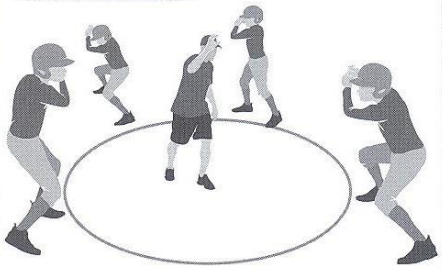
## IMAGINARY PITCH

*Visualizing hitting*

I/G/T

**HITTING**



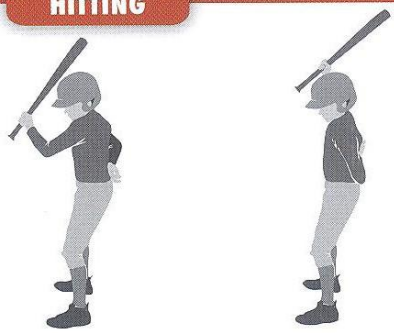
- **Line them up:** Players form circle around coach and assume "hitting stance".
- Coach goes into wind-up and pretends to throw pitch while saying something like, "Outside corner", or "Low and inside strike," or "High ball".
- **Key Point:** Batters visualize pitch being thrown, and swing or take.
- **Make it a Game:** Slowest to swing at a strike, or anyone who swings at a ball, is out. Final player remaining wins.

## ONE-ARM SWING

*Using each hand independently*

I

**HITTING**



- **Line them up:** Player needs a bat and helmet.
- Player gets in normal batting stance, but swings bat with bottom hand only.
- Player can switch and swing with top hand only.
- **Key Point:** Players may choke up on bats if too heavy.
- **Variation:** Great drill for hitting off tee, or, for stronger players, soft-toss.

## OUTFIELD SOFT-TOSS

*Hitting, fielding*

G/T

**HITTING**



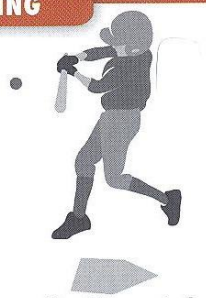
- **Line them up:** Fielders spread out in center. Coach and batter on outfield foul line. Player catching in throws.
- Batter hits to outfielders.
- Outfielders field balls and throw to player catching in.
- **Key Point:** Rotate from outfield to catch-in, catch-in to batter, batter to outfield.
- **Make it a Game:** Anyone catching fly ball automatically goes to batter.

## DOT DRILL

*Eyes on the ball*

I/G/T

**HITTING**



- **Line them up:** One hitter, rest of group fielding.
- Draw dime-sized dot on some, but not all baseballs.
- Throw batting practice.
- **Key Point:** Players must be able to tell coach which pitches were "dot balls".
- **Variation:** Tee-ball: Use dot to teach players where to aim bat.
- **Make it a Game:** See who gets most correct out of 10 pitches.

## FENCE SWING

*Shortening batter's swing*

I

**HITTING**



- **Line them up:** Batter stands facing fence close enough that bat would touch if arms fully straight and extended.
- Practice swinging.
- **Key Point:** Bring hands straight down to ball, avoiding a long, looping swing.
- **Make it a Game:** Who can take most good swings without hitting fence.

## GROUND HOG

*Staying on top of ball*

G/T

**HITTING**



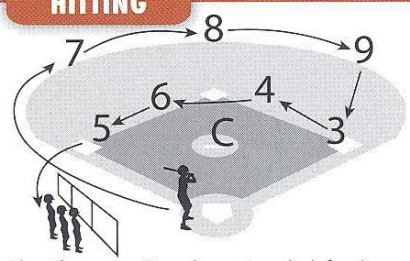
- **Line them up:** One batter; remaining players in field. Coach throws batting practice.
- Players stay up to bat as long as they hit ground balls or line drives.
- After 5 hits, batter must run it out and be safe at 1st to continue hitting.
- **Make it a Game:** Most hits without getting out is "The Groundhog".

## 0-2 DRILL

*Two-strike hitting, fielding, situations*

T

**HITTING**



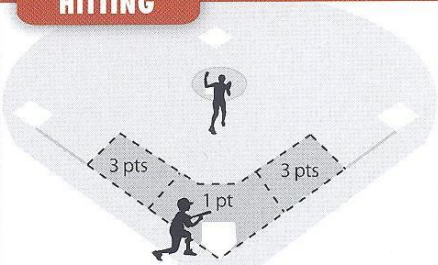

- **Line them up:** One player at each defensive position except pitcher and catcher. Coach is on mound pitching.
- Each player starts with 0-2 count, (no balls, 2 strikes). Player who misses or takes a called strike is out. Foul ball = keep hitting.
- When ball is put in play, batter runs to 1st. Fielders try to make the out.
- **Key Point:** Players rotate in manner depicted above. After hitting, hustle to left field to keep game moving.
- **Make it a Game:** After every player has hit, those who reached 1st safely hit again. Remaining players in field. Continue until 1 player is "0-2 Champion".

