

DEFENSIVE DRILL SESSIONS

- These drills are typically after Warm-Ups and Catch Play Routine in the practice plan. They can also be done prior to full-scale practice, or as side-sessions when players are not involved elsewhere, e.g. if you're lacking enough coaches to adequately cover other position drills and/or are doing BP at the same time.
- About 10 min. daily, with 3-4 players per group
- If everyone is doing these drills, use the whole field so that each group has sufficient room in which to work.
- Not all drills are applicable to all age groups. Pick & choose as seen fit.
- For infielders, players roll/bounces ball to partner, who fields it and then rolls/bounces it back. Be sure to incorporate short hops.
- These are not high-intensity drills, i.e. quick or hard throws. Instead, the focus is on developing proper mechanics and good muscle memory through repetition.

INFIELDERS

Front Pickups (2 sets of 15) – 1 set without glove & 1 set with
Short Hops (2 sets of 15) – 1 set without glove & 1 set with
Backhands (2 sets of 15) – 1 set without glove & 1 set with
Range to the Left & to the Right
4 Corners (<https://www.youtube.com/watch?v=HwPCpzLmSYQ>)
Star Drill (<https://www.youtube.com/watch?v=G0d5WDkxgOA>)
Slow Rollers Footwork
Footwork Around Bag
Flips & Tosses to Partner at Bag

See “Infield Routine with Dansby Swanson” for additional details & ideas: <https://www.youtube.com/watch?v=EYdly3d-JEI>

OUTFIELDERS

Pickups (2 sets of 15)
Get Behind Fly Ball / Quick Transfers
Angles to the Left & to the Right
(<https://www.facebook.com/reel/2064751034377322>)
Ground Ball & Hold to a Single
Balls Off the Wall
Layouts, Come Up Throwing
Backing Up Bases
Cut-Offs

CATCHERS

Blocking – Dropdowns, then to the Left & to the Right
Pitch Framing
Throwing Mechanics/Footwork
Pop Ups
Pitchout Footwork
Fielding Bunts / Throws to 1B, 2B & 3B
Backing Up 1B

DEFENSIVE DRILL SESSIONS

PITCHERS

Comebackers (2 sets of 15) / Throws to 1B & 2B

Pick-off Footwork to 1B

Pick-off Footwork to 2B / Inside & Outside Moves

Fielding Bunts / Toss & Flip to 1B

Backing Up 3B & Home