

Reviving Baseball in Inner-cities

BB/SB PRACTICE & DRILLS



PRACTICE PHILOSOPHY

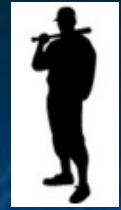
There will be times in practices (especially older age groups) when you will divide your players into their specific positions and drill them in separate groups (pitchers, catchers, infielders, etc.), but except for those times players should be drilled as a team and every player should participate and learn each skill for each position.

It will not only increase their knowledge and understanding of the game, but will better prepare them come game time and it will have a lasting effect in their future when they do for their kids what you are doing for yours!





BB/SB PRACTICE & DRILLS



*One of the "Myths" of playing team sports is:
By participating in practices and games, players will get in shape
physically.*



Reality. In baseball and softball most of a players time is spent standing (or sitting) around. On offense the majority of time is spent sitting on the bench. On defense a player might be engaged physically less than 10% of the time. It is similar to a chess game . Slow, deliberate and methodical with quick short moves and counter moves. When movement is required, to be successful, the participants must be in excellent shape.

As players mature they begin to understand how important being in shape is and they further realize that getting in shape is each individual's responsibility and it comes by what you do in the off season and what you do prior to or after practices and games.

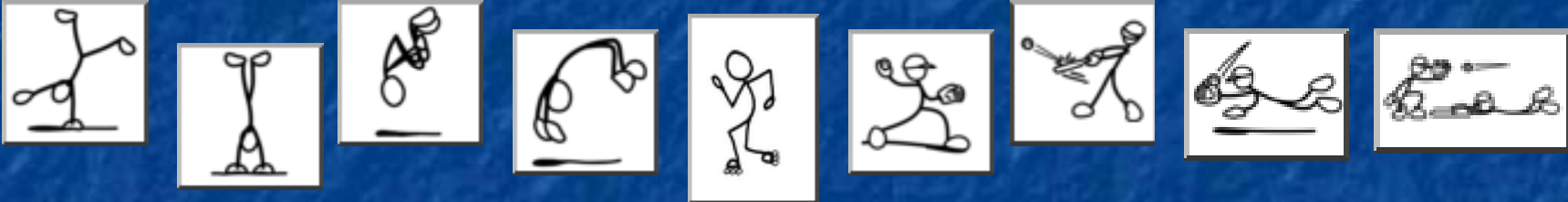
Young players rely on their natural talents and skills. Understanding the need for or having the discipline and/or skills for getting in shape is usually not in their life experience yet. So helping them get in shape and helping them understand the importance of being in shape now and in their baseball (and life) future is a responsibility, and one of the biggest challenges, for the youth coach.



BB/SB **PRACTICE** & DRILLS



THE 3 MAJOR CHALLENGES ARE: 1. To develop and conduct practices that reinforce basic fundamentals (see 2011 RBI Fundamentals pdf) , and 2. at the same time challenge the players physically.



HOW TO: The following slides should give you some more drills to add to your practices and ideas on how to possibly develop what you are now doing in a more creative way. A consideration when developing drills is to try to incorporate several fundamentals into each drill making the drill more productive and efficient.

It is also important to understand that teaching and playing baseball and softball require patience and discipline because there is very little that is physically natural in the basic fundamentals of running, throwing, fielding and batting.

*Success only comes from repetition, repetition, repetition.
Unfortunately for today's young people it also means boring, boring, boring.
Making practices NON-BORING is the 3rd MAJOR CHALLENGE.*



STRETCHING/WARMUP

Kids today are bigger and stronger than they were 30 years ago, but they are also "heavier", have more sore arms and get injured more frequent.

Many sports advocates attribute the sore arms and injuries to over use. This concept is valid in many individual situations, however improper warm up and under use (not throwing enough) are probably bigger factors for most players today.

Go by fields and the first thing you will probably see, at the youth level, is kids arriving for practice, put on their shoes, grab their glove and a ball, get a partner and start throwing. Not only throwing, but usually throwing too hard too soon.

The importance for warming up a cold body and muscles cannot be over emphasized. Set the standard immediately that balls are not to be thrown, bats are not to be swung, until (as a team) everyone gets warmed up.

Coaches or an assistant should lead the warm up drills the first couple of times to set a tone for players warming up, then relinquish the duties to the players having each one lead a stretch then rotate until every players has had a turn. Develops leadership.



Stretching for Sport WHY?

Stretching is an important tool in managing the muscle imbalances that occur as a result of the young athletes growing body. By maintaining this muscle balance stretching plays an important part of injury prevention.

Stretching also aids in:

- a. flexibility which is critical for sport*
- b. blood circulation in the muscle*
- c. relaxation in the muscle*
- d. decrease the sensation of tightness in the muscle*
- e. psychological preparation*

Interestingly, research suggests that static stretching before a game alone does not reduce the risk of injury which is why it is important to undertake some light aerobic exercise prior to stretching, as a warm muscle responds better to stretching than a cold one.

Types of stretching : Static vs Dynamic stretching

Static: Placing a muscle in its most lengthened position and holding for at least 20 seconds. The stretch is taken to the point where resistance is felt but no pain.

Dynamic: Stretching movements that use muscle power to move arm-leg through full Range Of Motion. Dynamic exercises stretch the muscle in a more functional way.

Principles:

- always warm up before stretching*
- stretch to the point of resistance and not pain*
- hold static stretches for 20-30 seconds*
- keep breathing during stretch*
- during the warm up a balance between static and dynamic stretching is best*
- target the main muscle groups that will be used during training/game*

A good balance between Static and Dynamic stretching is recommended to gain maximum benefits.

