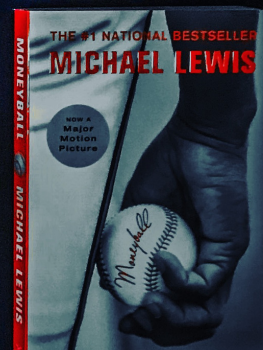
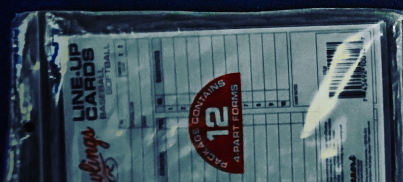
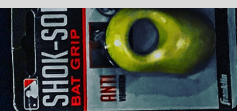


The Baseball Drill Book



HITTING DRILLS

Hand Drills

Purpose:

Short, compact swing paths are quick. Faster bat speed correlates to MORE Power.

Set Up:

Set up front toss with a screen about 8-10 feet in front of the hitter.

Execution:

Either by choking up (top of the tape) or using a short bat the player gets in a wide stance to eliminate lower half and does one-handed swings looking to leverage the barrel, and hit the ball where it is thrown. (5-10 each hand to get warmed up)

Happy Gilmore/Open Stance Tee

Purpose:

To feel your weight gather into your back hip.

Set Up:

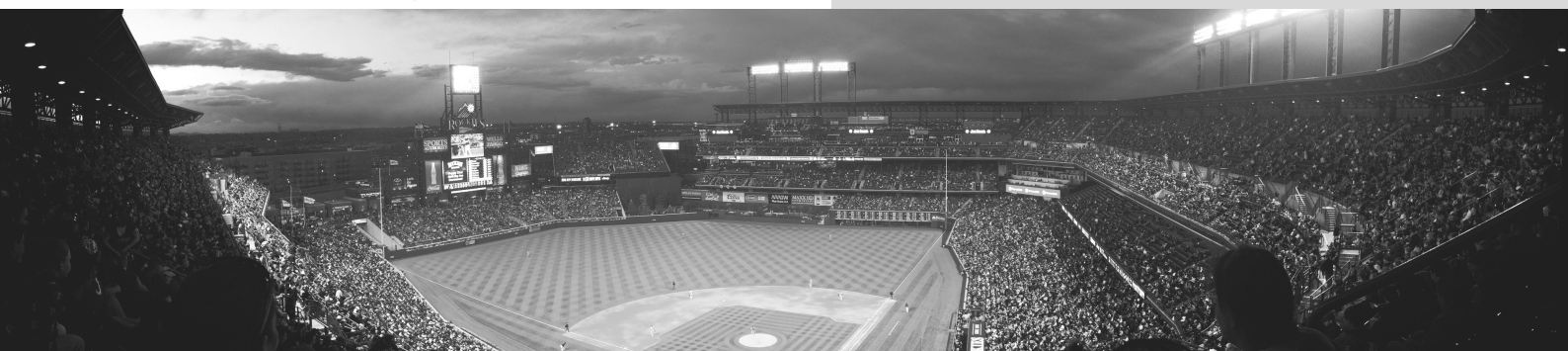
A tee and a sock net or a tee in the cage set up for a belt-high middle pitch, 6 inches in front of the plate.

Execution:

Step into the box from behind, backfoot first and then sink into your back hip until you let your front heel hit and fire into your front hip and swing. Like a Happy Gilmore Golf swing, but under control.

Open Stance Variation:

Start back foot square in the box, but face open towards the pitcher. Leg Kick and roll into your back hip. Front knee crosses in front of the back leg and then strides forward to feel the weight gather. Slow and under control is key.



Drop Ball Drill

Purpose:

The ability to react from a standstill teaches bat speed and constant loading resulting in better adjustability.

Set Up:

Coach or partner stands on a box to drop ball out in front of hitter. Hitter hits into a sock net.

Execution:

As the Coach or Partner draws the ball up, the hitter gets into his load, and when the ball is dropped the hitter reacts and drives the ball up the middle. Can be done without a box to increase difficulty. A low tee can also be added as a constraint for those dropping hands and not attacking the ball.

Step Back Drill

Purpose:

To create rhythm and to feel the weight transfer into the back hip.

Set Up:

Regular Tee work. Set up 5 Inside, 5 middle, 5 away.

Execution:

Step away from the pitcher with the back foot and sink into the back hip before exploding forward. Do 2-3 times to create rhythm, as it gets easier. These are small steps, it is more so about the weight transfer.

Weighted Ball Front Toss

Purpose:

To feel bat drag by staying inside the baseball.

Set Up:

Front toss with Weighted Contact Baseballs, both oversized and regular sized.

Execution:

Front toss with a focus of staying up the middle and squaring up contact balls that give on contact. Feel the bat drag and stay inside the ball in order to let the barrel do the work.

