

TEAM DRILL SESSION

- This is series of game situations that helps players to learn where they are to be and to develop good muscle memory.
- This is not a high-intensity activity, but a high-tempo one. Someone calls out what the play is and then a coach hits/throws the ball to the designated position or area.
- If there are multiple players per position, they rotate between every drill. The key is that everyone is always moving and that no one is standing around.
- Emphasize having players properly back-up all plays. Also emphasize communication so that everyone knows where the ball is going.
- You can likely run through the complete list in about 5-8 minutes depending on age and the tempo involved. Typically, this is run through 2-3 times.

Drills

1-2-3

3-1

3-6-1

4-6-3

6-4-3

5-4-3

1-6-3

Hold to a Single (OF charges ground ball & throws to 2B to hold runner at 1B)

Pop-Ups to “Bermuda Triangle” behind 1B and 3B.

Catcher “Block & Retrieve” a Wild Pitch

Pickoff Overthrow at 1B

OF Throw to 3B

Pitchout – Catcher Throws to 1B (age level appropriate)

Pitchout – Catcher Throws to 2B (age level appropriate)

Pitchout – Catcher Throws to 3B (age level appropriate)

OF “Do-or-Die” Throw to Home

OF Tandem Cut on Ball to the Gap (throw to home or 3B)

Bunt to 1B Side

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Bunt to 3B Side

5-3

6-3

4-3

3-2