WARM-UP: JOG, STATIC & DYNAMIC STRETCHING DRILL

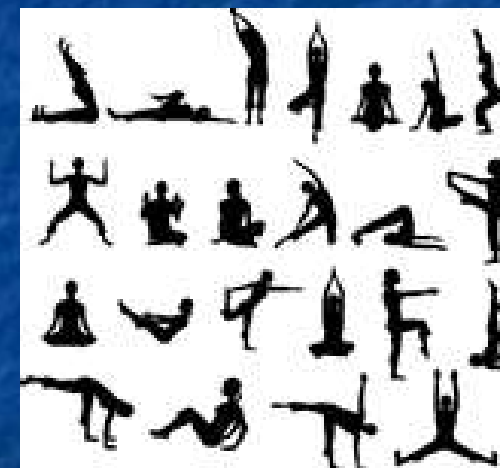
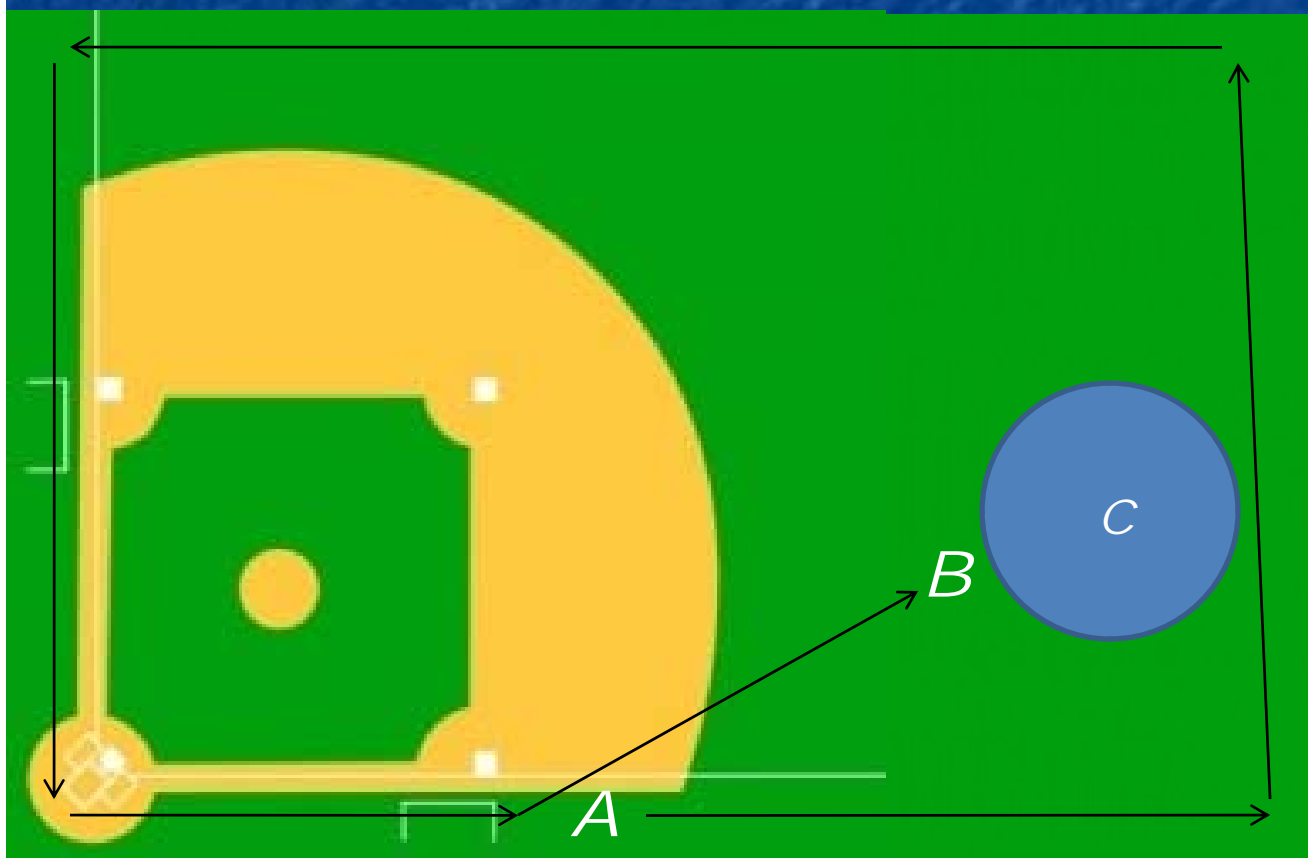
Static Stretching:



Dynamic Stretching



1. Starting at A (as a group) warm-up jog around the field to B
2. Set up in a circle with stretching Coach/Leader (C) in the center
3. Static followed by Dynamic Stretching
4. Recommend to use good running fundamentals during warm up jog
5. (see RBI Fundamentals 2011 for stretch suggestions if needed and running fundamentals)





CONTINUE THE WARM UP "FLY BALL DRILL"

Fly ball drill continues to warm up the entire body.

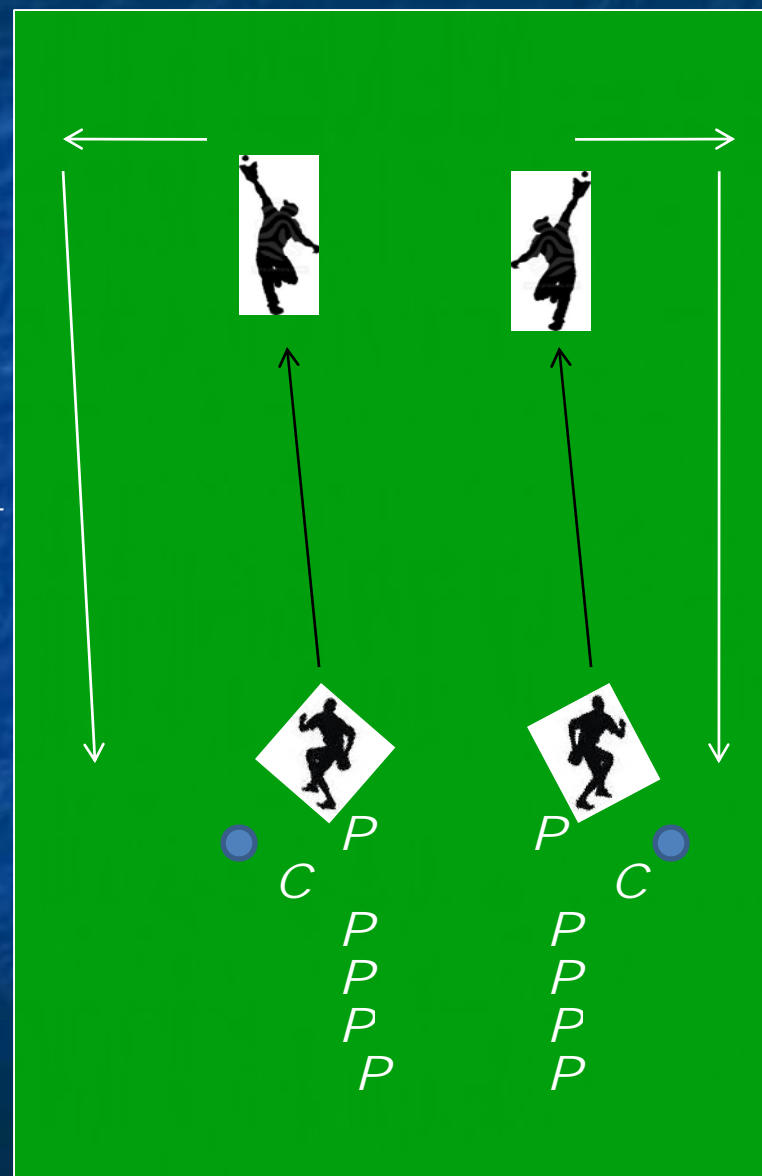
Drill is run at $\frac{3}{4}$ speed first couple of times, then progress to full speed. Set up in 2 groups with a Coach (thrower) and a bucket of balls in each group.