## BUNT ZONES

*Bunting to specific locations*

I/G/T

**HITTING**



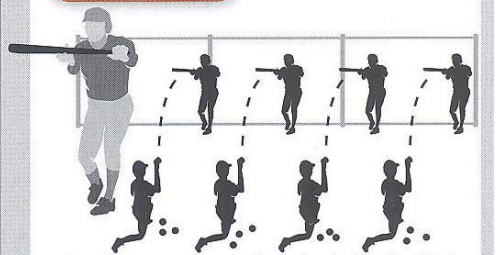

- **Line them up:** Players (wearing helmet) with bat at the plate. Coach, midway between mound and plate, pitching half-speed.
- Draw lines on field with bat (or chalk) marking out zones (see diagram).
- Bunted balls coming to a rest in zones are worth points as shown. Balls rolling out of zones worth no points.
- **Variation:** Younger players not yet bunting get points for each ball hit outside of marked area.
- **Make it a Game:** Divide players into two teams. Each player gets 3 bunts, alternating teams. Team with highest cumulative total wins.

## BUNT WITH A PARTNER

*Multiple bunt repetitions*

I/G/T

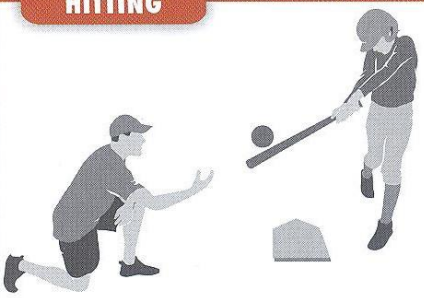
**HITTING**



- **Line them up:** Players (wearing helmet) with bat. Each batter has partner on one knee approx. 15 feet away with several balls.
- Kneeling players pitch to batters. Batters bunt pitched balls. After 1-2 minutes, batter and pitcher switch.
- Pitchers should work to throw strikes, but are not trying to throw hard.
- **Key Point:** Batters use proper form (above) and try to bunt each pitch.
- **Make it a Game:** Batter who misses or fouls pitch in strike zone must switch with pitcher.

## SOFT-TOSS
*Hitting moving ball*

**HITTING** I/G/T



- **Line them up:** One player at plate. Other players fielding.
- Player stands ready to hit with "tosser" facing 4-5 feet away.
- Softly toss balls so that they begin at top of strike zone and fall towards front of plate. Batter hits ball on downward arc.
- **Key Point:** Players get many good swings in short time period.
- **Make it a game:** Let batter run to 1st on 10th hit.

## PEPPER
*Bat control*

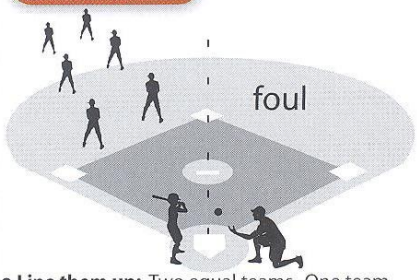
**HITTING** G/T



- **Line them up:** 3-5 fielders side-by-side, facing one batter 12-15 feet away.
- Fielders throw an easy pitch that batter can hit.
- Batter tries to hit soft ground ball back to fielders who field ball and pitch again.
- **Key Point:** Emphasize soft swings and ground balls. Younger players should use soft-core balls.
- **Make it a game:** Batter goes to #4 position after missing good pitch or hitting ball that is caught. Fielder 1 goes to batter. Fielder making an error moves to #4.

## OVER THE LINE
*Hitting, defense*

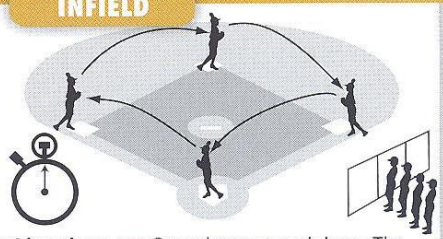
**HITTING** T




- **Line them up:** Two equal teams. One team hitting. Other, in field, as per diagram.
- Coach pitches soft-toss to hitters who must try to hit fair ball. (Batters don't run)
- Any ball kept in infield = out. Past infield but in front of 2nd group of fielders = single. Past 2nd group = double. Past everyone = triple.
- **Key Point:** Balls caught in air are outs. Teams switch after 3 outs.
- **Make it a Game:** Use imaginary baserunners. Keep track of runs scored. Play full 6-inning game.

## BEAT THE CLOCK
*Throwing to bases accurately*

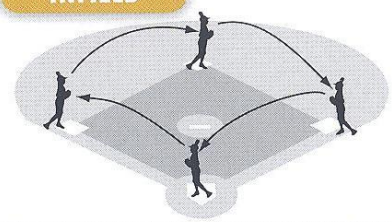
**INFIELD** T



- **Line them up:** One player at each base. The rest safely in line behind backstop.
- Player at home has ball. Start stopwatch as ball is thrown to 3rd>2nd>1st>home. Notate time.
- All players rotate 1 base. 1st baseman goes to end of line. New player at home.
- **Key Point:** Players should learn to catch as feet are moving toward base to which they're throwing.
- **Make it a Game:** Players love getting record times. Keep a log. Team's times will improve throughout season.

## AROUND THE HORN
*Throwing to bases*

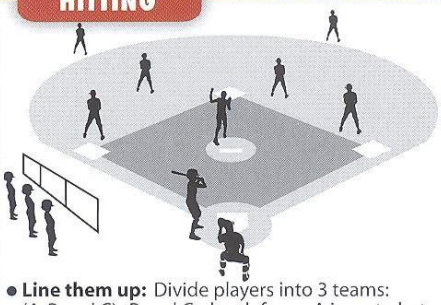
**INFIELD** T



- **Line them up:** Assign equal number of players to each base.
- Beginning at home, throw around bases, ( 3rd>2nd>1st>Home>3rd) without stopping.
- After player throws to next base, new player steps in and awaits throw.
- Players who make a bad throw run after it while coach puts new ball in play.
- **Key Point:** Keep ball constantly moving.
- **Make it a Game:** After 15-20 cycles, call "reverse". Ball now moves counter-clockwise. Next, say numbers, (1,2,3,4) to indicate base to throw to.

