

Coaches Clinic: Drills & Activities

PRESENTED BY LESLIE KORKGY-VALENTI

THROWING BREAKDOWN DRILLS:

- all done on command as a group.
- ball starts on one side.
- receivers hands are apart, 10 to the sky, feet are moving.
- little hands / little ball = helps with snapping the ball.
- no gloves to start = better feel and eliminate fear.
- grip on the ball (4 seams). ... thumb behind the ball. -
- 10 each

1. **Standing Snaps:** 2 glove positions - at wrist and under elbow

2. **Knee Down:** glove leg out, 3 commands: "scarecrow, open, throw"

3. **Toe to Toe:** wide stance, rotating at the hips, same commands.

4. **Block Step:** ball starts in glove, take it out block with throwing foot, step and open, throw and drag commands are : "block, open, throw"

INFIELD GROUND BALL SERIES/ BREAKDOWN DRILLS

- *squad line: creates control/less chaos and quick repetition.*
- *hands : bare hand doesn't go over the glove, it acts as a hinge....also allows you to see the ball and not injure bare hand.*
- *4 each then rotate*

1. 2 Knees Down: *(grounders & short hops).*

barehand behind the back, glove only, fingers down/wrist exposed, head down on catch, throw back.

2. Catch Low/Throw Low: *(grounders &*

short hops): wide base, butt down, hands out, barehand is a hinge, head down, come up at the waist and throw back.

3. Catch Between Legs: *(grounders only).*

to ensure they bend and glove is in front, hands apart, as ball is rolled, glove goes around the leg, take ball out of glove and throw back.

3 BALL ATTACK DRILL: CHARGING

THE BALL (*grounders and short hops*)

- approach like an airplane, not a helicopter, each girl gets 3 rolls, first 2 balls are thrown back (block, step, throw) and the last is flipped, then they go to the end of the line.

SHUFFLE/THROW/ FOLLOW:

- each girl has a ball and faces one direction, 2 shuffles, turn and throw, then follow the throw.... they run towards the coach who flips them the ball... they return to the end of the line.
lefty's face the opposite direction

4. **Forehand w/ backhand toss:** (*off each foot, grounders and shorts*): on knee, glove by foot, ball is rolled, pick up and backhand toss.

5. **Backhand w/ throw:** same as forehand but pick and throw.

LEFT TO RIGHT DRILL: MOVING INTO POSITION FOR FOREHAND AND BACKHAND

(grounders and short hops) - ready position, tell the girl "1 step backhand", "2 step backhand", "1 step forehand", "2 step forehand"....

OUTFIELD GROUND BALL & FLYBALL SERIES/BREAKDOWN DRILL

- *Outfield ready position: hands above waist*

1. No one on base: knee down, block the ball with the body. : 4 each
2. One or more on base: approach the ball like an infielder, field the ball off the glove side foot. : 2 each

CHARGE AROUND THE CONE

- start behind the cone, coach rolls the ball to the opposite side of the chair that the girl is rounding from. Girls should be square to the ball.... Then reverse.... 1 each

3. Shorts: basket catch or a short hop, body stays low. : 2 each

4. Pop ups: slightly under the ball, hands in a blocking position, catch the ball slightly above the nose, hand is a hinge. : 2 each

ALTERNATING TOSS DRILL

- girls receive a pop up, throw it in, then an immediate short toss, flip it in. : 2 each

5. Drop Step: (ALL GIRLS) - line the girls up, outfield ready position (hands up) coach has a ball in their hand and points in a direction and says the following: drop, cross, step... when the girls "step", they should simulate catching a fly ball....

SELF TOSS DRILL

- each girl has a ball... the coach points in a direction, girls say "drop, cross, step" and then they do a self- toss. : 4 to each side

DROP STEP TOSSES

- coach chooses which side to start with, girls start in close, and coach tosses the ball over that shoulder.... then reverse. : 1 each.... A quick moving drill....

PASS PATTERN

- girls start to one side, coach has 2 balls, makes one short toss, then a deeper toss to the opposite side, then the girl throws both balls back to the coach.... then reverse.