First player in each line starts facing the Coach. On command "GO" turns and runs simulating an outfielder going after a ball over his head. When the player is 30-40 feet the Coach throws the ball over the outside shoulder. Player catches (or chases the miss) and runs the ball back to the bucket running on the outside of the drill, then switches lines. Each player should get a minimum of two throws over each shoulder.

(8 players or less only use 1 line)

This can also be a competitive drill. Divide into 2 teams, first team to get X# in a row with out missing (some kind of reward).

Also a good pre-game warm up drill.



CONTINUE THE WARM UP "DIVING DRILL"

Diving drill continues to warm up the entire body. Drill is run at full speed.

Set up in 2 groups with a Coach and a bucket of balls in each group.

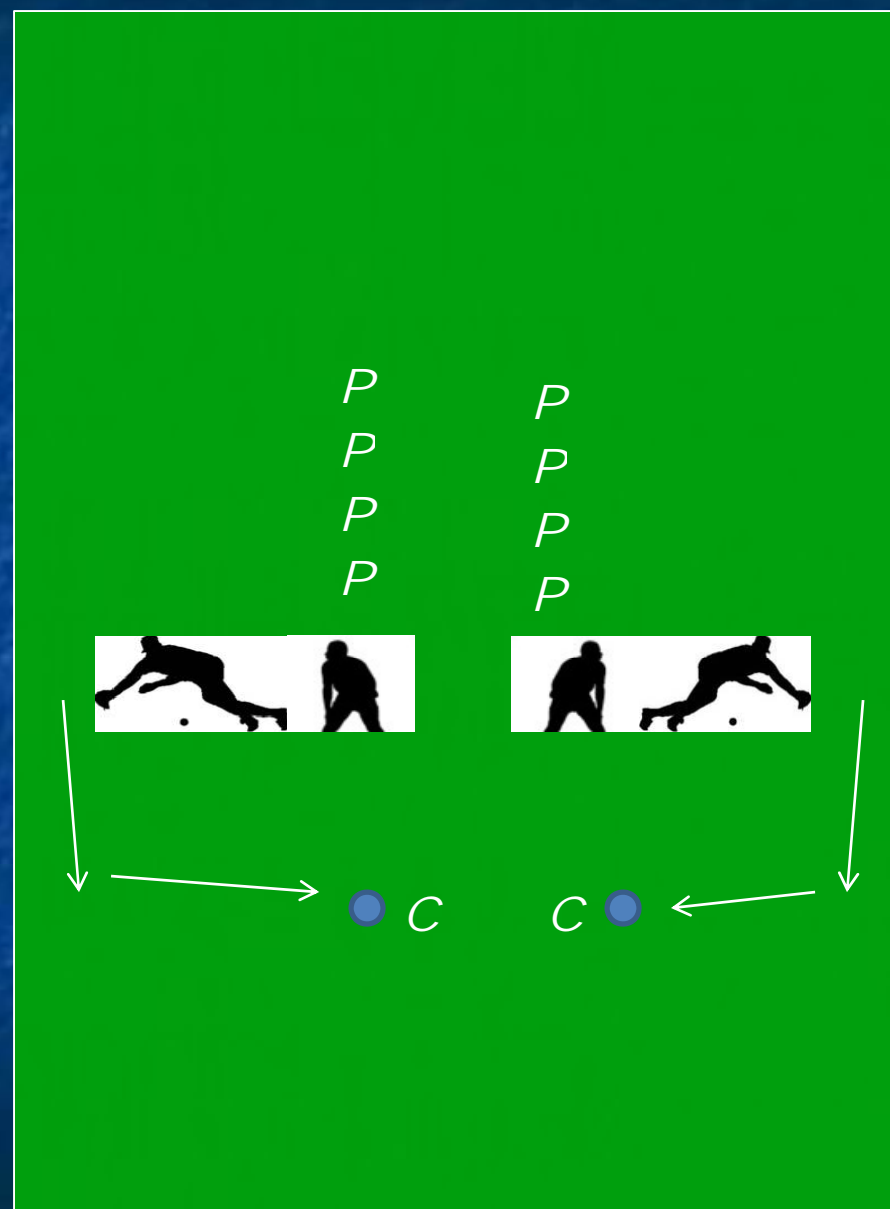
First player in each group starts on the knees facing the Coach. Coach throws the ball to the outside leading the fielder so the fielder has to dive from the knees to make the play.

Player catches and immediately gets up and runs the ball back to the bucket then switches lines. When the player dives for the ball the next player in line gets on their knees.

The next ball should be thrown when the player ahead gets up. Keep the drill moving. Minimum of 2 dives from each side.

(8 players or less use 1 line)

excellent drill to help over come the fear or anxiety to dive for balls



WARM UP THROWING SET UP

Have players set up to throw N-S so no one has the sun in their eyes.

Start with plenty of room between players in each line and the lines 20 feet apart. Spread farther apart as the arms get warmer and/or the drill changes. Coaches should control and supervise their team warming up their arms the first couple of weeks (12 and under probably all year) to teach and reinforce the proper mechanics of throwing and to establish a routine for the team.

Extremely important, especially the first several weeks of the season, to develop good and fundamentally sound habits.

(PERFECT PRACTICE MAKES PERFECT)



N

P P P P P P P

C

P P P P P P P

S



WARM-UP/THROWING: (each player with a glove and a ball)

POSITION: Athletic stance, glove and bare hand with ball shoulder height and width apart.

STEP: Bring ball and glove together, and look at the ball in the glove as the pivot foot turns so the ankle is facing the direction the ball is to be thrown. Continue to look at the ball in the glove until the hands separate.

SEPARATE: Separate hands and take a short step forward with the non-pivot foot, turn body in line with target forming a "T". Glove pointed toward the target, elbow slightly bent and throwing hand facing away from the target.

STEP AND THROW: Step with the non pivot foot straight at the target, simulate throwing the ball and slap the glove on the hip, thumb pointing up.

FOLLOW THROUGH: Follow through with the pivot foot parallel to the non pivot foot and come back to the POSITION stance.

After practicing the fundamentals of throwing (without actually throwing the ball) start the (warm up) throwing action with the glove on the hip and flip the ball to partner (bend forward and extend arm to knee level.) Do this with both feet facing the target and no foot movement. After several flips have the throwers step forward with their non pivot foot as they flip the ball, emphasizing 1. the follow through with the arm and 2. accuracy. Progress to: STEP, SEPARATE, STEP AND THROW and FOLLOW THROUGH.