## THREE TEAM HITTING
*Real game hitting*

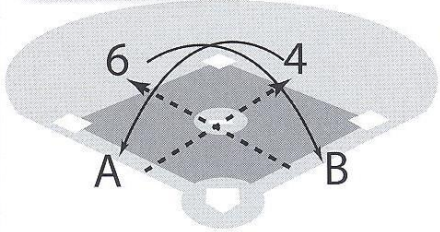
**HITTING** T



- **Line them up:** Divide players into 3 teams: (A, B and C). B and C play defense, A is up to bat.
- Coach pitches or players pitch, depending on age level.
- Team A bats until 3 outs are made. After 3 outs, Team B goes to bat, Team A goes into field. Keep track of runs like real game.
- **Key Point:** Players remember who made last out so next in order leads off in following inning.
- **Make it a Game:** Play until each team has batted three times to determine winner.

## CROSSFIRE
*Fielding grounders, good throws*

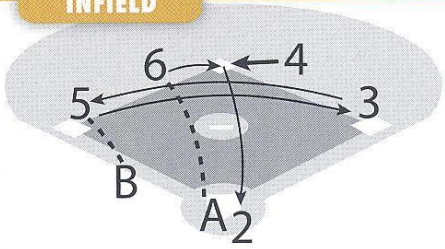
**INFIELD** G/T




- **Line them up:** 1/2 team at shortstop and 1/2 playing 2nd. One coach with bat and glove positioned between home and 1st. Another betweeen home and 3rd.
- In alternating, rapid-fire sequence, hit ground balls to each group. Players field ball, make good throw in, then go to end of line.
- After 5 minutes or so, switch shortstops to 2nd, and vice-versa.
- **Make it a Game:** Pit one group against other. Teams get 1 point for successfully-fielded ball and 1 for good throw. First team to 30 wins.

## CORNERS AND MIDDLES
*Infield play*

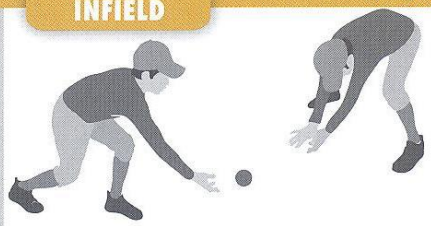
**INFIELD** G/T




- **Line them up:** Player(s) at each infield position except pitcher. Coach (A) with bat at home. Another coach or player (B), between home and 3rd.
- Coach A hits grounders to short or 2nd. Get force at 2nd, then throw home.
- Coach B rolls balls to 3rd basemen, who throw to 1st. Later, roll to 1st baseman, who throw to 3rd.
- **Key Point:** Make sure short and 2nd are far enough back, and not in the way of throws from 3rd to 1st.
- **Make it a Game:** With timer, see how long team can be error-free.

## CAP BUTTONS
*Keeping head down, using two hands*

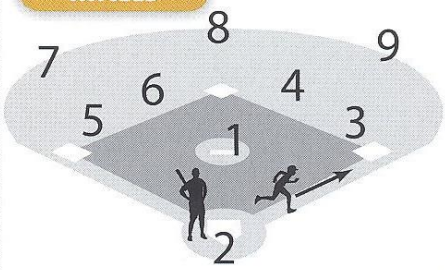
**INFIELD** I/G/T



- **Line them up:** Two rows, side by side, each player across from a partner. (10-20 feet depending on age level)
- Without mitts, players roll balls back and forth. Fielders focus on keeping head down while watching ball into hands.
- Player rolling ball should be able to see "button of the cap" on fielder.
- **Key Point:** After a few minutes without mitts, continue with gloves.
- **Make it a Game:** How many can they get in 15 seconds? Rotate partners.

## LIVE SITUATIONS
*Live game experience* — T

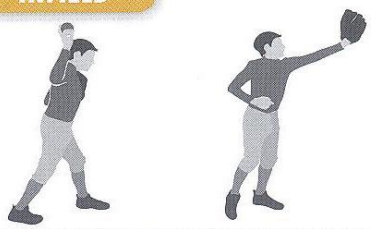
**INFIELD**




- **Line them up:** Assign player to each defensive position. Remaining players run bases.
- Hit balls various places on field and play as if live game.
- Rotate runners to fielding positions and vice-versa.
- **Key Point:** Review after each play where fielders should have moved or thrown.
- **Key Point 2:** Before each hit, call out situation, (i.e."runner on 2nd, one out.")

## HATS NO HATS
*Teamwork, decision-making* — T

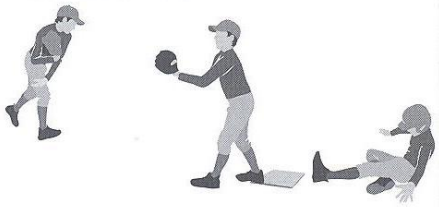
**INFIELD**



- **Line them up:** Two teams designated "Hats" or "No Hats". "No Hats" remove caps. Boundary is right field line to centerfield.
- Using tennis ball, "Hats" begin "passing" to teammates while "No Hats" try to intercept.
- After each catch, coach counts to 3. Ball must be passed before 3, or it is turned over to other team.
- Dropped or missed passes automatically go to other team.
- **Key Point :** Players must move to get open. No contact allowed when defending.
- **Make it a Game:** Which team finished with longest streak of catches?

