

Baseball Practice

- 4 people in a row and hit grounders. When one messes up, they go to the end of the line and do 10 push-ups
- 2 partners--roll ball to each other--left to right
- 2 rows--roll ball across gym and pick ball up correctly--Outfield drill
- Football toss--right/left
- Football toss--barehanded
- Line of people--throw in a row (relay race). Alternative--catch ball on backside of glove
- Ball in the air--turn around while ball is in air
- Fence Drill--hit ball against fence-10 pushups for each one that gets past
- Stealing--4-5 at a time
- Baserunning drill--simulate
- Run-Downs
- Line of people--throw from 1st to 2nd person, 1st to 3rd, 1st to 4th, etc.
- Soft Toss using two baseballs at a time--either hit bottom or top ball (or use one ball at a time)
- Swing at a Fence--players take normal swing against fence; bat shouldn't hit fence.
- Glove Circle--players get in a circle and throw grounders to each other
- Hand Circle--players get in a circle and swat ball to each other
- Two bucket grounders: Two buckets are used. The full one is by the coach, the empty one is about 45 feet away. Coach hits grounders to the players, they field the ball, and run to drop it in the bucket.
- Grounders--groups of 3: hitter, shagger, fielder
- Dive drill--start in crouching position
- Bunt situations
- Fungo Ball
- Cut-offs
- Fly Balls/Ground Balls
- Infield/Outfield
- Situationals
- Scrimmage with a 3-2 count
- Scrimmage with a 1-1 count
- 6 outs with PERFECT THROWS
- Two Pitch--Batting team supplies pitcher. Only two pitches per batter
- Cricket--After batter hits ball that he throws up to himself, he/she run around bases before fielders throw it to first and then home. ALT: Runner goes to 2nd then home.
- Making cuts--each outfielder gets 3 consecutive balls hit to them and they make correct throws
- 1st and 3rd Situation
- Stealing situation