THROW AND FOLLOW THE THROW: Instead of the follow through with only the pivot foot (as you would when just playing catch) on the release of the ball (simulate throwing) step toward the target with the pivot foot, then step with the non pivot foot and then step again with the pivot foot. At LEAST 3 steps .

THROWING FUNDAMENTALS



READY

a



STEP

b



SEPARATE

c



STEP
THROW

d



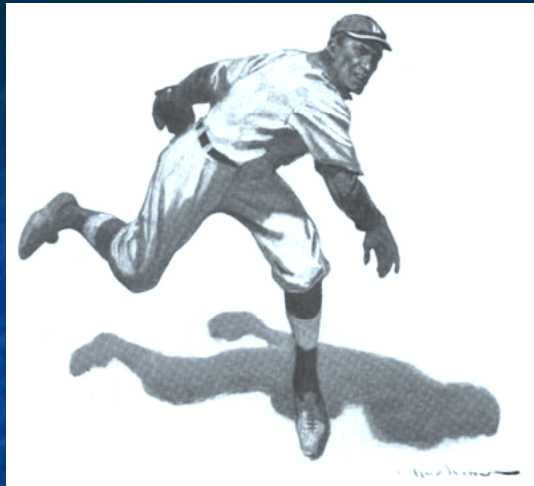
FOLLOW THRU

e

- a. **READY TO RECEIVE THE THROW. LOOK THE BALL INTO THE GLOVE. AS THE BALL HITS THE GLOVE, COVER AND GRIP WITH THE BARE HAND.**
- b. **STEP OR HOP DIRECTLY AT THE TARGET WITH THE PIVOT FOOT. CONTINUE TO LOOK AT THE BALL UNTIL SEPARATION**
- c. **SEPARATE THE HANDS AS YOU STEP FORWARD DIRECTLY TOWARD THE TARGET WITH THE NON PIVOT FOOT (FORMING A T WITH THE BODY AND ARMS). THE GLOVE IS POINTED AT THE TARGET WITH THE ARM COMFORTABLY BENT**
- d. **AS THE LEAD FOOT HITS THE GROUND THE BALL IS RELEASED. ON THE RELEASE THE GLOVE MOVES TO THE HIP WITH THE THUMB OF THE GLOVE POINTING UP**
- e. **FOLLOWING THE RELEASE THE REAR FOOT COMES FORWARD APPROXIMATELY PARALLEL TO THE LEAD FOOT IN THE FOLLOW THRU**



Taken from RBI Fundamentals 2011



THROW AND FOLLOW

In the last step of throwing (e) the trail foot ends up parallel to the front foot. Good practice for learning the skills of throwing, but when a player cuts loose with a throw the momentum of the arm and body should take the player at least 3 steps in the direction of the throw. Most youth players and many adults do not follow their throws and as a result stop their arm motion and release the ball too soon and the ball sails high and away.



Taken from RBI Fundamentals 2011



CUTOFFS



Outfielder chases fly or ground ball



Outfielder fields ball



Cutoff moves into position to line up the throw to the base. Receiver from the cutoff may help, but ultimately the responsibility to be in alignment is the cutoff persons !



Once in position hold both arms up giving the thrower a target



DO NOT make the cut with your back to where you are going to throw.



Turn side ways and take the throw; feet in line with where you are going to throw and throwing hand toward the ball.

Right hander pivot foot



Lean toward the throw. Depending on the distance and/or strength of the arm, catch the ball, hop and throw or catch on the pivot foot and throw with no steps.



Remember to "throw and follow the throw".



"LONG TOSS/CUTOFF" DRILL

Row 1 throws long toss (fly ball) to row 3. Row 3 throws to Row 2 (in a cutoff position), cuts the throw and throws to Row 1 who executes a swipe tag. Repeat the drill 3-4 times then rotate Row 2 to 1, Row 3 to 2 and Row 1 to 3. Repeat the drill 3-4 times then rotate once more.

Fundamentals used:

1. Over play fly ball
2. Throwing mechanics
3. Throw and follow
4. Cutoffs
5. Swipe tag

Since warm up throwing usually ends with long toss, this is an ideal time to incorporate this drill.



P P P P P P P P



1



P P P P P P P P

2



P P P P P P P P

3



OUTFIELD CUTOFF DRILL (Drill either from Left, Center or Right field)

Divide into 4 even groups:

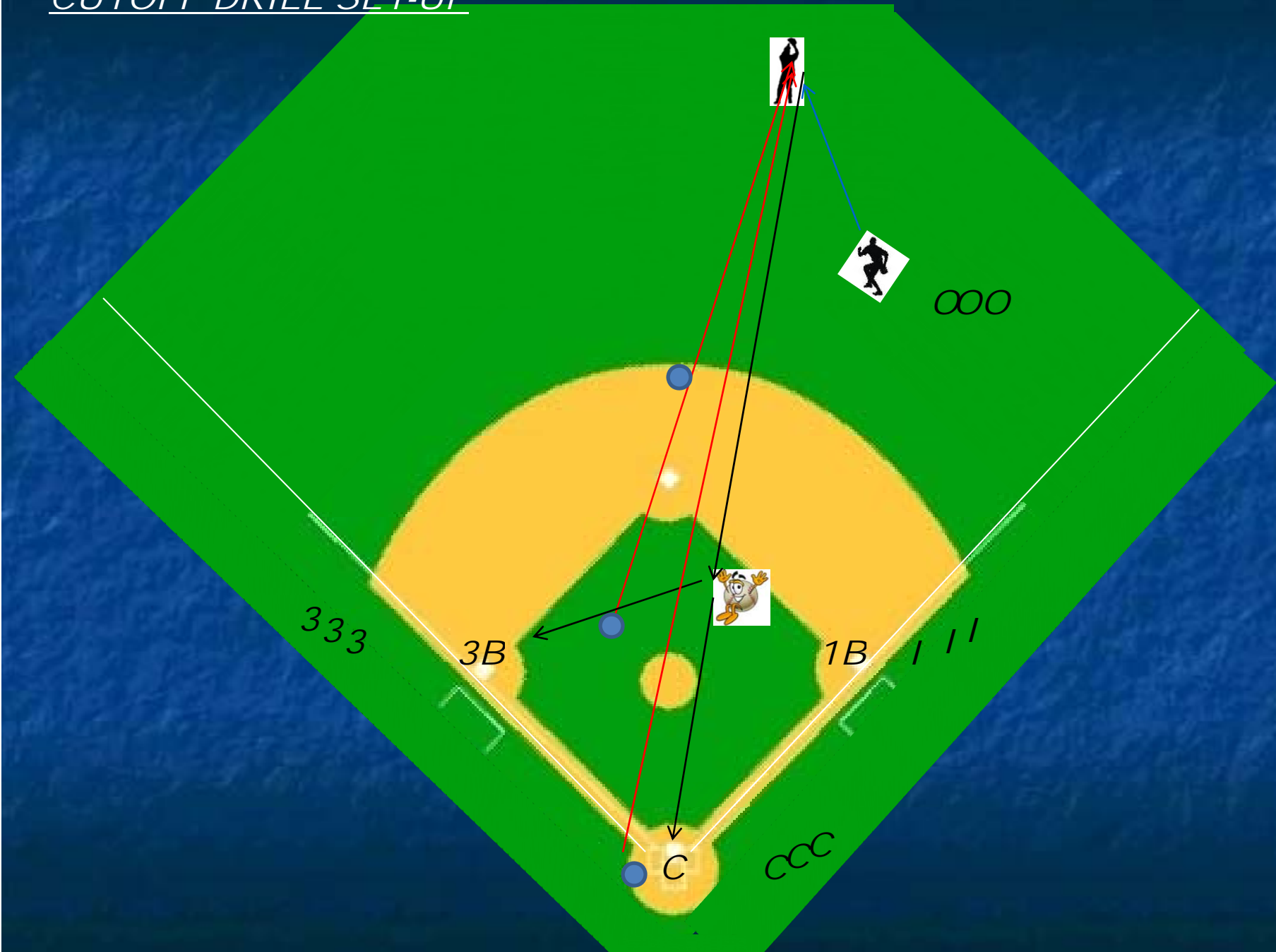
1. Outfielder 2. Infield cutoff 3. Base cover 4. Catcher