## FORCE OUT
*Getting lead runner at 2nd* — G/T

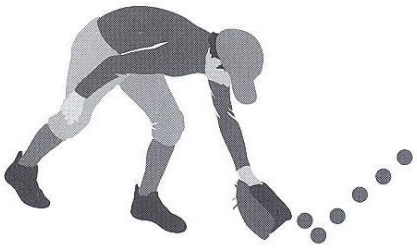
**INFIELD**



- **Line them up:** 1/3 playing shortstop, 1/3 playing 2nd and 1/3 running at 1st base.
- Hit ball to either 2nd baseman or shortstop. Runner runs to 2nd.
- If ball goes to shortstop, 2nd baseman catches throw at base, and vice-versa. After everyone has gone twice, rotate groups.
- **Key Point:** Fielders should learn to catch ball safely away from sliding runner.
- **Make it a Game:** Fielders vs. runners. See which group wins most often.

## SHORT-HOPS
*Fielding balls on short-hop* — I/G/T

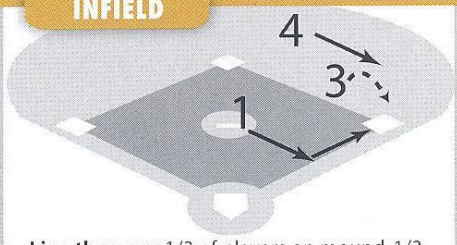
**INFIELD**



- **Line them up:** Every player with a partner 5-10 feet away.
- Throw ball so it bounces 12-18 inches in front of partner's feet.
- Players learn to catch ball on "short-hop".
- **Key Point:** Teach players to "get beneath" the ball.
- **Make it a Game:** Which pair has most consecutive catches?

## PITCHER COVERS
*Pitcher moving to 1st* — G/T

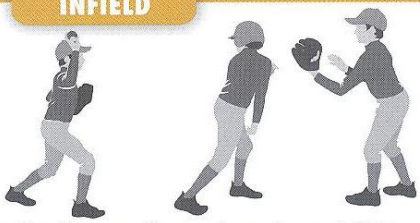
**INFIELD**




- **Line them up:** 1/3 of players on mound, 1/3 at 1st and 1/3 playing 2nd.
- Hit grounders that cause 1st baseman to move to right.
- Pitcher runs to 1st and catches toss from 1st baseman, while stepping on base.
- 2nd baseman should be hustling over to back-up 1st baseman and cover 1st if pitcher forgets.
- **Key Point:** Pitcher should run straight to 1st base line, then parallel with line.
- **Make it a Game:** Rotate players from 2nd to1st to pitcher.

## PICKLE DRILL
*Rundown situations, baserunning* — G/T

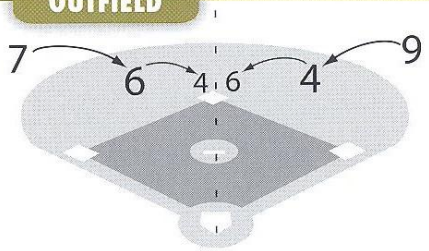
**INFIELD**



- **Line them up:** Place a player at every infield position, including pitcher and catcher. Remaining players are baserunners.
- Runner rounds 1st and goes halfway to 2nd. Coach throws ball from right field to shortstop or pitcher. Runner is now in a "Pickle".
- Fielders try getting runner out with fewest throws necessary.
- **Key Point 1:** Teach "Follow your throw." After you throw, take place of player who caught it.
- **Key Point 2:** Run at baserunner before throwing. Runner is always chased back to smaller base.
- **Make it a Game:** Also play between 2nd/3rd/home. Points for safe/out.

## CUTOFFS
*Getting ball into infield* — G/T

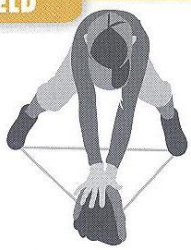
**OUTFIELD**




- **Line them up:** Shortstop and 2nd baseman. Remaining players in the 3 outfield positions.
- Hit ball to outfielder in left. Shortstop runs out halfway between outfielder and base with hands up, calling for ball.
- Outfielder throws to shortstop, (cutoff man), who throws it in to 2nd base.
- **Key Point:** Balls hit to left side of field are shortstop's cutoff. Balls hit to right side belong to 2nd baseman.
- **Make it a Game:** Have outfielders move to infield and vice-versa.

## TRIANGLE DRILL
*Proper feet and hand positioning* — I/G/T

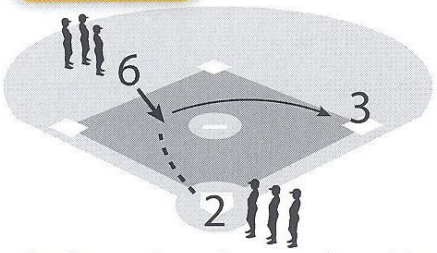
**INFIELD**



- **Line them up:** Two rows of players on infield, directly across from a partner, (10-20 feet, depending on age level)
- Draw a triangle in front of one player's feet.
- Show players how they must keep feet apart and hands out front for a triangle to stay intact. Players begin rolling grounders to each other.
- **Key Point :** When ball is rolled to either side, players must move feet and get in position so triangle moves to ball
- **Make it a Game:** Players quickly roll each other grounders. First team to 20 wins. Balls fielded without proper triangle don't count.

