

<b>New Richmond Baseball Club</b>
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Drill	Time		Skill
Dynamic Warm-Up	5:00	5 Min	Flexibility/Stretching
- Lunges, Open Gate, Monster Walk, Karaoke			
- Half Speed 60ft, 3/4 Speed 60f, Full Speed 60ft			

Throwing Progression	5:05	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	5:25	5 Min	Team Building
- Expectations, Character, Etc.			

Defensive Drills	5:30	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, 7 Min., Keep kids moving, Quick between stations		

Hitting Drills	5:50	30 Min	Hitting to all fields
Front Toss	Wiffles - 4 Players - Coach		
Angle Toss	Heavy Balls - 4 Players - Coach		
3 Zone Tee	Smush Balls - 4 Players - Coach		
Comments:	Focus on perfect reps, not speed. Let ball get deep on Angle Toss. 3 Rotations - 10 min each		

Defensive Drills	6:20	10 min	Position Specific
Forward Momentum	SS/2B - Coach		
NOW Drill	3B - Coach		
Stride to Catch	1B Area - Coach		
Defensive Drills	6:30	10 min	Position Specific
DP at 2B	SS/2B - Coach		
Dive Drill	3B - Coach		
4 Hole Coverage	1B Area - Coach		
Defensive Drills	6:40	20 Min	Position Specific
Catching Drills	Catchers - Coach		
Zig Zag	OF - Area - Kids that aren't catchers		
Lead	OF - Area - Kids that aren't catchers		
Comments:	Let the kids now what position you want them to practice. Not rotating on these drills.		