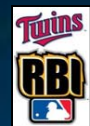
Ball may be batted to the outfield from the plate, from in the infield near the mound or thrown from the edge of the outfield. Recommend for accuracy and more consistency with each play that the ball be thrown in the same manner as the fly ball warm up drill. If the drill is to Center or Right the 1B is the cutoff. If to Left the 3B will cut.

First outfielder, on the command "go" turns and chases the ball. Cutoff at the same time moves into a cutoff position for the play going Home. Outfield completes the catch or chases the miss and throws to the Cutoff. The play is an automatic cutoff Home unless the catcher yells the command "Let it go" or "Cut three". If "let it go" the catcher will meet/cut the ball (and call three) and throw it directly to 3B and 3B will meet/cut the ball (and call Home) and immediately return it Home. Catcher drops the ball in the bucket near the plate. In "let it go" you are actually practicing three cutoffs in one play.

Have each player practice two plays at a position and then rotate all four groups. Drill continues until every player has performed each position twice. If pressed for time run each position once.

CUTOFF DRILL SET-UP



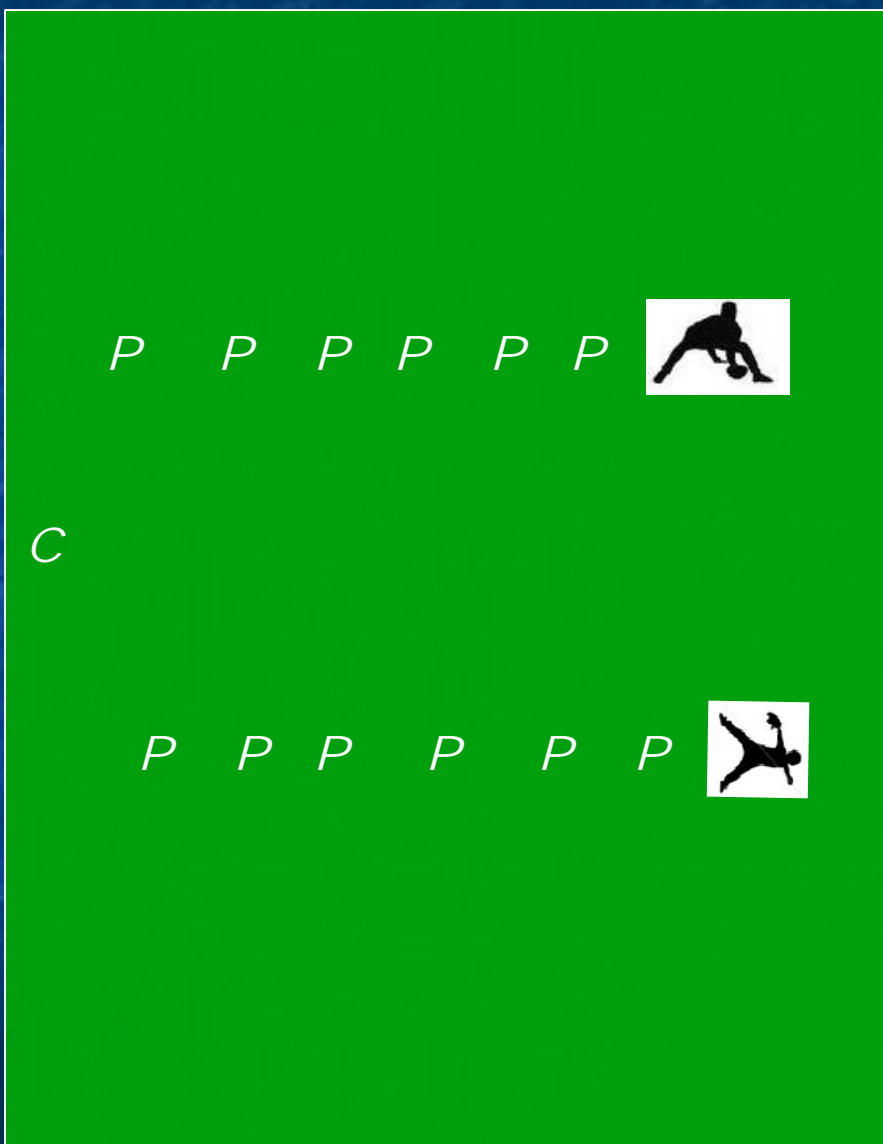


FIELDING DRILL SET UP

Move the fielding drill into the dirt of the infield. Like warming up throwing have players line up facing throwing N-S.

COMMENT:

In practicing the proper fundamentals of fielding, rolling the ball between partners provides each player multiple opportunities to field the ball (properly) where hitting to one player at a time reduces the opportunity for repetition, repetition, repetition.





FIELDING (each player with a glove and ball)



READY POSITION: Feet at least shoulder width apart, hands on knees.
SET POSITION: Both hands approximately knee to waist height and in front of the knees and open to the ball.



FIELD POSITION: Drop glove toward the ground, in the center of the body (45 degree angle) and the other hand with ball in front of the knee.

LOOK : Slap the ball into the glove while looking at the ball in the glove.