PVC Feels

Purpose:

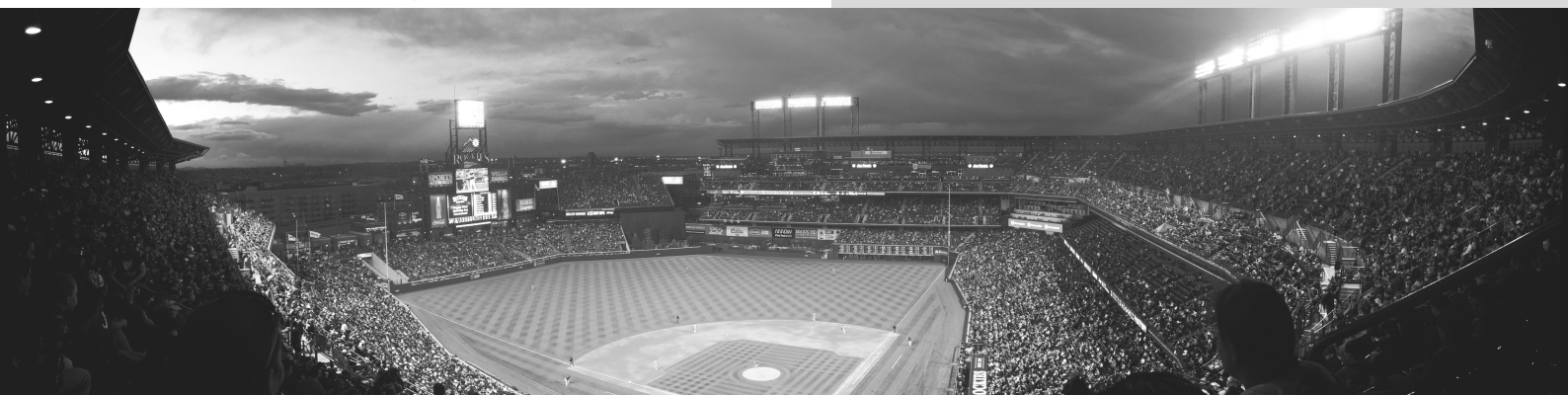
To feel your swing path.

Set Up:

Go split grip on a PVC pipe or broomstick.

Execution:

Have coach or partner hold bat back as your hips fire to feel what separation you can create with your hips and hands. Then take dry hacks to correct overall bat path and sequence.



PITCHING DRILLS

The Tee Drill

Purpose:

To keep your fingers behind the ball.

Set up:

Place a tee behind the rubber at belly-button height.

Execution:

From the stretch, have your pitcher grab the ball off the tee while coming to the balance point. As your pitcher finishes his delivery, his fingers should remain behind the ball throughout the entire drill. Repeat this drill until this feels natural.

Up and Over Drill

Purpose:

To keep your back foot from dragging through delivery.

Set up:

Place a cone in front of the pitcher's feet in the stretch along the rubber.

Execution:

As the pitcher raises his front leg and continues through the pitching motion, have the pitcher lift their back foot up and over the cone in the follow through. The idea is to open the hips for an extended follow through. Repeat until comfortable.

Hip-Hop Drill

Purpose:

Strengthen the balance & landing points.

Set up:

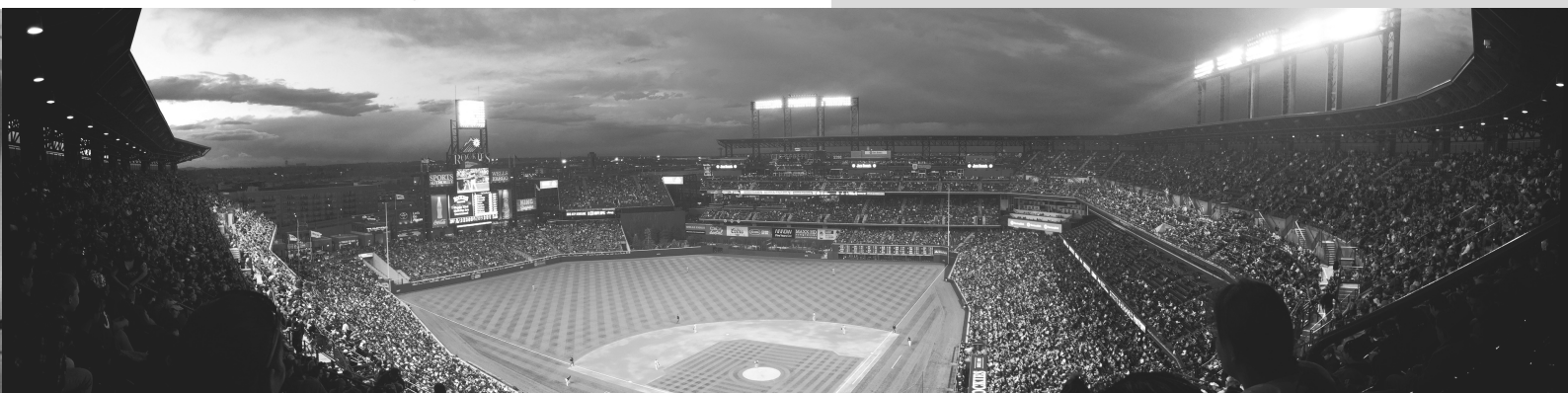
Done from both the stretch and wind-up.

