**This is a sample document and is for guideline purposes only. Individual coaches will need to customize for their individual teams, age levels etc.**

# Indoor Practice Drills

## DEFENSE

Team defense is CRITICAL. Defense does not slump. It helps pitchers go deeper into games by keeping pitch counts low. It narrows the gap between lower level and top level teams. Opponents get frustrated when balls are consistently caught, throws made. They start to "press", make bad swings while batting etc. It enables us to score less runs to win. Against strong teams, good defense "shortens" the game and builds confidence for our team and makes the opponents uneasy. Rarely does an opponent get 4+ hits in a row so if we just make the routine plays, we will be in almost every game. Make sense?

### Infielders

- On knees, hands out front, roll ball to player, field with hands to belly, player rolls back **NO GLOVE (2 separate groups)**
- Stand as above **NO GLOVE (2 separate groups)**
- Stand with wide base and feet still **(2 separate groups)**
- Full ground balls **(2 separate groups)**
  - Knee flex, hands out front, moving slightly forward on pitch
  - Approach on left side
  - Field, hand to ball and crow hop
  - Left elbow shoulder height, pull down, throw to nose/chin
  - Stretch out to receive throw/apply tag as directed by coach
  - Hit ball at, to left, to right – 3 rounds each
  - 1 player rotates to catch after each round

**KEYS: Proper fielding, accurate throws**

## Double Plays for IF

- For 2B, left foot on back corner of bag, right foot steps toward ball, handcuff target, receive from 3B/SS, strong throw to 1B
- For SS, right foot clips back corner of bag, handcuff target, receive from 2B/1B, strong throw to 1B
- For 1B, yell inside in front of baseline, outside behind baseline, avoids throwing across runner, easy for SS to receive
- Use cones for bases, roll ball to 2B, flip to SS, throw to 1B
- As above, roll ball to SS, flip to 2B, throw to 1B
- As above, roll ball to 1B, 1B yells “inside/outside”, throw to SS
- As above, roll ball to 3B, throw to 2B, throw to 1B

**KEYS: Proper fielding, get lead runner, accurate throws, safety**

## Outfielders

- Lob overhead, turn, drop step, run, catch with 1 hand **NO GLOVE (2 separate groups )**
    - Alternate diagonal left, diagonal right, straight back
- Lob short, run in, catch with 1 hand **NO GLOVE (2 separate groups)**
    - Alternate diagonal left, diagonal right, straight in
- 4 rounds of each (12 times total)
- Roll ball, charge, field, crow hop, throw on line to far end of gym
- Beat runner to bag; reduce runners advancing

**KEYS: Drop step (open hips, turn, go), track ball, field 1 hand, strong throws on a line**

## Catchers

Exaggerate a large flat target for P waist down in zone, set up on both halves of plate, not the corners

- Toss from 5-10 feet, catch out front, receive quietly **NO GLOVE**
- Throw from 30 feet as above

Block with round shoulders, square up to ball, both hands out front

- Toss whiffle balls from 5-10 feet in dirt, 5 right, 5 left, 5 in front
- Smother the ball

Throwing is “quick feet”, shoulders to target, throw through 2B

- Start from crouch, shift feet, throw **NO BALL**
- Start from crouch, shift feet, throw
- Throw from 30 feet, receive and throw

**KEYS: Low target, receive with minimal movement, blocking skills, quick throws to bases**

## Pitchers

- Bunt fielding
  - 3 balls in straight line (3B, P, 1B), cone as 1B, cone for mound
  - P simulates throw and runs in
  - Coach yells 1, 2, 3 (for 3B side, back to P, 1B side)
  - P picks up correct ball, sets, throws to 1B
- Cover 1B
  - 3 cones for P, 1B bag, 1B position
  - P simulates throw, runs to cover 1B, yells “BAG”, provides target
  - 1B moves toward 1B, yells “FLIP”, throws ball to P, leads P to bag
  - P touches inside left corner and turns into field of play

# OFFENSE

Team offense is hitting, getting on base and base running. Getting on base is the #1 goal whether BB/hits. Once on base we have options to score by SB, hits and advancing runners by productive outs. Unlike defense, offense slumps through bad luck, good pitching, good defense etc. Our focus will be to 1) look FB until 2 strikes (P taught to get ahead); 2) get good pitches to hit as BB are great to get on base and increase pitch counts; 3) hit the ball hard; 4) have a high contact rate (K's are unproductive outs); 5) be aggressive on the bases to make P uncomfortable. Make sense?