WAIST: Stand up, bring both hands together to the waist, continue to look at the ball in the glove. (continuing looking at the ball until the hands are intentionally separated)

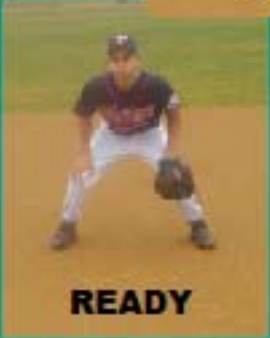


Repeat this drill several times going on to the waist. Then have one side (each player) with a ball and one side with out. After the commands READY, SET, ROLL, the side with the ball rolls the ball to their partner. The side receiving the roll goes to the READY and SET on command, then on roll they drop to the fielding position. As the ball enters the glove they look the ball into the glove and cover it with their bare hand and then come to the upright (WAIST). The receiver then becomes the roller and repeat the drill. The first several times have them hold in the LOOK position to make sure they are looking the ball into the glove. You should be able to see the button on the top of their cap if they are doing it right. After you are satisfied that they understand the concept of always looking the ball into the glove, then go on to the WAIST and then have them hold that position several times to make sure that they are continuing to look at the ball to the waist. Between looking the ball into the glove and separating their hands in the throwing fundamental is where most players lose control of the ball.



After repeating several times then go from WAIST to the next step which is the throwing fundamentals: STEP, SEPARATE, STEP & THROW AND FOLLOW THE THROW.

Taken from RBI Fundamentals 2011



FIELDING/THROWING SEQUENCE



BATTING DRILL SET-UP

(All participants with a bat)

Place players in a circle with the Coach in the center. Players line feet up with the Coach (similar to facing a pitcher)

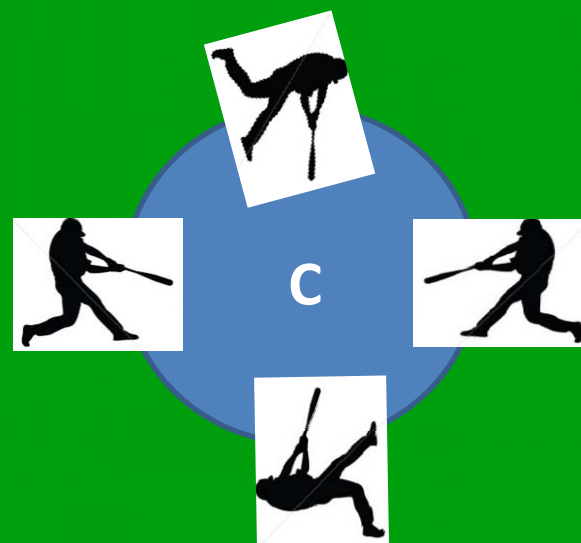
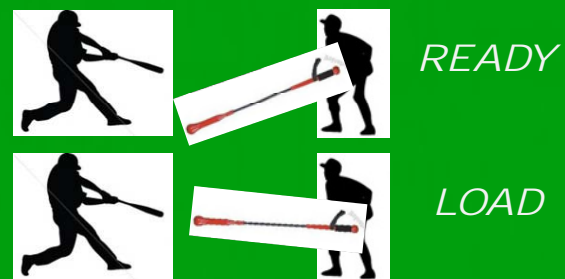
A good way to finish the drill is by having players take 25-50 swings all together (by command) and have a coach (parents work good too) go around the (inside)circle with a hitting stick. Give each player 2 hits and then rotate around the circle. More than one stick (if available) may be used. On the Commands READY (stick head on the ground), LOAD (raise head waist height), SWING (batter swings). After 2 swings stick holder(s) rotate clock wise.

Point to emphasize (over and over)

Players should swing (away from practice) at least 50-100 times a day to help develop their "PERFECT" swing.

(Swinging is not enough. Swings must be fundamentally correct of swinging becomes counter productive)

PERFECT PRACTICE MAKES PERFECT



4 ELEMENTS IN BATTING



READY

LOAD

*SQUISH
SWING*

*FOLLOW
THRU*



*BATTING DEMONSTRATED BY DREW GUNDERSON
MN TWINS SR RBI ALL STAR TEAM 2007 2008*



BATTING ELEMENTS DESCRIBED

READY POSITION STANCE: Feet spread at least shoulder width and fairly comfortable, pivot foot pointed straight with the ankle facing the coach, lead foot turned out.

BAT: Set the barrel of the bat on the ground and place handle in the finger sockets of the forward hand. Place the other hand on the barrel on top of the lower hand also in the finger sockets. Close both hands and raise the barrel end straight up to the back shoulder. Knocking knuckles should be in alignment.



LOAD POSITION: Place body weight on the back foot keeping the shoulder, hip and knee in alignment over the back/pivot foot. Front foot heel should rise slightly, but balance will come from the front toes in contact with the ground. Bat angle remains the same but the bat comes off the shoulder in front of the body and back approximately arm pit to the shoulder height.



SQWISH (the bug): Pivot on the ball of the back foot with the toes pointing straight toward the coach/pitcher which opens up the hips and helps keep the weight back in the follow through.

SWING: Throw the hands and bat toward a simulated ball and hold the position where contact would have happened over the plate, knuckles should be facing the ground with the eyes focused on the barrel (sweet spot) end of the bat.



FOLLOW THRU: Rotate hands and pull the bat hard and follow through keeping the eyes (remaining) on the point of contact. Hold that position.



BATTING PRACTICE

Two big problems in BB & SB are 1) the time it takes between innings and 2) how batting practices are conducted!

Typical batting practice is: One player at bat taking 20-30 swings or hits and everyone else out in the outfield chasing balls (but mostly just standing around trying to enhance their tans). Here are some hints on how to have better and more productive batting practices.

- 1. Limit each hitter to 5 -10 swings. Swings not hits.*

Players usually take a swing or two to get good and loose, then they take a couple of swings that are usually fundamentally sound and the rest of the swings they are trying to see how far they can hit the ball and the fundamentals usually are gone. Batting practice then becomes non-productive.

(recommend 10 if soft toss and 5 if throwing batting practice).

- 2. Change style of BP (Don't do it the same way every time)*
- 3. Change the time during practices when you have BP.*
- 4. If you limit the # of swings, you can have more than one round of batting practice, some times run them back to back and other times spread them between other drills.*
- 5. Make sure batting practice includes other fundamentals: running from under the bat, coming to a proper stop at first, over play fly balls, etc.*

Four good ways to throw/toss batting practice:

1. Soft toss on the foul line 10-12 feet from home plate.
2. Soft toss from 10-12 feet directly behind home plate.
3. Soft toss (behind a screen) 20-30 feet in front of home plate
4. Live batting practice (behind an "L" screen) (10-15 feet in front of the mound)
5. Live pitching (from the mound)



3



4



All five ways to throw/toss may be thrown over hand, but 1 & 2 may be better for the batter and easier and more accurate for the thrower if thrown under hand. (SB all 5 underhand) 1,2,&3 are better for the thrower if tossed or thrown from a sitting position on a stool or bucket.





