

1 BASEBALL TIPS & DRILLS



Infield 4 - Corner Drill

By Texas High School Baseball Coaches Association

Watch as Coach Ricky Watkins explains, and infielders demonstrate this 4 corners drill with different variations. The infielders start out focusing on being quick as they move the ball around. The 2nd phase is an inside turn followed by the glove side spin with an inside step. The focus is just playing catch but throwing the ball where you want to. The 3rd phase is throwing across then rotating positions after every 2 or 3 balls.



Energy, Intensity, & Enthusiasm Drill

By Texas High School Baseball Coaches Association

Watch as Coach Chans Chapman talks about his team's culture and how a big part of it is emphasizing to the players, energy, intensity, and enthusiasm. The focus is to play with more energy, intensity, and enthusiasm than your opponent regardless of what is happening on the field. The players believe in this, and it gives them a advantage in the games.



Catchers Throwing Drill

By Texas High School Baseball Coaches Association

Watch as Coach Blake Sandford explains, and catchers demonstrate this throwing to bases drill. The drill involves 3 catchers throwing to the bases and infielders covering and working on tags. The catcher on the right will throw to 1st base, the middle catcher throws to 2nd base, and the catcher on the left throws to 3rd base. After each throw the catchers change positions so that they all have multiple reps throwing to each base.