

## Throwing:

- Throw progression:
  - "C" Grip
  - Wrist snap
  - Step with Snap
  - Figure 8
    - Elbows lined up, focus on glove tuck
  - Baseball
    - Stride toward target, when stride foot hits ground, tuck elbow down
  - Perfect Fielding Position
    - Fielding position □ Left toes up □ Right foot to left foot □ Separate hands high
  - Quarterback
    - Step back x 2 with elbows/arms parallel with ground, pinch shoulder blades together each step back, transition to throw and tuck elbow down
  - Jump Back
- Receiving options/drills
  - Forced out footwork
  - Cut Footwork
  - Tag play

## Defense:

- Infield
  - Dailies
    - Knees: barehand (Routine, forehand, backhand)
    - Knees: Glove (Routine, forehand, backhand)
    - Knees: Pick work- short hops (straight one, forehand, backhand)
    - Standing: Glove (routine with flip, forehand, backhand)
    - Standing: short hops
    - Loopties
  - Angles
  - Box Drill
  - Octopus
  - Receiving
- Outfield
  - Dailies
    - Over the shoulder
    - Getting behind fly ball footwork
    - Do or Die
    - Head whips

## Hitting:

- Phases of the Swing
  - Athletic Stance
    - Feet wider than shoulder width with weight 50/50
    - 90 degree angles
    - Nob of bat at catchers feet
  - Load

- Slight weight transfer into back leg ~60/40
  - Attack
    - Leading with front elbow
  - Connection
    - Palm up palm down, slight bend in elbows
  - Extension
  - Follow through
- Plate Presence
  - Lining up to tee/soft toss
  - Pitch selection
  - Quality over Quantity
- Drills to emphasize:
  - Connection stop Chest
  - Connection stop-OK to go half bat for better control
  - Extension Throws
  - Extension Stop
  - Tee full swing
  - Soft toss
    - Focus on Load Rhythm
    - Options of Flamingo, step across, step in, ½ kneel
  - Top hand bottom hand
- Fundamentals of Bunting

### **Pitching/ Catching**

- Pitching: Maggie
- Catching:
  - Blocking footwork
  - Throw downs
  - Framing/ receiving

### **Practice Planning/Flow**