



# EAST TROY BASEBALL BASEBALL/SOFTBALL PRACTICE REGIMENT

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## **WARM-UP (15 - 20 MINUTES)**

(5MIN) STRETCH (lower body, torso, neck, arms)

(5MIN) RUN Bases;

- i. teach to run through first on single to infielder – 3 times
- ii. teach to round 1<sup>st</sup> base when hit through in field – 3 times
- iii. teach to round first then immediately pickup 3<sup>rd</sup> base coach to hold second, go third &ct...

(10) THROW (technique: long arm, body, following through)

## **DEFENSE: (40 minutes)**

### 1) **INFIELD** (breakout)

#### a) Round the horn infield

- i) focus on staying down & glove in the dirt: invisible chair
- ii) foot work: shuffle(CRAB) & crossover
- iii) soft hands (eyes follow ball into glove, suck in the ball into abdomen...crow hop/rotate hips...throw)

#### b) Base runners/bunting/throwing Scenarios

#### Drills:

First base: body position – focus on scooping and stretch while maintaining foot on bag

Shuffle and cross over: follow direction left to right (should burn thighs – focus on staying down)

Double play: focus on second bases body position for throw to first

Free-for-all: hit the gaps (only time to teach kids to be greedy and go for the ball at all costs – sounds weird but this exercise teaches kids to understand other players ability and when to go for the ball or become the backup)

### 2) **OUTFIELD** (20 min - breakout)

#### a) Pop-up to outfield – call for ball (catch w/2 hands, body position, foot work – turning to ball)

#### b) Grounders

single knee position (conservative position: slow but need to stop ball scenario)

free hand pickup and throw

#### c) Base runners/ throwing Scenarios

#### d) throwing home: 10 throws each - build arm strength (setup target such as cone to make fun)

#### e) fence drills:

play ball off fence

fence position on long fly balls

#### Drills:

- a) Karaoke
- b) Crow hops
- c) Fly ball to crow hop
- d) closest non ball fielder calls (yells) distance to fence
- e) closest non ball fielder call (yells) up up up or back back back

### 3) **INFIELD/OUTFIELD (10 min)**

#### a) Base runners/ throwing Scenarios

#### b) Throws to cutoff (infielder lines up cutoff person – yelling Left Left or Right Right)

#### c) fly ball coverage infield: opposite side ball hits covers bag; other becomes cutoff

#### Drills:

a) throw from knees (snap wrist)

b) Infield fly – call ball

\* rotate infield and outfield to review capabilities and balance skills



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### BATTING PRACTICE (40 minutes)

#### 1) Hitting Form

**1,2 & 3 Batting Method:** 1 (step); 2 (pop hips) & 3 throw hands

**Ready Position:** Feet shoulder width apart, shoulders square to plate, chin down, hands shoulder height, bat off shoulder. Follow this by a balance check - Should be able to tap toes with from foot.

**1)** Ready position to Step: small step forward

**2)** Step to pop hips: Hip rotation – throw belly button at pitcher – keep shoulders square and hands back

**3)** Throw Hands: straighten arms – concentrate on following through and keeping rear foot down

#### 2) Live Batting

a) Running to first: instill rounding bag versus running through (turn outward versus toward field)

b) Batting cage: see batting cage rules and procedures

#### Drills:

- A) Quick hands drill: straighten arms; throwing hands; rolling wrists; follow through (throw fingers from hands)
- B) Hip rotation: bat behind back; curl elbows around bat, step and pop hips (looking for speed improvement)
- C) Ball toss (waffle)
  - i. soft toss from side
  - ii. curve ball and change up: thrower lobs from behind batter (batter should not see ball till it crosses plate)
  - iii. pepper (bunting hand position on bat)
- D) Bunting (where applicable)
  - a. Finger tips
- D) bunting (where applicable)

\*NOTE: USE THE BATTING T'S AND BATTING STICKS

### PITCHING | CATCHING (breakout during B/P)

Technique and repetition...

a) Pitching: Hard ball (windup, stretch; softball (windmill)  
covering first base and home plate scenarios

b) Catching (The Field's General):

Crouch and throw positions, pop ups (face crowd), wild pitches, blocking, plate positioning (batting and throws home), back up first

**OTHER BREAKOUTS:** sliding, base running

Work cell activities:

- a) pepper; b) hit into fence (wiffle balls); c) curve ball drill (hit into fence; ball tossed from behind batter)