Throwing drills

One knee throwing

4 corner throwing (both directions)

Circle relay (1 ball, 2 ball, 3 ball…)

In-line cut-off long distance

Long toss

21

Drag race

Hitting drills

Shadow swings

Tee hitting into net

Tee on the field

Two tee

Soft toss

2 ball soft toss

Fence drill

Flamingo

Short bat

Heavy bat

Fielding drills (middle infield)

Ground balls L/R/

Infield in/back/mid/DP depth

Pop-up right of way drills

1st-3rd defense

Bunt defense

Slow rollers

Paddle drill

Short hops

Tags

Blocking balls

P cover 1b

P backup bases

Outfield drills

Deep fly balls, shallow fly balls, line drives

Right of way in OF and between OF and INF

Balls in the gap (2 outfielders and communication)

Tag-up fly balls

Do-or-die rollers

Fence drills (OF and foul ball)

Baserunning drills

Home to 1st infield hit (read)

Home to 1st OF hit

Doubles (reading ball or base coach)

1st to 3rd with base coach: stop on bag/turn shuffle go (and back)

2nd to home with base coach

3rd with fly ball tagging up

(age dependent)

Leading off reading RHP/LHP/dirty ball

Spoke back

Pitching drills

Long toss

Fence drill

Flamingos

Crack the egg

Back of the mound

Towel pop (for wrist action)

(age dependent)

Pick-off moves

Step off

Catching drills

Framing

Blocking

Throwing

Fielding bunts

Dropped 3K

Passed ball, pitcher covering

Pop ups

Tags