

# PRE-PRACTICE WORKOUT

1. JOG THEN STRETCH
2. WHEN FINISHED STRETCHING USE SET ROUTINE FOR WARMUP.

## EXAMPLE:

- A. HIGH KNEE RUN
- B. BUTT KICKS
- C. KAROKE - CROSS OVER STEPS
- D. CHECK OFF - 3 STEP LEAD
- E. STEP LEAD - CHECK OFF AND GO!  
SPRINT AFTER CHECKOFF
- F. CHECK OFF DIVE BACK HEAD FIRST  
LFT ARM TO SIDE / RT ARM EXTENDS TO BAG  
  
HEAD TURNED AWAY FROM BALL  
(BACK OF HELMET TO THROW BALL)

- G. FIGURE 4 SCRAMBLE  
LAY DOWN IN SLIDING POSITION SCRAMBLE UP

- H. ANY OTHER DRILL YOU WANT INVOLVING RUNNING!

## THROWING:

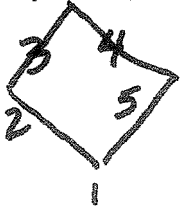
- 1) ONE KNEE THROWING DRILL, WORKING ON WRIST FLIP
  - A. MAKE SURE PLAYERS GRIP ACROSS THE HORSESHOE ON THE SEAMS
  - B. USE GLOVE HAND TO SUPPORT THROWING ELBOW

- 2) ACCURACY - 4 POINT THROWING GIVE TARGET (SORRY NOT MUCH OF AN ARTIST)  
GLOVE GOES SHOULDER HEIGHT 1-2  
WAIST 3/4 THEY TRY AND HIT SPOTS



## THROWING

### 3) STAR DRILL



1 to 3  
3 to 5  
5 to 2  
4 to 1

OR

1 to 4  
4 to 2  
2 to 5  
5 to 3

VARIATIONS CAN HAVE PLAYERS RUN TO LINE WHERE THEY THROW THE BALL... ALSO HAVE THEM CALL PLAYERS NAMES THEY ARE THROWING BALL TO

### 4) KEYS TO THROWING:


- A) OPPOSITE LEG FORWARD FROM THROWING ARM
- B) MAKE SURE THEY REACH BACK W/ THUMB DOWN FULL EXTENSION
- C) FOLLOW THROUGH EITHER "SWIM" OR "PICK UP GRASS" TO INSURE PROPER ARM POSITION AT CONCLUSION OF THROW

"YES THIS IS WAY TO SIMPLE... WE ALL KNOW IT'S NOT THIS EASY"

JUST KEEP STRESSING THE FUNDAMENTALS BUT FIND WAYS TO MAKE THEM "FUN"....

## FIELDING

- 1) FIELDING POSITION - TRY THE TRIANGLE APPROACH FOR THOSE THAT CANNOT GRASP THE CONCEPT

 HANDS OUT IN FRONT  
FEET SHOULDER WIDTH, BEND KNEES  
HEAD FOCUSED ON HITTER

- 2) HEAD WHILE FIELDING:

CROWN OF HEAD SHOULD BE DOWN

"I DO NOT WANT TO SEE YOUR GREAT SMILE WHEN YOUR FIELDING"

# FIELDING

## 3) MOVING FT CROSS OVER / BACKHAND

" TEACH TERMINOLOGY FIRST "

TOSS / ROLL BALL FOR CROSS OVER GLOVE SIDE

STAY LOW ON FIRST STEP (PIVOT) GLOVE LOW TO GROUND

BACKHAND DRILL:

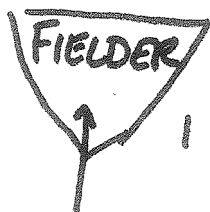
DOWN ON KNEE / ROLL BALL TO BACKHAND SIDE

SO THEY HAVE TO REACH TO GET BALL, MAKE SURE

THEY UNDERSTAND TERMINOLOGY.....

