

Drill #19 Tennis Racket 2

- + Same drill as #18 except 4 players are used. 2 IF and 2 OF
- + 3B, SS, LF, CF
- +

Drill #20 Soft Toss Creep

Combines soft toss hitting and fielding

- + All Infielders and outfielders in positions
- + Coach soft tosses to hitter at home plate
- + Fielders execute and creep step
- + Bucket placed in centerfield. Fielded balls go to the bucket
- + COMMANDS **One .....Two....Three**
- + On 1 fielders yell READY, on 2 ball is put into play
- + Catch with two hands out front. Trap the ball with your glove as a cushion

Drill #21 Competition Batting Practice

- + Hits are scored similar to hitting league
- + 4 hitters per team/group
- + 5 rounds
- + Round 1 =5 swings Round 2=4 swings, Round 3=3 swings, Round 4=2 swings, Round 5= 1 swing

Drill #22 Rocket Relay

- + 3 players at 40-50 feet apart
- + Throw balls at chest height
- + Turn to GLOVE side to throw
- + Use feet to get into position – Quick Feet
- + Expect a bad throw and be ready.
- + Trap the ball with the glove. Get the ball out quickly

Drill #23 Call the Cutoff

Outfielders and Infielders including catcher working together

- + Coach hits ground ball to outfielder. Position coach behind pitchers mound
- + Outfielder throws to the appropriate cutoff man
- + Coach calls the base for the cutoff man to throw towards
- + Coach yells 4 and the throw goes HOME
- + Coach yells 2 and throws goes to 2B then 1B then HOME
- + Coach yells 3 and the throws goes to 3B then Home
- + Emphasize QUICK FEET, and QUICK HANDS
- + Good throwing techniques