

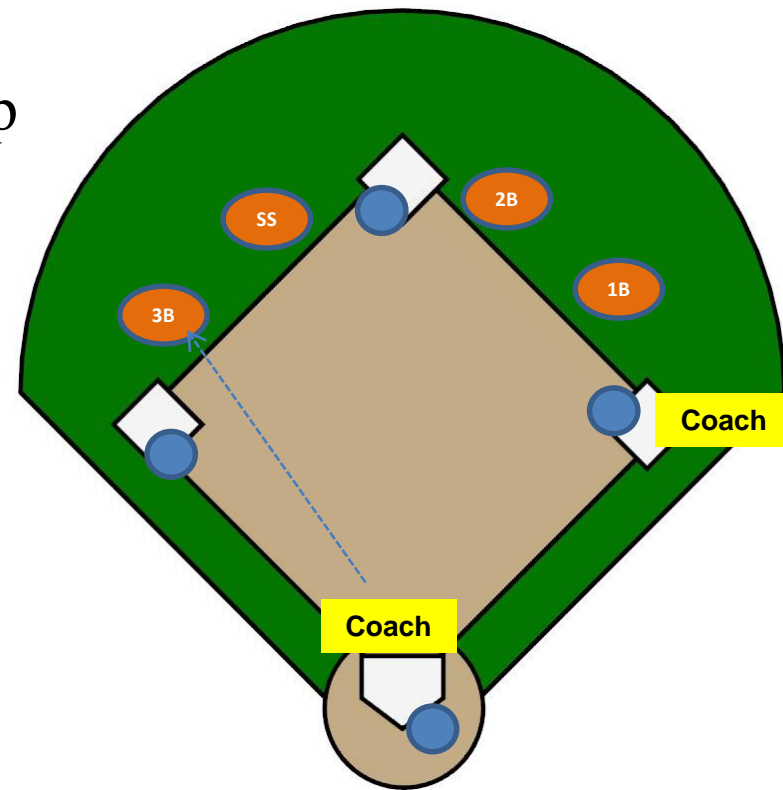
2016 Rookie Majors – Session 3

Practice Overview

- **Group Setup**
- **Rotating Stations (60 minutes, 15 minutes each station)**
 - 7-8 Players each station
 - **Station 1: Infield Play (Fielding and Baserunning)**
 - **Station 2: Throwing and Relay Drills**
 - **Station 3: Hitting / Catching on a Base**
 - **Station 4: Wiffle Ball Game**
- **Take Out Drill**
 - **Relay Throw vs. Relay Run**

Station 1: Infield Play

- Four infielders, four baserunners
- Coach hitting grounders, liners, short pop ups
- Second coach at 1B for receiving balls
- Focus is on keeping the ball moving quickly and getting a lot of reps on the grounders
- Stop to remind players of the right play to make: force outs, tag ups, etc.
- Switch runners and fielders halfway through



Station 2: Throwing and Relays

Drill #1: (2x)

- Set up one net in corner of outfield
- Players in semi-circle around net – 10 balls
- Stress stepping into throw into and following through to target (center of net)

Drill #2: (2-3x, make a competition)

- Set up cones along a line 30-50 feet from fence (depending on skill)
- Players in pairs, one at cone one 15 feet away towards fence
- Every successful catch, the player closer to the fence takes one step back
- Try to get to the fence

Drill #3 (2-3x, make a competition)

- Players in sets of three
- Relay throws
- Race is to get ball from start back to start

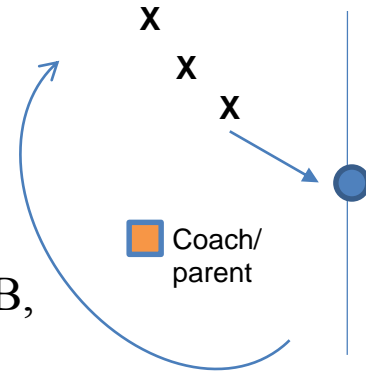
Station 3: Hitting / Catching on Base

Hitting area

- One player at soft toss machine into net
- One player hitting off tee into net
- When soft toss runs out, tee player moves to soft toss and soft toss player moves to next area

Player Skill Area #1: Catching at 1st Base

- 2-3 players cones along right field line
- One coach with bucket of balls
- Player is facing in as if playing 1B, coach says “Go” and player runs to 1B, faces coach and makes catch.
- No throwbacks to coach – player runs and drops ball in bucket and returns to line.
- Coach makes more challenging (difficult throws, longer throws, etc.) and talks about holding on the base vs. making the catch



Station 4: Wiffle Ball Games

Setup

- Four batters vs. four fielders
- One coach pitching
- Another coach catches/calls balls and strikes

Rules

- Only force outs (including force at first) and catches out of the air
- No plays at home
- All four batter hit then switch hitters and fielders
- Total score at end of the station time

Keys

- Getting kids used to the pitching count, making good choices at the plate
- Don't do a ton of coaching on individual swings, but do take time to discuss situations: where the force outs are, tagging up, protecting the plate, etc.
- Be ruthless on the rules, tag ups, etc.
- This is to enforce hand eye coordination, good choices
- Keep it moving quickly