4) "SHORT HOPS" START WITH TENNIS BALLS, WIFFLE BALLS  
INCREDI BALLS STRESS

" SOFT HANDS, FUNNELING BALLS IN "



TOSSER

1 HOP BALL TO FIELDER, PROGRESSIVELY MOVING  
TO REGULAR BALL

## OUTFIELD DRILLS

1. REMEMBER TEACH "W" POSITION OF HANDS TO CATCH BALL  
ABOVE NOSE FOR HIGH POP FLYS

2) SEE DRILLS SECTION FOR

DROP STEP DRILLS

BACKUP DRILLS

CUT OFF DRILL

# HITTING

ALIGN DOOR KNOCKING KNUCKLES  
FEET SHOULDER WIDTH APART... BEND AT KNEES SLIGHTLY  
PUT BAT ON SHOULDER THEN RAISE BAT UP SO HANDS  
ELBOWS FORM UPSIDE DOWN  $\wedge$  HANDS  
- ELBOWS

. KNOB OF THE BAT GOES TO THE BALL

. SQUEEZE THE BUG

CHECK BALANCE - KNUDGE HIPS/JUMP UP & DOWN

CHECK BAT DROPPERS  
SWEEPERS ] USE SCREEN NOT FENCE TO TEST  
FOR WHAT MOVEMENT IS IN BAT

BALL ON HEAD SHADOW ANY MOVEMENT COULD BE A LUNGER  
HEAD SHOULD STAY ON SHADOW.....

FOLLOWING YOU WILL FIND SOME DRILLS TO USE IN  
PRACTICE SITUATIONS... BEST OF LUCK WITH YOUR  
SEASONS LET ME KNOW IF I CAN HELP IN ANYWAY

John Jabeta

496-8342 X253

270-0651 HOME B/4 9PM PLEASE

Jabeta @ ~~XXXXXXXXXX~~

MAIL.SANDI.NET

THE TIME YOU SPEND WITH YOUR DAUGHTERS  
WILL BE WELL WORTH ~~ON~~ IT!!

4-5 Change of Direction.

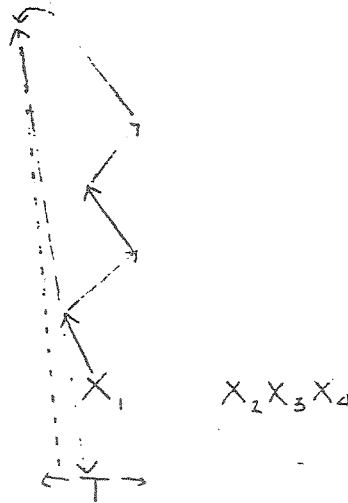


Thrower has ball in hand extended over head and is 10' in front of  $X_1$ .  
Thrower moves ball alternately from right to left side of body as a cue for  $X_1$ .

$X_1$  jogs diagonally backward varying the angle from right to left depending on position of thrower's arm.

A long deep fly ball is thrown after  $X_1$  has made several changes of direction.  
 $X_1$  catches the ball and returns it to the thrower then rotates to the end of the fielding line.

**GOOD DRILL**



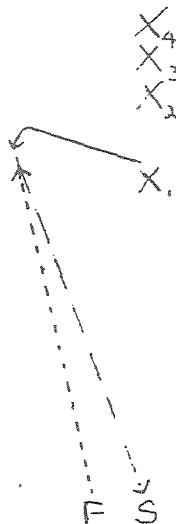
OUTFIELD PLAY 4-5  
Technique, Conditioning  
Indoor-Outdoor

4-6 Hit Fly Balls.

Line of fielders is located about 100' from fungo hitter and shagger.  
 $X_1$  stands 10'-15' ahead of  $X_2$ .

Batter fungo hits fly ball to  $X_1$ .  
 $X_1$  catches the fly and throws the ball in on one bounce to the shagger and then returns to end of fielding line.

Cues: Get body behind ball.  
Make catch on throwing side of body.  
Get right "leg under".  
Fungo hitter can vary difficulty of hit to challenge each fielder.