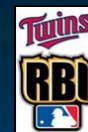
BP METHODS (batting helmets always required for LIVE throwing of BP)

1. 5 players in the outfield; L, LC, C, RC, R. 5 players in the infield 3B, SS, B (manning the bucket behind second base), 2B, 1B. Batter and 2 on-deck batters. Numbered 1 (batter) through R (right fielder). Last number depends on the number of players at practice. #1 bats and on the last swing runs through 1st base picks up his/her glove left in foul territory and goes directly to R. All outfielders move one position toward left, L moves to 3B and all infielders move one spot toward 1B. 1B throws glove into foul territory and moves into an on-deck position. First on deck batter (#2) becomes the batter. All batted balls are returned to B behind 2B. The BP thrower starts with a bucket full of balls. When bucket is empty or near empty (after a batter) thrower calls "Bucket" and the player manning the B at 2B runs the bucket full of balls into the thrower and takes the empty bucket back to B.

2. Team A 5 players #1-5 at bat, #6-10 infield, Team B 5 players #6-15 in the infield; 3B, SS, B, 2B, 1B. Team C 5 players #11-15 in the outfield; L, LC, C, RC, R. Each batter gets 2 batted balls (run the second through 1st). After all 5 Team A batters have hit, Team A goes to the outfield, Team B goes in to hit and Team C goes to the infield. GOOD COACHING TOOL Teams do not rotate until the coach gives the command "SWITCH". Then they have 15 seconds or less to be at their new positions. Great practice for sprinting on and off the field. Players do not automatically run in and run out. They need to be taught and drilled until it is a habit!

3. Select 3 captains (change it every practice). Let them choose teams. Positioning for the teams the same as above. Team A bats until they make 3 outs. Any ball that is not a hit is an out. Batters run through first only. Keep score and play 3-5 innings. Scoring ex. Batter hits a double (ball off the fence or past an outfielder) next batter pops out. Next batter grounds out. Next batter gets a base hit through the infield. Run scores. Next batter pops up. 3 outs, one run scores. Players "SWITCH" same as previous.

BP METHODS (continued)



4. 10 for 10. Ten swings in ten seconds. Just enough time to (continuously) swing, follow through and swing back to the ready and swing again

5. Situation "live" BP. Place your potential starting defensive line-up including pitcher and catcher on the field. Reserves in the dugout, one hitter at bat and one on deck, one or two runners on base depending on the "situation".

Pick a situation for the day that you want to work on. Ex. Runner on third, one out, top of the 7th, tie score. Defense responsibility: Stop runner from scoring. Pitcher's responsibility: throw a pitch right down the middle on every pitch. Runner's responsibility: to score on any batted ball or get in a rundown. Batter's responsibility is to score the runner and run bases accordingly. Batter and runner continue until the total play is over. Then start over with a new batter and runner. (same situation for each batter and runner). When a player has batted and run from third (once or twice depending on your time allotted for the drill), that player replaces someone in the field that is playing a position that they would normally play (if possible). Have your second pitcher and catcher bat and run first so they are ready to replace. If hitting and running only once have them switch in after half the players have completed their turn on offense. If batting and running twice before rotating to defense you could have the pitcher and catcher complete a full round. Allow everyone to bat and run from third. Situation BP is a good time for a coach to practice coaching at third and/or first.

6. "Swing and Chase it" Players line up by backstop fence with their bat. They get one swing (batted ball), they run through first, then chase their ball and carry it back and place it in the bucket and get back in line. Thrower throws the next pitch after the preceding BR has run through first (gives him time to be aware of the next batted ball).

NOTE: The term "run through first" used in BP drills pertains to the proper fundamentals of; running from under the bat, glancing out to find the ball and coming to a quick stop after touching first either glancing over the right shoulder on an overthrow or facing the infield, BUT always being aware of where the ball is.

BP SET UP
#s 1,2,3 & 4



BP SET UP
5



C

L

R

SS

2B

3B

1B

P

P

H

C

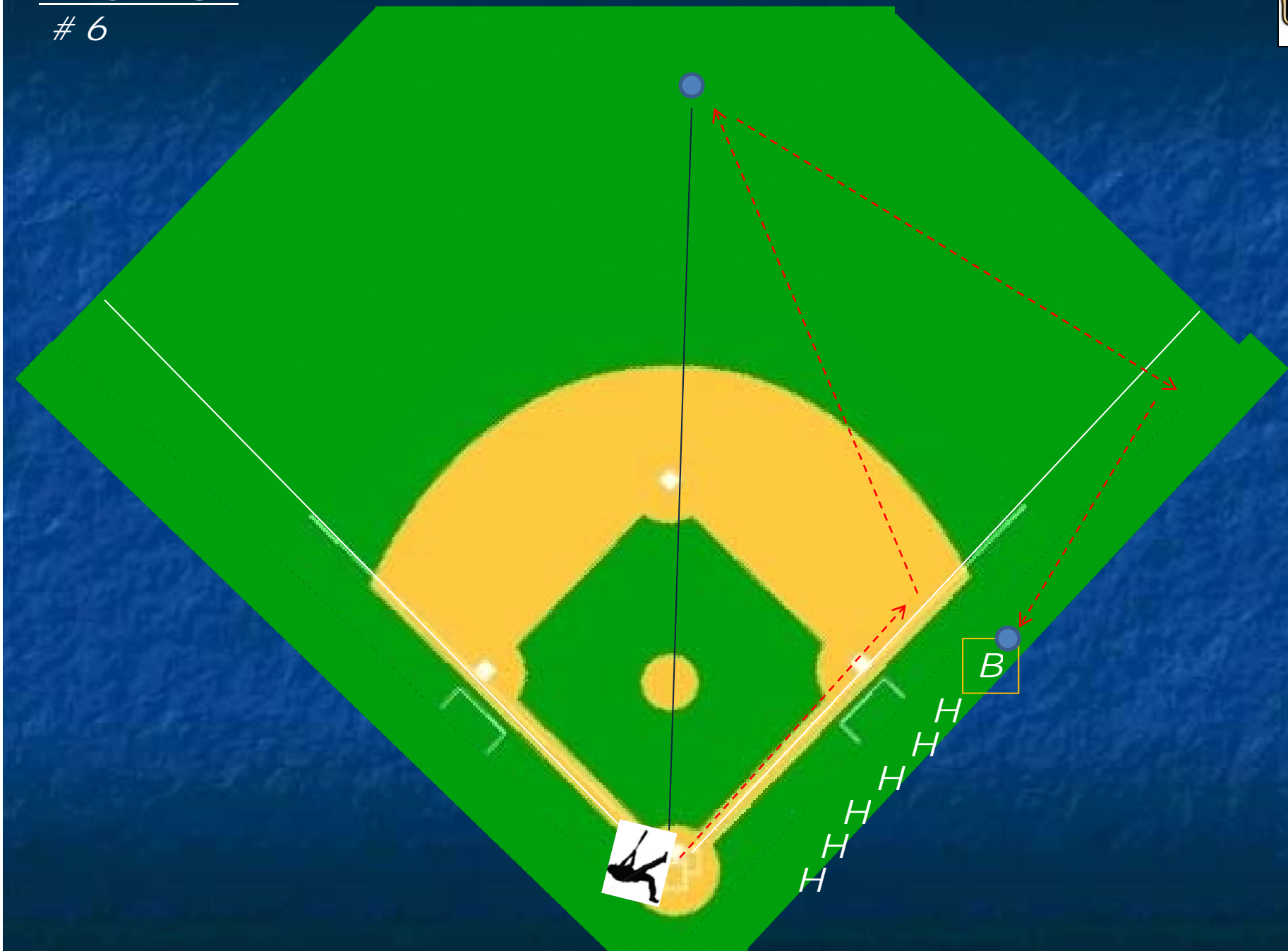
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BP SET UP

