

DOWNERS GROVE YOUTH BASEBALL

COACHES TRAINING DRILLS





Downers Grove Youth Baseball Spring Drills

General Practice Guidelines

Warmups

Stretching/Jogging

Throwing and Catching

Infield

Outfield

Hitting

Pitching

Catching

Station 1 **Throwing and catching (all kids)**
1 knee (whiffles)
Hand position
Pull
Throw/Follow-through
Standing catch
Throwing mechanics
Fielding thrown balls
Hand positions
Moving feet



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- Station 2** **Infield (toss/then hit) (1 coach per 4 kids)**
 Basic Ground ball
 Footwork – outside the ball
 Hand position – down and in front of eyes
 Throws – Pull, throw, follow throw
- Station 3** **Outfield (1 coach per 4 kids)**
 Basic Fly ball (toss Drill) tennis balls
 Receiving position – ball above eyes
 Power step
- Station 4** **Hitting (toss/tee) (1 coach per 4 kids)**
 Foot position
 Wide stance
 Hand/Fingers position
 Bat on shoulder
 Elbows in
 Back hip forward
 Bat Handle down to ball
 Drive bat through the zone
- Station 5** **Pitchers (1 coach per 2 kids)**
 Fundamentals
 Stretch
 Balance
 Throwing motion
 Pitching to catcher/coach
 Focusing on target
 Throwing to target vs. Aiming
- Station 6** **Catchers (1 coach per 2 kids)**
 Fundamentals
 Wearing Equipment
 Stance
 Receiving the ball
 Throwing back to mound



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Other Drills

**Catcher throws to 1st
Outfield backups
Covering bases
Making Tags**

**Baserunning (all kids together)
Running through 1st
Rounding bases
Sliding**

**Infield
Force outs**

**Outfield
Fielding Ground balls
Backups**

**Pitchers
Fielding position**