OUTFIELD PLAY 4-6  
Technique, Judgment  
Indoor-Outdoor (best)

#### 4-9 A-Trip.

Line of fielders is about 100' from fungo hitter and shagger.

X<sub>1</sub> starts to run to left.

Batter fungo hits fly ball in space ahead of X<sub>1</sub>.

X<sub>1</sub> positions body behind ball to make catch of the fly.

X<sub>1</sub> returns ball to shagger on one bounce and then continues to other side of field.

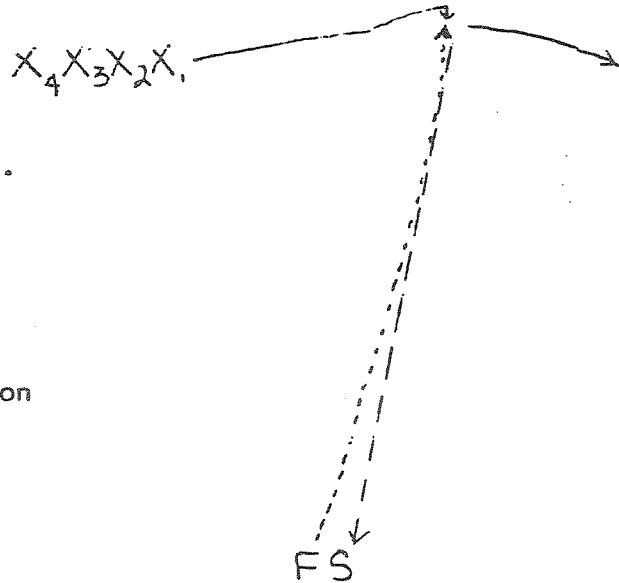
X<sub>2</sub> begins to run to left once fungo hitter has ball and is ready to hit again.

After X<sub>4</sub> returns ball to shagger, balls are hit with fielders moving to their right.

Cues: Fielders must vary angle of approach to ball depending on speed, direction and height of hit.

Attempt to make catch on throwing side of body with two hands.

Var: Ground balls can be mixed in with fly balls.



OUTFIELD PLAY 4-9  
Technique, Judgment, Conditioning  
Outdoor

#### 4-10 Balls Hit Between.

Two lines of fielders are spaced 50'-80' apart in the outfield and about 100' from a fungo hitter and shagger.

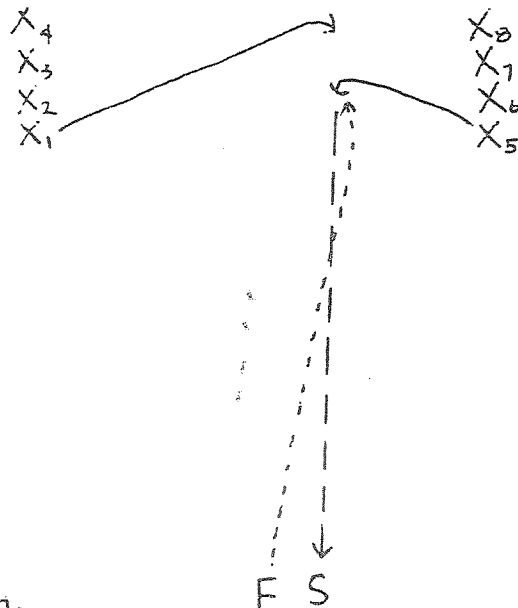
A fly ball is hit between X<sub>1</sub> and X<sub>2</sub>.

The fielder closest to the ball calls for it and proceeds to make the catch while the other fielder runs into the back-up position.

The player making the catch returns the ball to the shagger and both fielders rotate to the end of the opposite line of fielders.

Cues: The fielder making the catch needs to call "mine" early enough to allow the back-up fielder to get into the most effective position depending on type of hit.  
It is good safety procedure for the back-up fielder to acknowledge that the other fielder is making the catch.

#### \* GAP DRILL



OUTFIELD PLAY 4-10  
Technique, Judgment  
Outdoor

4-17 Relay Contest.

