

# Drill Sheet

## Throwing Drills

**One Knee Throws** – Players set on one knee (throwing side) and toss the ball to a partner or coach.

**Bounce The Bucket** – Place a large basket or cooler on a base. Players then try to throw the ball into the container. Add points for success to make it more fun!

**Catching Flies** – Throw the ball into the air above the players shoulders (or higher) and have them work on catching the ball in the air. Start with wiffle balls or tennis balls if needed.

## Fielding Drills

**Partner Pick Up** – Players are lined up (or partnered) about 10 feet apart. One player or coach rolls the ball for his or her partner. Repeat back and forth.

**Block It** – Coach rolls (or hits) the ball directly at a fielder who must stop it from reaching the outfield. Award points to make it more fun!

**Charge It** – Set or roll a ball to stop 5 feet in front of the player. Have the player charge it and field the ball and return to the coach.

**Left Or Right** – Throw or hit the ball to one side of the fielder forcing them to move to field the ball. Have them throw it back and repeat.

## Additional

**Team Defense** – Have runners placed on first and second. Defense lines up appropriately in the field. Coach rolls ball to a fielder who then tries to make a play to get a runner out. Work on having kids throw to a base to get a runner out.