

Team Drill:

- Field a defensive team. Leave 3 or 4 players in to hit. Coach pitches. Team gets 3 outs, then replace them with 3 new hitters.

Tag up drill:

- Place runners on the first and throw pop ups/fly balls/line drives to the fielders. Practice tagging after catch. OF throws to cut off man. Make sure the runners don't leave early, but can get back to bag.

Run Downs:

- 3 Man defensive drill with a runner. Practice running the runner back to the base he came from and tossing it once the runner commits to a base. You go to the base you threw at for the next round of the run down.

Bunting:

- Place bats in area of optimum bunting areas along first and third baseline. Coach pitches. Each player gets one strike to bunt fair. If he fails, next player goes. Good fair bunt takes player out of rotation. Go until only one player is left.