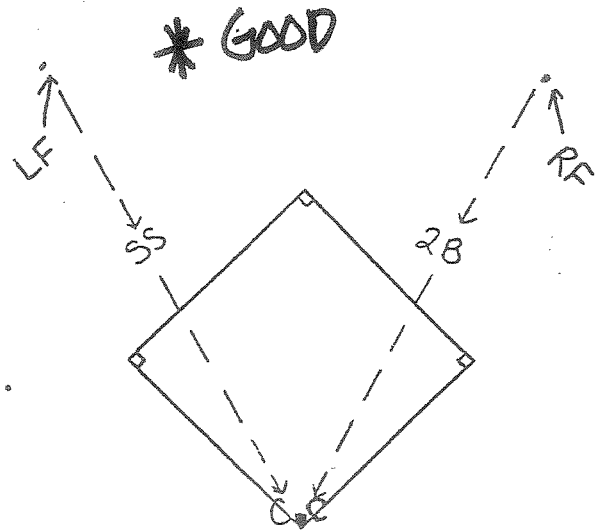
This is a contest to see which relay team can relay the ball into home plate first.

Each outfielder starts approximately 30' away from the ball, facing home plate.

On the signal, the outfielder runs back, picks up the ball and throws it to the relay person who then turns and throws the ball into the catcher.

Cue: Use mechanics explained in drill 4-13.

Note: Make sure to equalize the distances for the teams.



OUTFIELDPLAY 4-17  
Game Situation-Relay  
Outdoor

4-18 Throwing Runner Out on Fly Balls.

See drill 7-8 Tagging up on Fly Balls.

4-19 Blooper Coverage.

See drill 3-17 Infield-Outfield Blooper Coverage.

OUTFIELD PLAY 4-18, 4-19  
Game situations  
Outdoor

Ground Balls (continued)

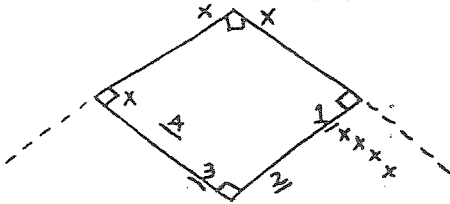
10. Barehand Drills. Field grounders barehand to practice softhands.

- 1. off a rolled ball
- 2. off easy hits

11. Dotted Ball. Put different colored dots on each ball. Hit ball at infielder who does not charge ball until she sees the color on the ball. As she calls color, she charges ball.

INFIELD DRILLS

1. Catcher Hitter



Rotating Infield Drill. Draw lines on diamond, must field ball behind line position 1, move to next position, and wait turn. Hit to all fielders at each position before going to next. All throws to 1st base. (#3 throw side arm, #4 underhand or side) Position 4 is slow roller that fielder charges.

2. Throws from catcher to first base (3 types)

Use pitcher, catcher and first baseman.

- a) Pitcher throws to catcher and catcher intentionally lets pitch get behind her, she recovers ball and throws to outside of 1st base.
- b) next pitch, catcher fumbles ball in front of plate, fields ball and throws to inside of first.
- c) Lastly, catcher signals for a pitch out and throws to first.

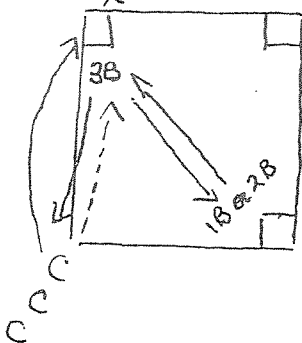
First base concentrates on correct position for tag.

\*Never throw across runner.



3. 3B-Catcher Exchange

**\* ROTATION DEF**

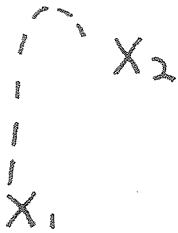


Catcher rolls bunt to 3B, who throws to 1B. Catcher hollers, "I've got 3", and gets return throw from 1B.