## Hitting Drills

- Tee Work: Happy Gilmore
  - Step, cross over, stride and hit ball
  - Tee is out front and hit ball early with extension
- Tee Work: In the box
  - Hit top half of ball
  - Tee is out front and hit ball early with extension
  - Move tee closer/further/up/down to simulate game situations
  - Focus on middle of the field (gap to gap)
- Soft toss from side (front with L screen)
  - Sit at 45 degree angle and soft toss to player
  - Ball should be out front to hit ball early with extension
  - Change speeds/location to simulate game situations
  - Focus on middle of the field (gap to gap)
- Batting practice in cages
  - Start with 4 bunts (2 to 1B, 2 to 3B)
  - Ball should be out front to hit ball early with extension
  - Focus on middle of the field (gap to gap)

**KEYS: Separate hands, stride, arm extension, lots of repetition**

## Base Running, Lead Offs

- Effort + Aggression = Pressure on defence
- HP to 1B on a ground ball
    - Runner outside baseline (use cones) to 1B
    - Run through 1B by 3 strides and turn to foul ground
- Base hit/FB to OF, thinks 2B and sprint out of box
    - Set up cones 15 feet in front of 1B
    - Runner touches inside of bag and rounds 1B aggressively
    - If going to 2B, coach yells “2, 2”, if 1B coach “just 1, just 1”
- 1B lead is 3 strides off for both RH, LH pitchers
    - RH pitcher shuffle 1-2 strides after pitch
    - LH pitcher **ONLY** shuffle after front foot lands
- 2B lead is 4-5 strides off for both RH, LH pitchers
    - Shuffle 1-2 strides after pitch for both RH, LH pitchers
- On steals runner turns, stays low and **ALWAYS** slides
- On pickoffs **ALWAYS** head first to outside corner of base
- 3B lead is 2 strides off for both RH, LH pitchers
    - Shuffle 1-2 strides after pitch for both RH, LH pitchers
- On pitches in the dirt, be aggressive
    - if catcher fields on knees advance to next base
    - if not shuffle and force action by defence
- On PB/WP, advance to next base and watch 3B coach
    - Large backstops so could advance 2 bases if catcher slow
- OF fly balls runners tag up if on 2B, 3B and go half way if on 1B
    - Go back to base, when ball hits OF glove break to force throw
    - On 3B, we will try and score on medium and deeper fly balls

**KEYS: Be aggressive, situational awareness, slide**

# PITCHING

Team pitching is CRITICAL. Throw strikes, throw low strikes and change speeds. Defense can't help with BB. Get ahead in the count and get quick outs. Helps pitchers go deeper into games by keeping pitch counts low. If we "pound the zone" opponents will start to "press" and expand the strike zone. It enables us to keep score less runs to win. Holding runners close to the bag is key to help our catchers and infield defense out. Make sense?

## Pitching Drills

P/C at opposite end on flat ground standing up (pitch and catch)

- P throws from stretch to other P/C at 75% effort
- Front shoulder closed
- Reach glove to target, throw and tuck glove, chest square to target
- Finish by "walking over front foot"
- Keep elbow at/above shoulder

P/C at opposite end on flat ground

- P throws 40 pitches to C (all FB)
- 20 full windup, 20 stretch – short break between full and stretch
- Catcher moves target inner/outer half; **NOT CORNERS**

P/C at opposite end off mound – game situation

- Pitchers throw 40 pitches to C
- Catcher moves target inner/outer half; **NOT CORNERS**
- Coach calls balls, strikes
- Catcher calls game based on coach feedback; situational play

Pick Offs with P/C/1B off flat ground

- P in stretch position
- Varies hold times
- Throws to 1B or HP
- 1B straddles bag to receive throw and swipe tag

**KEYS: Build arm strength, accuracy, relationship, pitch calling**