

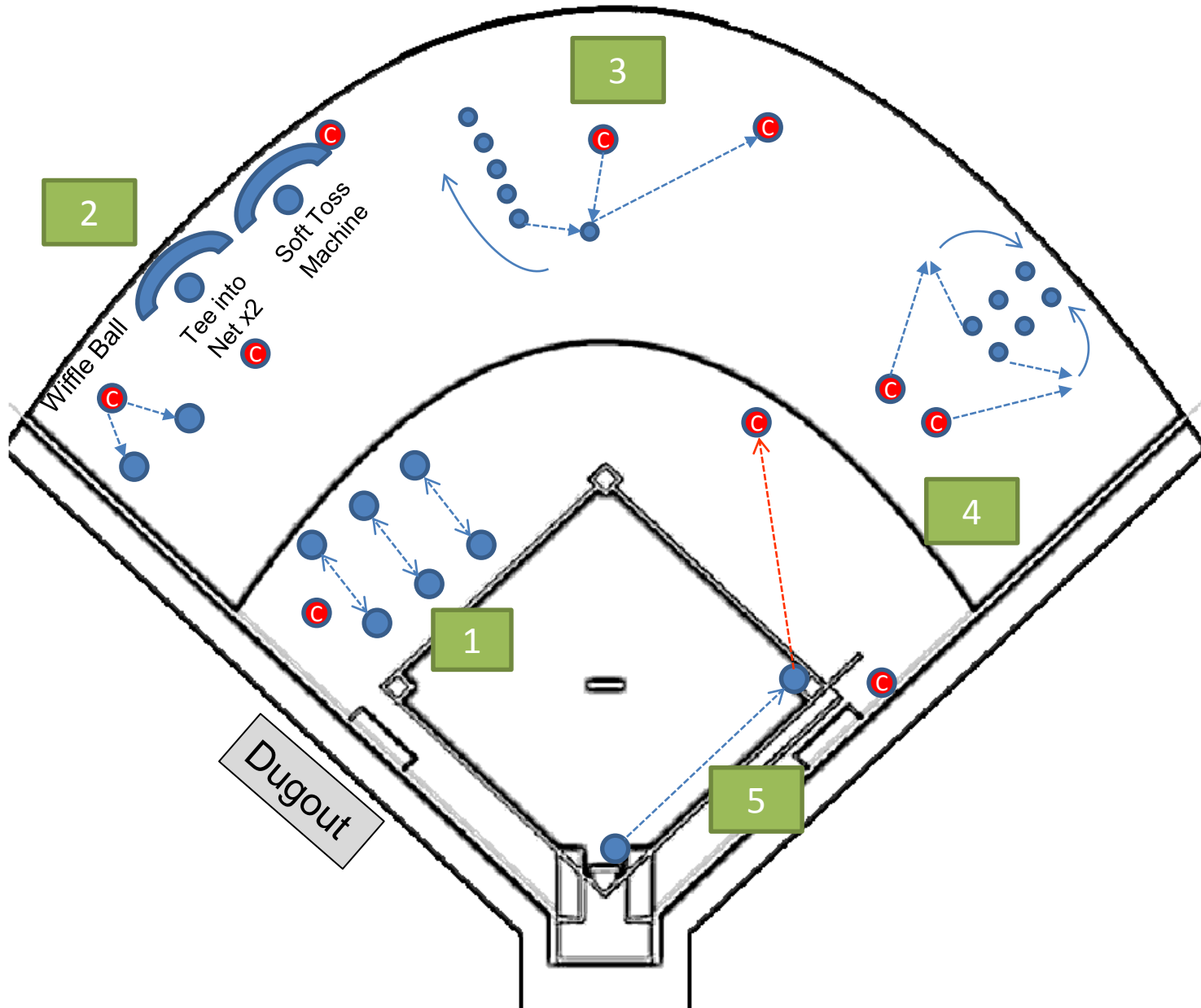
2016 Fall Ball – Rookie Majors

October 1, 2016

Practice Overview

- **Intro Discussion & Break into Groups (5 minutes)**
- **Rotating Drills (60 minutes, 10 minutes each station, 2 minutes to rotate)**
 - **Station 1: Grounders**
 - **Station 2: Hitting**
 - **Station 3: Throwing/Catching**
 - **Station 4: Pop-Ups at Angle (Drop Step and Crossover Steps)**
 - **Station 5: Baserunning (First Base)**
- **Exit Games (time permitting)**
 - **Bucket Throw**