3B covers home and receives throw from catcher at 3B. Catcher + 3B return to end of line at their position. (Return outside playing field.)

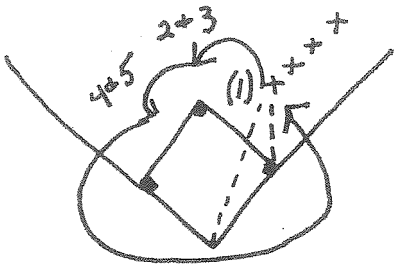
OUTFIELD DRILLS

1. KILLERS



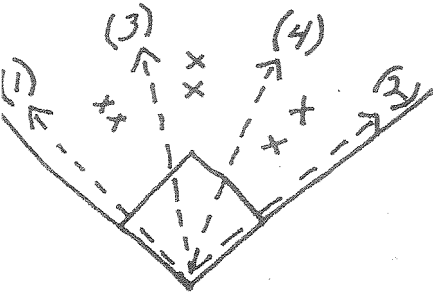
X (1) tosses ball to X(2) making her run X(2) gets in proper position, making an accurate throw. X(1) keeps tossing balls for 1 minute rotate.

2. CONTINUATION DRILL



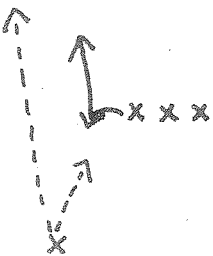
Line up fielders in right field (1) each player fields one ground ball, throws to first and moves to C.F. (2) Each player fields a fly ball (which is hit to deep right center) and throws to third (3) fields a ground ball and throws home. Player shifts to L.F. (4) fields a fly ball and throws home and sprints around home into R.F. ready to begin again. Hit to all players in line before hitting new situation.

3. DOWN THE LINE, UP THE ALLEY



Hit first two balls down the line. Hit second two balls in the alleys. All throws go home. One ball hit in the alleys players are to communicate (decide who will make catch and who will back up) and to trade with player next to them.

4. UP AND BACK



Hit ground ball and then hit ball over their head, next person in line becomes relay person.

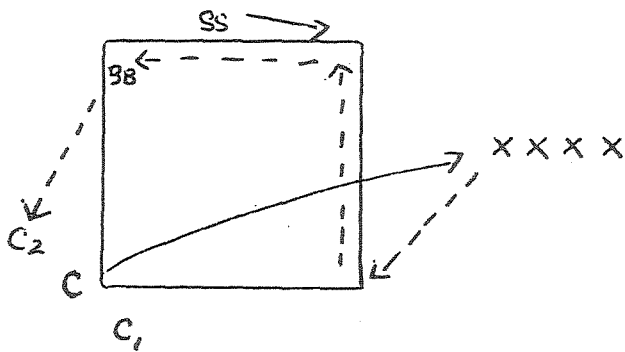
5. SHOOT THE GAP



Line up players in left field, hit ground ball to the right of second field, ground ball with proper position and make accurate throw.

Group Competition: Divide into teams.  
 1 point for fielding ball  
 1 point for good throw  
 1 point for proper body position

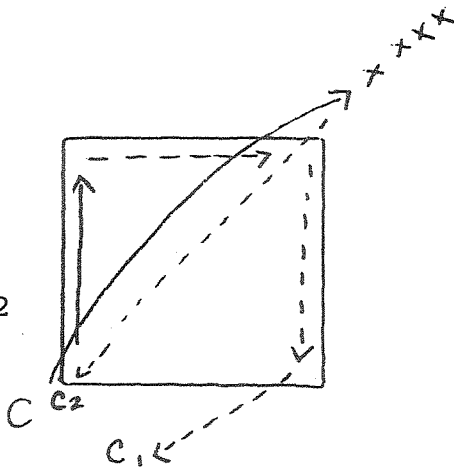
CAL STATE FULLERTON  
Continuation Drill