Execution:

Once your pitchers reach the balance point, have them stop and hold that position while remaining eye contact with the target. Hold as long as they can and repeat until there is no wobble. Same goes for the lead leg. Have them finish the delivery motion but remain balanced on their lead leg, focused on the target as well. Repeat until there is no wobble.

Advanced drill:

Have them hold for 3 seconds, then hop on the back leg and hold for 4 seconds, so on and so forth. See how long they can go before falling. Turn it into a fun gam!



Hips/Back Pocket First

Purpose:

Driving toward the mound with your hips rather than falling over your legs.

Set up:

Done from the stretch.

Execution:

From the balance point, push your hips out toward home plate, hold, then push off the back foot toward home plate keeping your hip pointed the whole time. This should feel uncomfortable for young pitchers but after a lot of reps, it will become second nature!

Behind the Mound Drill

Purpose:

Working downhill for release point work with the extra constraint of the back of the mound.

Set up:

Pitchers throw toward home from behind the mound.

Execution:

An oldie, but a goodie. This drill is simple but can play a major role for pitchers who have an issue with leaving pitches up in the zone. The pitcher simply plays catch with the catcher on the upslope of the back of the mound. The repetitions will allow them to feel more on top of the ball and behind the ball when it translates to the game. Helps a pitcher to follow through over the front side and allows for a more fluid delivery during the game and to consistently throw more strikes.

Bird Box Challenge

Purpose:

Mastering the wind-up.

Set up:

Wind-up with your eyes closed or blindfolded.

Execution:

A pop-culture spin on naturalizing the delivery. If a pitcher can consistently repeat the delivery with their eyes closed, they can certainly do it with their eyes open. This drill is meant to provide complete, undivided attention to how the delivery feels without your most crucial sense of sight. As a former collegiate pitcher, I can honestly say performing this drill throughout high school and travel ball is what made me more successful as a pitcher in college. Second nature is the goal of this drill.



FIELDING DRILLS

Glove Drills

Purpose:

To create a focus on working your palm through a short hop.

Set Up:

Coach or partner sets up 5-8 feet away with a baseball.

Execution:

With a partner or coach go through rolled balls and short hops, 5 right at you, 5 forehanded, and 5 backhanded from about 5-8 feet away. Fielder does 1 round from knees with just barehand and then one with the glove. Then from fielding position with both barehand and glove. Focus on fingers down, palm through the ball, with a loose fielding arm out in front.

No Glove Roll Drills (Cones)

Purpose:

To focus on fielding palm and fingers through on bad hops.

Set Up:

Set up 10 agility cones 8 feet in front of the fielder. Have a Bucket of tennis balls & baseballs.

Execution:

A Coach or partner rolls whatever ball you are using with decent speed low towards the fielder to try and hit the cones. I would toss from 20 feet back. For Tennis balls no glove, and baseballs with the glove. Putting a focus on staying athletic and reacting on the balls of your feet is key.

Ozzy Drills

Purpose:

To react quickly at low liners or hard hit grounders, with an efficient athletic move.

Set Up:

The coach or partner sets up 30 feet away and the player gets set in a fielding position or both knees with a glove.

Execution:

The Coach or Partner hits one-hop line drives at the players in center stance, forehand, or backhand. The Drill can be done as a reaction with footwork, without footwork, or on both knees. A quick reaction short hop execution drill.



Throw Variations

Purpose:

To Experiment with comfortable arm slots and throw types.

Set Up:

Have pairs of 2 or a cube of 4 and get about 30 feet apart. 1 Baseball per group or pair.

Execution:

The Pairs practice jump stop throws, low & mid arm slot throws, and on the run throws to left and right. The focus is on accuracy and finding release points. Hit your partner or next target in the chest.

Star Drill

Purpose:

Build quick and proper reactions with footwork for outfield and infield.

Set Up:

Coach or Partner sets up with baseballs about 10-20 feet away from the player.

Execution:

The player is rolled balls or tossed pop-ups at every point of a star. Before each rep player resets at either front of the star or back (Front for pop-ups, Back for Grounders). Each rep the player jump stops and reacts to either a verbal queue or sign then makes the play. Good with colored agility cones. Can be done with tennis balls for infield for barehand variations.

Receiving & Picks:

Purpose:

To read whether to ride a hop or get the short hop.

Set Up:

Players go to their designated bases and coaches or partners go about 10 feet away at different angles.

Execution:

Coach or partner throws low liners at the bag, mixing in long and short hops at different angles. Player receives in the most efficient and athletic way as either a force (at first) or tags directly to the bag (no swipe tags). Key is to read the hop and work palm through the short hop or long hop.