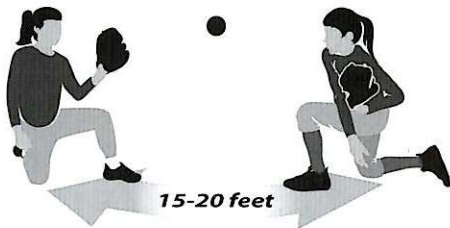


## KNEEL THROW

Arm strength, throwing motion

I/G/T

### OUTFIELD



- **Line them up:** Players line up in outfield with partners 15-20 feet apart.
- Players kneel with glove-side knee up.
- Play catch using only upper-body.
- **Key Point:** Players must rotate upper-bodies for proper throwing mechanics.
- **Make it a Game:** See which pair can catch most in a row.

## TURNAROUND

Locating fly balls

I/G/T

### OUTFIELD



- **Line them up:** Players line up in outfield.
- First player steps forward and turns back toward coach.
- Coach throws high fly ball and says, "Turnaround".
- Player must spin around and look up to make catch.
- **Key Point:** Explain drill properly before 1st time. Younger players can do same drill with grounders.
- **Make it a Game:** Make 2 teams. Count catches.

## SOFT-TOSS

Hitting moving ball

I/G/T

### HITTING



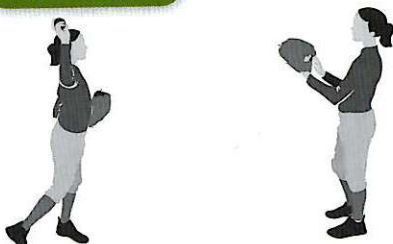
- **Line them up:** One player at plate. Other players fielding.
- Player stands ready to hit with "tossers" facing 4-5 feet away.
- Softly toss balls so that they begin at top of strike zone and fall towards front of plate. Batter hits ball on downward arc.
- **Key Point:** Players get many good swings in short time period.
- **Make it a game:** Let batter run to 1st on 10th hit.

## STEP BACK

Arm strength, throwing accuracy, catching

G/T

### OUTFIELD



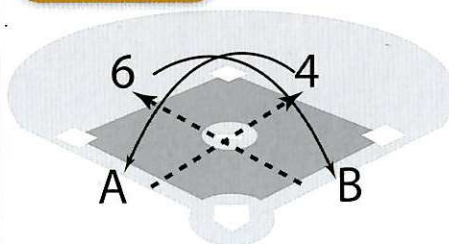
- **Line them up:** 2 lines, side-by-side in outfield, with partners 10 yards apart.
- On coach's command, players simultaneously throw to partner. Partner returns the throw.
- Each team successfully making both throws and catches take 1 step apart. Teams that missed sit down.
- Continue on, spreading farther apart, until only one pair remains.
- **Key Point:** Players should aim for partner's torso on each throw.
- **Make it a Game:** Switch partners and play again.

## CROSSFIRE

Fielding grounders, good throws

G/T

### INFIELD



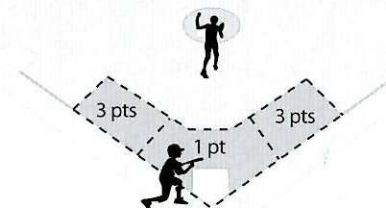
- **Line them up:** 1/2 team at shortstop and 1/2 playing 2nd. One coach with bat and glove positioned between home and 1st. Another between home and 3rd.
- In alternating, rapid-fire sequence, hit ground balls to each group. Players field ball, make good throw in, then go to end of line.
- After 5 minutes or so, switch shortstops to 2nd, and vice-versa.
- **Make it a Game:** Pit one group against other. Teams get 1 point for successfully-fielded ball and 1 for good throw. First team to 30 wins.

## BUNT ZONES

Bunting to specific locations

I/G/T

### HITTING



- **Line them up:** Players (wearing helmet) with bat at the plate. Coach, midway between mound and plate, pitching half-speed.
- Draw lines on field with bat (or chalk) marking out zones (see diagram).
- Bunted balls coming to a rest in zones are worth points as shown. Balls rolling out of zones worth no points.
- **Variation:** Younger players not yet bunting get points for each ball hit outside of marked area.
- **Make it a Game:** Divide players into two teams. Each player gets 3 bunts, alternating teams. Team with highest cumulative total wins.