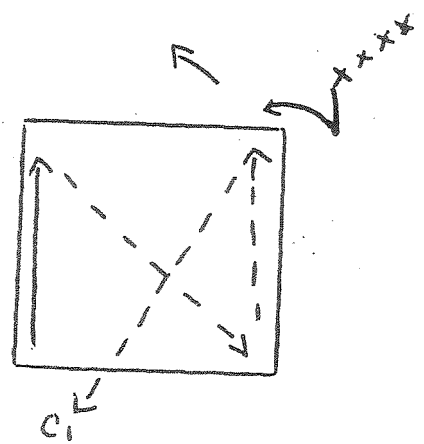
(1) Hit ball to RF on ground or one hop  
 RF → 1B → SS → 3B → C<sub>2</sub>

Alternate:

- (1) Fly to CF → home on bounce
- (2) Ground ball → 3B → 2B → 1B → C<sub>2</sub>

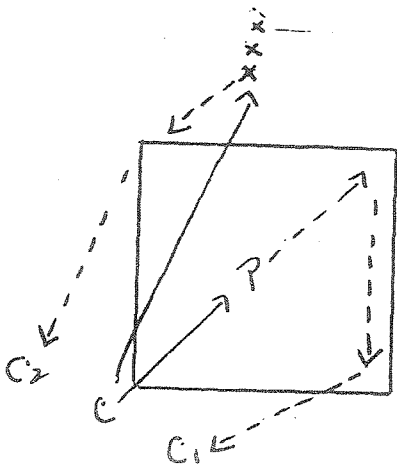


- (1) Hit ground ball to 3B - looks back imaginary runner at 2B → throws to 1B → 2B → C<sub>1</sub>. CF practices shift for covering possible throw to 2B and then actual throw from 1B.



Alternate:

- (1) Hit to pitcher → 2B → 1B → C<sub>1</sub>
- (2) Hit to LF → 3B → C<sub>2</sub>

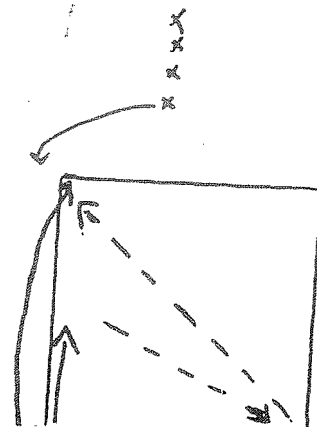


Bunt to 3B → 1B

Catcher covers third;

1B → 3B → Home

first fielder covers



4-15 Combination Relay Drill.

Line of fielders is 50'-60' from fungo hitter and shagger.

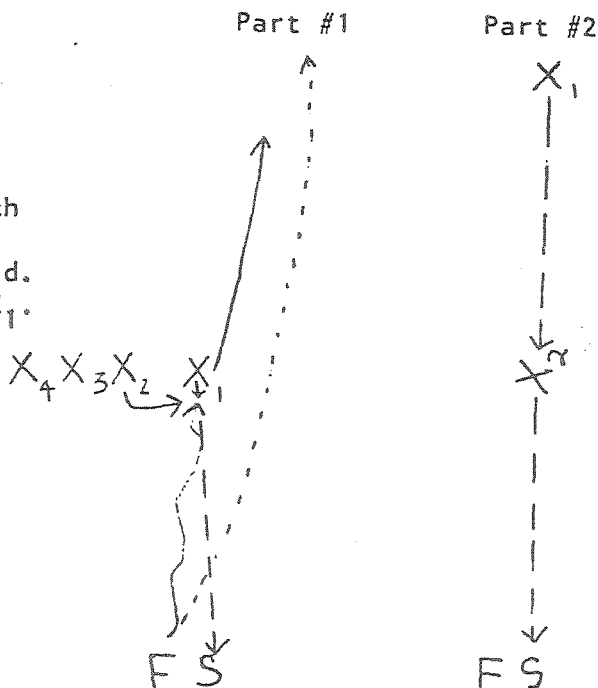
Part #1

A grounder is hit to X<sub>1</sub> who makes the catch and returns the ball to the shagger, then X<sub>1</sub> turns and runs deeper into field. Then a fly ball is hit over the head of X<sub>1</sub>.

