

<b>New Richmond Baseball Club</b>
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Drill	Time		Skill
Dynamic Warm-Up	Start Time	5 Min	Flexibility/Stretching
- Lunges, Open Gate, Monster Walk, Karaoke			
- Half Speed 60ft, 3/4 Speed 60f, Full Speed 60ft			

Throwing Progression		20 Min	Build Arm Strength
- From One Knee (Snap Wrist)			
- From One Knee (TURN, BREAK, POWER L, FINISH)			
- Feet Together (TURN, BREAK, POWER L, FINISH)			
- Turned Sideways (BREAK, POWER L, FINISH)			
- Play Catch (Keep Feet Moving)			
- Long Toss (Move Back Every Minute)			
- Championship Catch (60 FT - NO TALKING)			
Comments:	Really focus on proper mechanics. Don't rush throw it.		

Coaches Talk		5 Min	Team Building
- Expectations, Character, Etc.			

Hitting Drills		45 Min	Hitting to all fields
Catch and Crush	Wiffle Balls - 4 Players - Coach		
Angle Toss	Smush Balls - 4 Players - Coach		
Two Ball - Soft Toss	Heavy Balls - 4 Players - Coach		
Comments:	3 Rotations, 15 Min., Keep kids moving, Quick between stations		

Defensive Drills		20 Min	IF Defense
Two Bat IF	3B to 1B and SS to 2B		
	SS to 1B and 3B to 2B		
	1B to 3B and 2B to SS		
Comments:	4 Rotations, 5 Min., Keep kids moving, Quick between stations		

Hitting Drills		25 Min	Competing
Front Toss and Soft Toss	Split kids in half. Half in Field, Half Bat		
	3 Front Toss - 3 Soft Toss - Rotate		
Comments:	Make sure kids do both front and soft toss. Work on different things with each drill. Set them up next to each other. Kids in the field need to pay attention to both balls.		