

Top Drills To Incorporate Into Your Practice:

Machine Pitch: Put Baseball into a 6-7 year old's perspective

YOUTUBE: A Great Source For Practice Ideas!

✓ Warm Up

- "Practice Planning 101"
 - <https://www.youtube.com/watch?v=GLQAHpbqxyo&feature=youtu.be>
- "How To Set Up Baseball Drills For The Little Boppers"
 - <https://www.youtube.com/watch?v=gN5-xX0zylg>
- "Ron Washington runs Braves rookie Ozzie A. through fielding drills"
 - <https://www.youtube.com/watch?v=vDlnzZs4DUU>
- "The Infield Drill you should practice every day"
 - <https://www.youtube.com/watch?v=VaizYglUJdA>

✓ Hitting off the Tee & Soft Toss

- "Key Components of a sound baseball Swing"
 - <https://www.youtube.com/watch?v=Os9VzEfiFJg&feature=youtu.be>
- "Load, Stride, Swing"
 - <https://www.youtube.com/watch?v=fG7020cZM1Q&feature=youtu.be>
- Soft Toss From the Side Cal Ripken
 - <https://www.youtube.com/watch?v=O7FHkj4EUpY>
- "One Hand Drill- Cal Ripken"
 - <https://www.youtube.com/watch?v=9XkdpzNrsw0>

✓ Teaching how to Catch

- "Coaching Beginner Baseball | How to Catch"
 - <https://www.youtube.com/watch?v=Ohy4hOefDx4>
- "Coaching Youth Baseball Catching Drills & Skills"
 - <https://www.youtube.com/watch?v=Hu-gaaVLmNo&feature=youtu.be>
- "How to Teach Baseball Catching to 5-7 Year Olds"
 - <https://www.youtube.com/watch?v=2mRuWPJS64E>
- "Ripken Baseball Fielding Tip - Outfield Drop Step"
 - <https://www.youtube.com/watch?v=qvwkdxepqTk>



6-7

MACHINE PITCH DRILLS



Consistency



Repetition



High Energy



Small Groups



Top Drills To Incorporate Into Your Practice:

✓ Teaching how to Throw

- “How to throw a Baseball Step One (5 & 6 year olds)”
 - <https://www.youtube.com/watch?v=-Smcm2tCgIc>
- “One Knee Drill”
 - <https://www.youtube.com/watch?v=Xp7ble6OSFI>
- “How to Throw a Baseball - Baseball Throwing Mechanics”
 - <https://youtu.be/UHRU973uu2c>
- “Baseball Throwing Technique Drill #2 (7 & 8 Yr. Olds)”
 - <https://www.youtube.com/watch?v=1n7reOeGCvg>
- “Rifle Baseball Shadow Pitching Drills”
 - <https://www.youtube.com/watch?v=Byvv1ljKzmA>

Practice Tips:

- Small groups, high energy, keep it moving, learn the position names, repetition...repetition...repetition but... always bring something new to each practice.
- Throw to targets: hula hoops, buckets, targets, nets, coaches.
- Engage the parents for help both in games and practices.
- If you can time it, race it, or score it... you will keep their interest.
- “Simon Says” into the ready position (Simon says touch your head, toes, knees etc. last command is “Simon says “ready position” ... hit a ground ball/in the game to keep their focus)
- “Red light Green Light” with throwing mechanics reviewing their throwing fundamentals once you say red light (form, grip, follow through, eyes on target
- “Target Practice” set a baseball bat upright at first base and have the kids throw from a bucket of balls to knock over the bat: Time how fast they can do it from 2nd, SS, 3rd (make teams or as one big group)

YOUTUBE RESOURCES FOR ADDITIONAL IDEAS:

- 1. Ultimate Baseball Training: With Coach Justin**
- 2. Ripken Baseball: With Bill & Cal Ripken Jr.**
- 3. YouGoPro Baseball: With John Madden**