Station Map



Station 1: Grounders – Coach Focus

- **Receiving the ball:**

- FEET WIDE
- BUTT DOWN
- HANDS IN FRONT

- **Drill**

- Two players as partners
- 8-10 feet apart (across the dirt of the infield)
- Partners roll the ball back and forth receiving it properly, 2 minutes each of:
 - Straight
 - Forehand side
 - Backhand side
 - One hops (directly in front)

- **Watch for good rolls**

- **Hands in front**

- **Look the ball into the mitt**



Station 2: Hitting – Coach Focus

- **One soft toss into net**
- **Two tees into net**
- **Two kids taking wiffle ball pitches from a coach on one knees (quickly alternating), one kid shagging balls**

- **Rotate when soft toss empties, coach at soft toss reloads balls.**

- **Depending on skill level focus on:**
 - **Stance**
 - **Hand position**
 - **Weight shift**



Station 3: Throwing – Coach Focus

- **Review grip** – a lot of kids are still doing this wrong. Two or three fingers. Across the seams.



- **Review throw motion**

- Swing arms out
- Fingers on inside of ball!
- Over the top
- Step through towards target



3.1 Start



3.2 Shoulder-to-Partner



3.3 Launch



3.4 Delivery



3.5 Finish

- **Drill 1 (see station map)**

- Player runs to cone
- Very short easy toss (~6ft) - we want them to catch these, the drill is about throwing
- Swings arms out, stops motion to show the proper grip (ball should be facing out, fingers in – you can stop them and tap the ball to be sure it is in the right place)
- Finishes throw to other coach (20-30 ft away), step through towards target

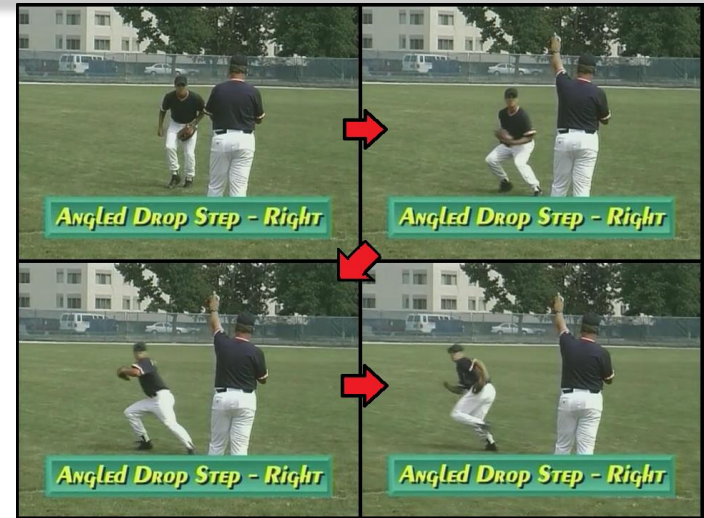
- **Drill 2**

- Three-man relay, kids 15 feet apart
- Catch throw, rotate middle player every few minutes
- Watch and emphasize grip, arm motion, follow through
- Don't chase balls! Coach tosses in a new ball if they miss a catch



Station 4: Pop-Ups – Coach Focus

- **Introduce “drop step”**
 - Line all players up
 - Demonstrate drop step left and right
 - “Fake-pump” toss to their left or right and have them do drop step only
- **Introduce “crossover step”**
 - Demonstrate drop step left and right
 - “Fake-pump” toss to their left or right, drop step, crossover, and a few steps
- **Drill**
 - **Toss to left or right, about ten feet behind them at 45 deg angle (see diagram)**
 - Make this very easy to start, we want to work on footwork and get them encouraged
- **Concepts to enforce**
 - First step is always back. Better to have the ball fall in front of you than go over your head.
 - Always keep eyes on ball (facing infield)
 - NEVER BACKPEDAL – that makes you fall over
 - “This will help you ROB HOME RUNS!”



Station 5: Baserunning

- **Running THRU first base**
 - Demonstrate how to hit first base
 - Put cone behind first base, don't stop running until there
 - Stay to fence side of cone (don't round)
 - Drill: each kid does 3-4 runs (jog back to home)
- **Rounding first base**
 - Show footwork
 - Use cones to force “Question mark” shape turn
 - Head up looking for ball in outfield
 - Drill: each kid does 3-4 runs. Coach in shallow right field with number of fingers held up. Kid has to yell out number of fingers up to show they are looking
- **Picking up First Base Coach**
 - Used for in-between plays (hard grounders that might get through)
 - Drill: Coach yells “GO FOR TWO” or “DIG!” and player has to make the turn or continue the hard sprint (3-4 times per kid)

