

THE PROGRAM, YOUTH SKILL DEVELOPMENT

2016 MWLL COACHES CLINIC

Speed and Agility Drills

QB's – 10 yards away, jog toward coach and toss tennis, at coach player sprints a pattern and tries to catch the ball that coaches leads them with. (Quick toss, deep, 3 step turn, slant routes, and any others.

Band Training – 3 step resistance, feel acceleration. Dry run with infield and outfield positions, no glove. Running to 1st, stealing a base and rounding a base. (Moments players should be feeling acceleration)

Philly Fun Run – 4 cones set up to make a box. Sprint, side shuffle, back pedal, side shuffle

LSA's – 3 Cones 5-10 feet apart with a ball on top, start in middle straddling cone. Run left/right to knock off ball, back across to far side and then finish with middle ball. (Start with 90', 180' & 270' athlete hops)

Hard 90's – SPRINT to 1st EVERY time, break down and look right.

Dot Drill – Draw 5 dots in shape of an X, feet must always land on dots and never twice in the same spot or facing same direction. Jumping high and landing athletic.

*Be creative but have meaning and purpose behind your drills. Players need to understand your purpose and meaning, not adults.

“Where Work Ethic Is Born & Athletes Are Created”