## SLOW ROLLERS
*Charging slow rollers* — G/T

**INFIELD**

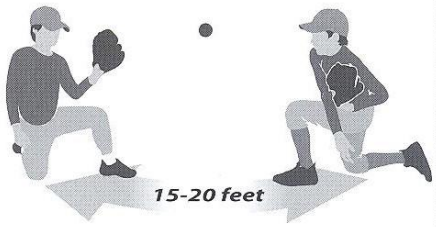



- **Line them up:** One 1st baseman. 1/2 remaining players at 3rd (or short) -1/2 at home.
- Players at home are "rollers". Each have a ball.
- Roll slow grounder to fielder who charges ball and throws to 1st.
- After throwing to 1st, fielder continues running to end of rollers line, retrieving ball from 1st baseman on the way.
- **Key Point :** "Rollers" go to fielder line after rolling.
- **Make it a Game:** How many consecutive can team make without errors?

## KNEEL THROW

*Arm strength, throwing motion* — I/G/T

**OUTFIELD**




- **Line them up:** Players line up in outfield with partners 15-20 feet apart.
- Players kneel with glove-side knee up.
- Play catch using only upper-body.
- **Key Point:** Players must rotate upper-bodies for proper throwing mechanics.
- **Make it a Game:** See which pair can catch most in a row.

## DO-OR-DIE

*Charging balls hit to outfield* — I/G/T

**OUTFIELD**

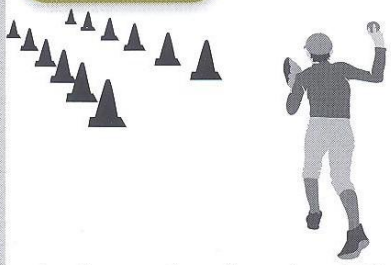


- **Line them up:** Players line up in outfield.
- Hit ball to first player.
- Player charges in and must scoop ball on the run and make throw.
- **Key Point:** Teaches players to attack ball when runner is trying to score.
- **Variation:** Younger players can use drill to learn to charge slowly-hit balls.
- **Make it a Game:** Put baserunners between 2nd and 3rd. See if they can score.

## DISTANCE THROW

*Arm strength, throwing accuracy* — G/T

**OUTFIELD**



- **Line them up:** Players line up in outfield behind right field line.
- Place cones, caps or other equipment on grass forming lane about 10 yards wide.
- Players take turns throwing their farthest. Ball must land within boundaries.
- **Key Point:** Simply throwing far is useless without accuracy.
- **Make it a Game:** Run a "Distance Throw Champion" competition.

## RECEIVER DRILL

*Running catches* — I/G/T

**OUTFIELD**

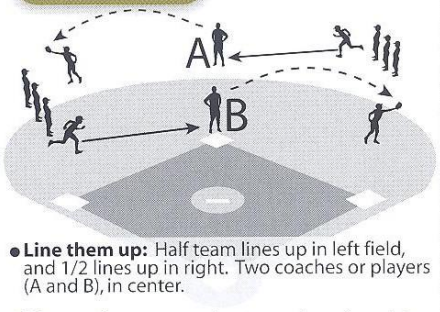


- **Line them up:** Players line up in outfield.
- On "Go!", first player in line runs 10 yards out and then cuts right.
- Coach throws ball out ahead, like quarterback throwing football to receiver.
- **Key Point:** Fast-paced. As soon as ball is thrown, next-in-line is running.
- **Make it a Game:** Mix is up. Throw some short, some over fielders' heads, etc...

## OUTFIELD FLY-BY

*Running catches, conditioning* — T

**OUTFIELD**

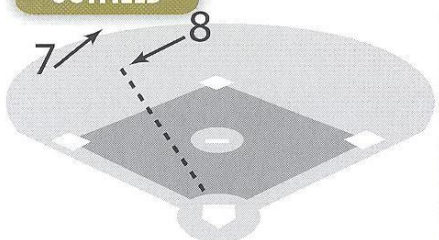



- **Line them up:** Half team lines up in left field, and 1/2 lines up in right. Two coaches or players (A and B), in center.
- Players take turns running toward coach, and toss him a ball. Coach turns and throws fly ball out ahead of player, who must catch it on the run.
- Players then hand ball off to someone in other line and wait for another turn.
- **Key Point:** Drill is fast-paced. Next-in-line should begin running as soon as coach catches toss from previous player.
- **Make it a Game:** Each line is a team keeping track of their catches. 1st team to X# of catches wins.

## OUTFIELD ANGLES

*Cutting off hits to outfield* — G/T

**OUTFIELD**

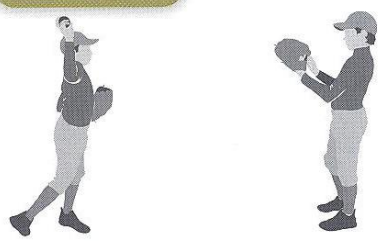



- **Line them up:** One group of players in left field, and another group in center.
- Hit or throw hard groundball between first player in each line.
- One player takes angle to ball. Other player takes angle behind, in case first player misses.
- Object is not to let ball get past both players.
- **Key Point:** Players must communicate so that one backs up the other.
- **Make it a Game:** Four groups, (2 in left make Team A, 2 in right make Team B). Team keeping most from getting by wins.

