

# **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

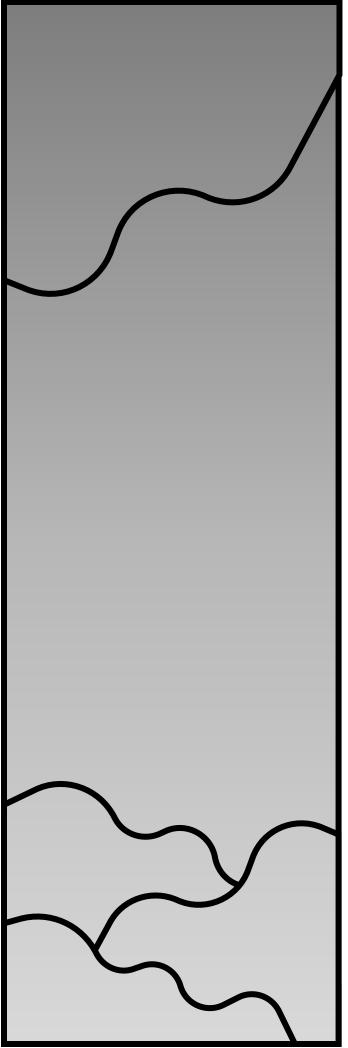
- "Practice Planning 101"
  - https://www.youtube.com/watch?v=GLQAHPbqxyo&feat ure=youtu.be
- "How To Set Up Baseball Drills For The Little Boppers"
  - https://www.youtube.com/watch?v=gN5-xX0zylg
- "Ron Washington runs Braves rookie Ozzie A. through fielding drills"
  - https://www.youtube.com/watch?v=vDlnzZs4DUU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

## ✓ Hitting off the Tee & Soft Toss

- "Key Components of a sound baseball Swing"
  - https://www.youtube.com/watch?v=Os9VzEfiFJg&featur e=youtu.be
- o "Load, Stride, Swing"
  - https://www.youtube.com/watch?v=fG7020cZM1Q&feat ure=youtu.be
- o 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=9XkdpzNrswo

# ✓ 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=HuqaaVLmNo&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



## **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
- o "How to Throw a Baseball Baseball Throwing Mechanics"
  - https://youtu.be/UHRU973uu2c
- o "Baseball Throwing Technique Drill #2 (7 & 8 Yr. Olds)"
  - https://www.youtube.com/watch?v=1n7reOeGCvg
- o "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 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 2<sup>nd</sup>, SS, 3<sup>rd</sup> (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