Part #2

X<sub>1</sub> retrieves the ball and relays it to X<sub>2</sub> who has stepped out from front of line. X<sub>2</sub> relays ball into the shagger and X<sub>1</sub> goes to the end of the fielding line.

The sequence begins again with a ground ball being hit to X<sub>2</sub>.



OUTFIELD PLAY 4-15  
Technique, Throwing  
Outdoor

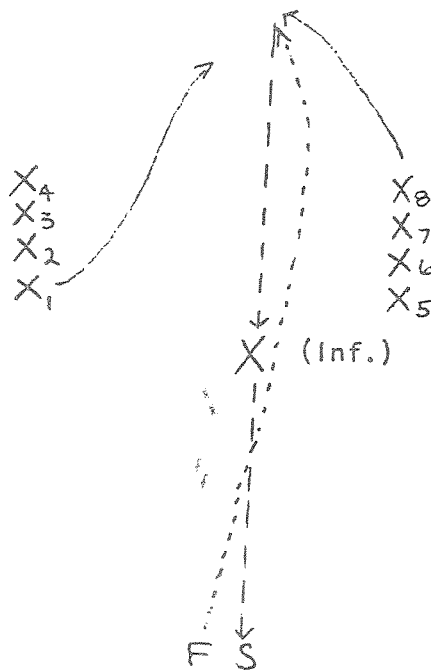
4-16 Game Situation Relay.

Outfielders are placed in left field and center field or right field and center field; an infielder is located on the same side of the field as the outfielders. Ball is hit deep between the outfielders. Either X<sub>1</sub> or X<sub>5</sub> retrieves the ball depending who is closer.

The outfielder throws shoulder high to the infielder who has positioned self close enough to the outfielder so the ball can be thrown on the fly with a forceful horizontal throw.

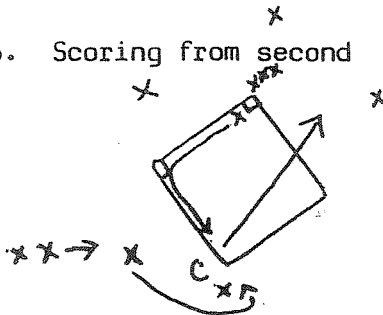
Infielder relays ball into shagger. Outfielders rotate to end of opposite fielding lines.

Var: Place fielders in each outfield position; use both shortstop and second baseman for relay; vary direction of the hits.



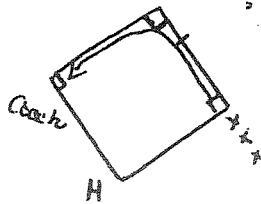
OUTFIELD PLAY 4-16  
Game Situation, Judgment,  
Throwing Accuracy  
Outdoor

6. Scoring from second



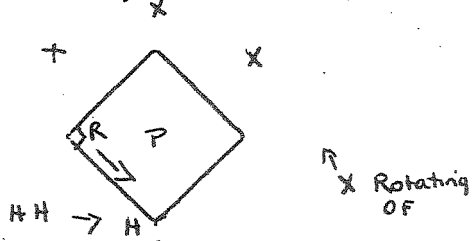
Coach fungo hits single to outfield.  
 Runner going all the way home unless  
 stopped by coach.  
 On deck batter moves into position to help  
 runner.

7. First to third



Coach fungo hits to RF. R approaches  
 2B and looks for signal to stop or continue  
 to 3B. If stopped, player turns and finds  
 ball.

8. Sacrifice flys with runner



Batter must hit sacrifice fly. If hit on  
 ground runner can't leave until fielded by  
 OF. Batter must then run to fence  
 (punishment), then replace outfielder.  
 Runner becomes hitter. Successful fly -  
 gets to hit again.

9. Running and offensive hitting

Runner on first.  
 Batter:

1. Bunts R to 2B
2. Hits to rightside to advance R
3. Hits and runs to 1st

Failure: Becomes runner immediately.