## STEP BACK

*Arm strength, throwing accuracy, catching* — G/T

**OUTFIELD**

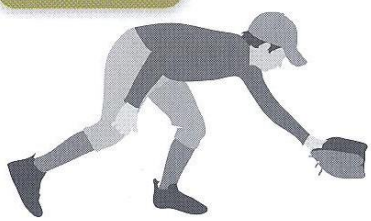


- **Line them up:** 2 lines, side-by-side in outfield, with partners 10 yards apart.
- On coach's command, players simultaneously throw to partner. Partner returns the throw.
- Each team successfully making both throws and catches take 1 step apart. Teams that misssed sit down.
- Continue on, spreading farther apart, until only one pair remains.
- **Key Point:** All players must have properly warmed up arms prior to this drill.
- **Make it a Game:** Switch partners and play again.

## SHOESTRING DRILL

*Charging balls, running catches* — I/G/T

**OUTFIELD**

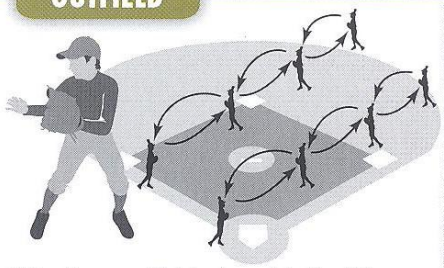


- **Line them up:** Players form 1 or 2 lines in outfield. One coach for each line, kneeling 10-15 yards away, with several baseballs.
- One at a time, players run their fastest towards coach.
- When fielder is approx. 5 feet away, coach tosses ball so that fielder must extend out while running to catch.
- **Key Point:** Players should have to work hard on each catch.
- **Make it a Game:** Give Olympic-style rankings for most spectacular catches.

## RELAY DRILL

*Foot and glove positioning* — G/T

**OUTFIELD**



- **Line them up:** Divide players into 2 or 3 lines, spread out so it would take long throw to reach nearest player.
- Show players how they should receive throws (above).
- Begin throwing relays from one end of line to other, and then back.
- **Key Point:** Explain that throws should always be to player's glove side.
- **Make it a Game:** Race between lines, down and back. Rotate after each round.

## TURNAROUND

*Locating fly balls* — I/G/T

**OUTFIELD**



- **Line them up:** Players line up in outfield.
- First player steps forward and turns back toward coach.
- Coach throws high fly ball and says, "Turnaround".
- Player must spin around and look up to make catch.
- **Key Point:** Explain drill properly before 1st time. Younger players can do same drill with grounders.
- **Make it a Game:** Make 2 teams. Count catches.

## TEAM FLY BALLS

*Catching fly balls, making good throws* — G/T

**OUTFIELD**

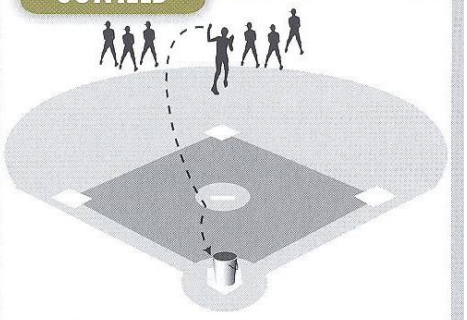


- **Line them up:** Two teams in outfield. Player or assistant coach catching.
- Hit fly ball to first player on Team 1.
- Player must catch fly ball, then make good throw in. Repeat with Team 2 and so on, alternating.
- **Key Point:** Throw soft-core or tennis balls to younger players.
- **Make it a Game:** Teams get 1 point for catch and 1 point for good throw. First team to 30 points wins.

## STRIKE AT HOME

*Making good, low throws* — I/G/T

**OUTFIELD**



- **Line them up:** All players to centerfield.
- Place ball bucket or equipment bag on home plate.
- Players take turns trying to throw ball that hits object.
- **Key Point:** One, or even 2-bounce throws are more effective than in air.
- **Make it a Game:** Each player gets 3 throws. 4 best advance to semi-finals, followed by championship.

## BEAT 'EM HOME

*Baserunning on fly-balls* — G/T

**BASERUNNING**



- **Line them up:** One catcher, one 3rd baseman. Remainder take turns running at 3rd or playing left field.
- Coach hits fly ball to left fielder. Runner at 3rd gets off base a few steps as ball is in air.
- If ball is caught, runner re-touches base and goes home. Ball not caught, runner goes straight home.
- Fielder throws home, trying to get runner out.
- **Make it a Game:** Keep track of runs scored and outs made.

## 4-3-2-1

*Baserunning, conditioning* — T

**BASERUNNING**

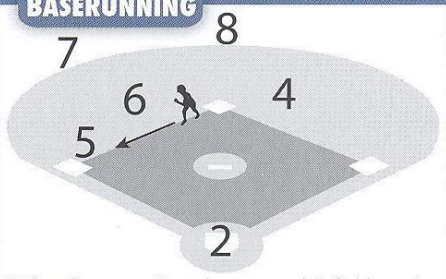


- **Line them up:** All in line behind home plate.
- All players run 4x to 1st, 3x to 2nd, twice to 3rd, then once all the way around.
- **Key point:** Next-in-line goes when runner in front is halfway to 1st.
- **Make it a game:** Player misses base or slows down, team starts over (advanced).