6





NO DEFENSE BASE RUNNING DRILL:

(for proper running techniques refer to RUNNING sequence in RBI Fundamentals)

PURPOSE:

Allows players to work on many different base running situations. Good conditioning drill.

SETUP:

Batters and runners wear helmets. No players on defense. Batter with bat in the batter's box. Next batter/runners line up against the backstop. 3B Coach in coaching box. Coach in front of home with fungo and bucket of baseballs.

EXECUTION:

Batter swings and holds the follow through. Coach bats ball 1 second after the follow through to any part of the field. On the batted ball the batter releases the bat (run from under the bat). For the batter and any runners on base (after the first batter) all ground balls will be considered infield plays. All fly balls will be considered singles except for the runner at third (that will be a tag up fly ball).

GROUND BALLS:

Batter/runner runs through first base.

Runner from first slides into second simulating breaking up A double play.

Runner from second rounds third and bluffs going home.

Runner from third attempts to score and adjusts to on-deck batters signal (slide or stay up) on all balls EXCEPT right back to the mound.

FLYBALLS TO OUTFIELD (PLAYED LIKE BASE HITS EXCEPT FOR RUNNER AT 3RD):

Batter/runner rounds the base, bluffs to second and returns to first.

Runner from first rounds second and goes to third or bluffs to third based on third base coach's signal.

Runner from second tries to score or hold based on third base coach's signal.

Runner from third tags and leaves when the fly ball touches the ground. If a low line drive runner freezes and goes when the ball hits the ground.

KEEP THE DRILL MOVING

After using this drill at a couple of practices, advance the drill to include a pitcher. The pitcher will stretch or wind up depending on the runners on base. Base runners practice their primary lead offs and secondary lead offs. If the pitcher from the stretch pivots or steps off, any base runners will head first slide back to their base. If the pitcher simulates pitching the ball, base runners and batter react accordingly.

3 TEAM INFIELD

Divide into 3 teams of 5 players each. Two teams (#2 and #3) each start in a dugout. Players should initially be given an infield position either by the coach or a designated captain of each team. Each time they go into the field each player rotates clockwise one position. #1 team starts in the field.

Coach calls where the round will be going (one, one and cover, two, etc.) Team stays in the field for the completion of the round OR someone makes a booboo. Boobos should be determined by; a player not doing something fundamentally correct, bad throw, lack of hustle/effort, etc.

Coach yells SWITCH on a booboo or round completion and #2 IMMEDIATELY charges onto the field and #1 IMMEDIATELY charges into the vacant dugout. If the team coming onto the field does not get there quick enough Coach yells SWITCH again and #3 replaces #2. One of the main goals of develop how players the field FULL SPEED! the drill is to teach and should run on and off



2 TEAM INFIELD/OUTFIELD

Run this drill the same way as the 3 team drill only using 2 teams and each team has it's own dugout.

Also a good way to have a fast moving game. Team on offense runs the bases (batting helmets). Similar to NO DEFENSE BASE RUNNING DRILL except with a defense. Batter swings and holds the follow through, runs from under the bat when the coach hits the ball. Defense plays the ball. All outs stand and switch sides (both teams full speed) on three outs. With runners on, runners start in a lead off position. Batter swings and batter and runners run on the coach contacting the ball. Offensive and defensive players play like an actual game; sliding etc. unless Coach gives other instructions.





Summary/Comment:

The old cliché "Practice makes perfect" that parents and coaches have stressed to us all our lives is only beneficial if what we are practicing are good things. We need to update the cliché to: "Perfect Practice makes Perfect". Once players have been exposed to good basic fundamentals then it becomes repetition, repetition, repetition!

Perfect Practice makes Perfect!

Players today want instant success. Baseball/Softball does not give instant success because repetition, repetition, repetition takes time. They are also games where often there is more failure than success as evidenced by batting averages. An excellent youth batting average is 400 which means the batter has failed 6 out of 10 times.

These two factors along with the slow pace of the games compared to other team sports makes both games unattractive to a lot of today's "fast pace" society. But they are also three important factors that make these games so great.

What is provided should be helpful, but it is only a start and hopefully you will be motivated to seek out more information and be more creative with what you are presently doing.

*Practice and Drills slide presentation by Bill Peterson
For a copy of RBI BB/SB Fundamentals e-mail umpbillyp@msn.com and request
"fundamentals"*





PRACTICE EQUIPMENT: (approximate costs)



BUCKETS: You can purchase a bucket full of practice balls (either 2 or 3 dozen per bucket.) The buckets come with a lid which you can use to cover the can when transporting and/or turns the bucket into a seat for soft toss. Along with the bucket of balls another 3-4 buckets are needed for drills. A

Bucket of balls \$80-\$100. Buckets \$3 at Menards (without lids).



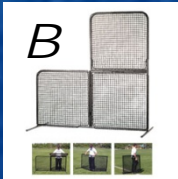
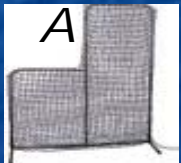
WHIFFLE BALLS: 2 dozen+ 1\$ each.



HITTING STICK:
Youth size \$60 Adult \$80



THROW DOWN BASES:
\$8-\$20



L SCREENS:
A \$100-\$200
B (fold up) \$200-\$300



BATTING TEE(S):
\$20-\$60



ACCUBAT
\$60



FUNGO BAT
\$60-\$75



STOP WATCH
\$12-\$30



PITCHING MACHINE
\$600-\$2000
Great for fly balls