## 2ND BASE DECISON

*Baserunning decisions* — I/G/T

**BASERUNNING**

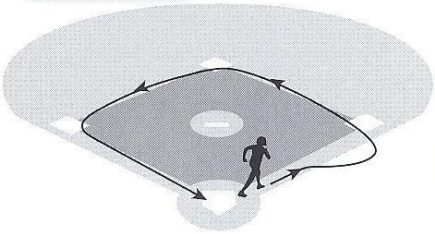



- **Line them up:** One player at each infield postion. (May choose to omit pitcher and 1st base.) 2-3 players take turns running from 2nd. Divide remaing players equally between left field, center.
- Throw fly balls and ground balls, (base hits), to various locations in outfield.
- Runner at 2nd decides whether to score, tag-up, or get back to base.
- **Key point:** Vary action between fly balls and base hits, both shallow and deep.
- **Make it a game:** Safe at home = 2 points, safe at 3rd = 1, minus 2 if out.

## HOMERUN SPRINT

*Baserunning speed, technique* — I/G/T

**BASERUNNING**

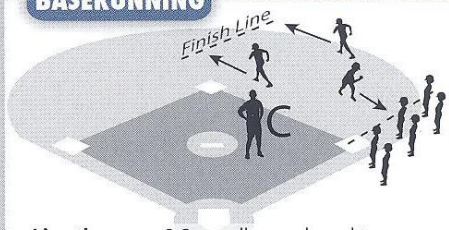


- **Line them up:** Players line up behind home plate.
- Time each player running all the way around bases.
- Players should work on hitting inside corner or each base.
- **Key point:** Emphasize importance of arc before 1st (illustration).
- **Make it a Game:** Create 2 equally-matched teams, timing each in relay race.

## GO OR GET BACK

*Getting good jumps off base* — G/T

**BASERUNNING**

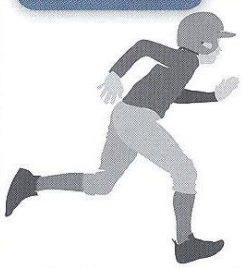



- **Line them up:** 2-3 equally-numbered teams lined up on outfield foul line. Create "finish-line" 20-40 yards away.
- Foul line is base. First player from each group takes a lead-off.
- From stretch, coach simulates throw home or pick-off move to 1st. On throw home, runners race to finish-line. On pick-off, they dive back to line.
- **Key point:** "No lead-off" divisions: Runners practice getting off base after pitch. Coach calls, "Passed ball!" and runners go. "Throw down!" runners get back.
- **Key point 2:** "No stealing" divisions: Work on running on grounders/waiting on flies.
- **Make it a game:** Team gets points for first to finish line or back to base.

## DOWN TO FIRST

*Running to 1st* — I/G/T

**BASERUNNING**

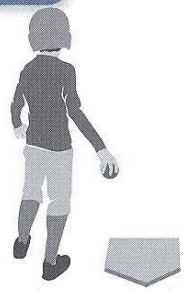


- **Line them up:** Players line up behind home plate.
- On "Go!" have them run their fastest to 1st, one after another.
- Encourage players to overrun 1st base and not to leap to base.
- **Key point:** Teach players to glance to right upon hitting bag, looking for wild throw.
- **Make it a Game:** Time players' first trip down, then see how many can improve.

## ROLL THE BALL

*Baserunning, fielding, strategy* — T

**BASERUNNING**



- **Line them up:** Player at each infield position. Remainders running at home.
- First runner goes to batter's box holding a baseball.
- Player rolls or throws ball somewhere in infield and runs to 1st. Defense tries to make outs.
- **Key point:** Fielders can play anywhere, ball can be thrown anywhere, but must stay infield, or it is an out.
- **Make it a game:** Play like real game. Runners advance, try to score

## OVERRUN, ROUND OR GO

*Three options running to 1st* — I/G/T

**BASERUNNING**

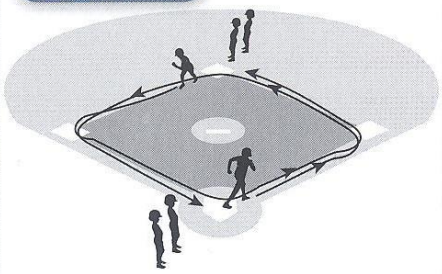


- **Line them up:** All in line behind home plate. One by one, players run to 1st.
- As they approach, coach says either, "Overrun it!", "Round and look!", or "Go !"
- **Option #1:** Overrun 1st on ball hit to infielder.
- **Option #2:** Ball past infielder, take a few strides toward 2nd, then come back. ("Round and look")
- **Option #3:** On a ball past outfielders, run hard to 2nd.
- **Make it a Game:** Use fielders and roll balls to simulate 3 options.

## HOME & SECOND RACE

*Baserunning, conditioning* — I/G/T

**BASERUNNING**



- **Line them up:** Divide group into 2 teams. Half at 2nd, 1/2 at home.
- On "Go" runners race around bases, finishing where they began.
- Relay race: When runner finishes going around, next-in-line leaves.
- **Key point:** Try to divide teams as equally speed-wise as possible.
- **Make it a Game:** Losing team has to do 10 push-ups

## SLIDING

*Proper sliding technique* — I/G/T

**BASERUNNING**

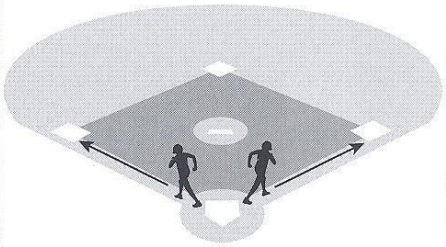


- **Line them up:** Bring players to outfield grass. Practice sliding into mitt or hat as base.
- Runners should slide on rear end with hands and feet off ground, (diagram)
- Upon landing be sure head is behind belly-button and chin tucked into chest.
- **Key point:** Two coaches can each hold a hand and run alongside novice player to minimize impact.
- **Make it a Game:** Team votes for best slides.

## RUNAWAY

*Running to 1st* — G/T

**BASERUNNING**

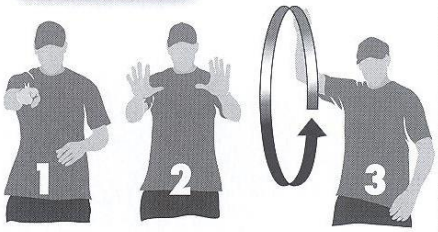


- **Line them up:** Players line up behind home plate.
- Put two players on plate - one facing 3rd base; the other facing 1st.
- On "Go!" players race to their respective bases.
- **Key point:** Players should overrun base to maximize speed.
- **Make it a Game:** Create 2 teams. See which team wins most races.

## ROUNDING SECOND

*Baserunning around 2nd* — I/G/T

**BASERUNNING**




- **Line them up:** All players running at 1st base. Coach at 3rd.
- Runner approaches 2nd base looking at 3rd base coach for instruction.
- 3rd base coach says either, 1)"On the bag", 2)"Round and hold", or 3)"Get here!"
- Runner learns three options: 1) Safely find base: 2) Go a few steps beyond and look for bad throw: 3) Hit bag hard and continue to 3rd.
- **Key point:** Coach accompanies instruction with hand signals, (diagram).

## Practice Tips

Use the following pointers in conjunction with your CoachDeck for a perfect practice!

• **Use your assistants:** If you have volunteers to assist you at practice you can easily put them to work by giving them a group of players and a selected card from the deck. You may then rotate players through various stations so that each player is getting frequent repetitions and more individualized attention.

• **Or, go it alone:** We know that quite often you may be the only coach at practice. Do not worry! Nearly every card in CoachDeck is designed so that a lone coach can keep each player busy and improving.

• **Rotate Players:** Remember to work with all your players. Move them around to different positions within each drill. Drills that require some players to be baserunners and some to be fielders can be enhanced by letting runners rotate out to the field and vice-versa.

• **Pre-plan, if you can:** CoachDeck was designed with the busy volunteer coach in mind. You can literally show up at practice with no time to plan and run a great clinic using this deck. However, whenever possible, it helps to choose a handful of drills ahead-of-time and place them in order at the top of the deck.

• **Have fun** but take it seriously. It's a fine line to walk. Your goal at each practice is to ensure that every player improves in some way. However, a more important goal for the season should be that no matter what, every player wants to come back and play again next year.

## Safety

Attention Coaches: Safety is a must!
Adhere to these tips to help prevent injuries!

• **Helmets:** Use any time players are swinging bats, are around others with bats or running bases.

• **Supervision:** Watch your players carefully at all times.

• **Loosen up:** Begin each practice with warm-up. Players should play catch to get arms loose, do stretching exercises, and take a short jog.

• **Bats & balls:** No player should pick up a bat or ball unless supervising adult has said it is OK. Players should never throw to another player unless that player is looking.

• **Be cautious:** If you don't think your players are ready for a particular drill in this deck, choose another. You can also vary drills to ensure safety by rolling grounders instead of hitting fly balls, using soft-core or tennis balls instead of baseballs.

**Spacing:** Any time more than one player is swinging a bat or throwing a ball, make sure there is plenty of distance between everyone. Structure practice so that there will never be players from one drill running through another to chase loose balls, etc.. Players not actively participating should be stationed in protected areas.

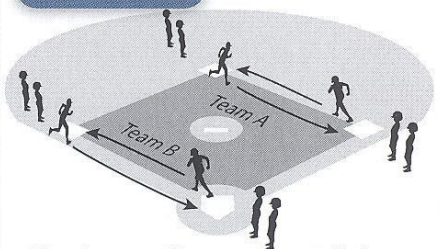
**First aid:** Always carry a first-aid kit and instant ice packs. Keep parent and emergency phone numbers handy in case of more serious injuries.

All CoachDeck drills have been performed many times without injury and are, if conducted properly, safe. However, throughout normal course of practicing baseball, possibility of injury exists. CoachDeck assumes no liability for injury occurring as a result of performance of drills in this deck for any reason, including without limitation, lack of supervision, negligence or participant error.

## TWO TEAM SLIDE

*Baserunning, sliding, conditioning* — G/T

**BASERUNNING**




- **Line them up:** Choose 2 teams. Half of Team A is at 1st, 1/2 at 2nd. Team B is 1/2 at home, half at 3rd.
- Runners from 1st sprint to 2nd. Runners from home sprint to 3rd.
- Relay race: Runners must slide into their bases. Teammate then sprints back, also sliding.
- **Key point:** Next runner cannot go until teammate slides into base.
- **Variation:** Younger players (or indoor), do not have to slide.
- **Make it a Game:** First team with all players finished wins.