

FPA Program Skills Specific Training

Corners

Day 1

- Throwing Progressions
 - Basic Mechanics
 - Bow and Arrow Drill
 - Elbow Check
- Dailies
- Glovework
 - Quick Hands
- Footwork
 - 360 footwork - Defense
 - Corners Drills
 - Group Drills
 - Double Pause Fielding
 - Around the world
 - Hurdles
 - FH/BH Conditioning

Day 2

- Throwing Progressions
- Glove work
 - Bad Hops
- Throwing on the run
 - Beginning
 - Advanced
- Footwork
 - Defensive Pos 1B
 - Fielding to your right
 - Diving
 - Progression
 - Receiving
 - Drills to pick the hop

Day 3

- Throwing Progressions
 - Transfers
- Attack the Ball
- Glovework
 - Backhands
 - Backhands
 - Coaching points
- Receiving
 - Tag Flip Drill
 - Footwork
 - 5 Drill Sequence
 - 1B Drills
 - 3B Drills

Day 4

- Throwing Progressions
- Dailies
- Footwork & Direction
 - Quick Reaction Drill
 - 1B Drills
- Turning 2
 - DP Footwork 3B
 - DP Footwork 1B
- DP Footwork 1B
- Covering bases
 - 1B Backpicks from Catcher
 - 3B Pick off From Catcher
- Fielding Bunts
 - Meg Rem
 - Domingo Ayala - :)

FPA Program Skills Specific Training

Outfielders

Day 1

- Throwing Progressions
 - Longer Arm Path
 - Crow Hop
 - OF Pro-Step
- Dailies
 - Glove Work - basics
- Over the shoulder
- Lines
- Build a wall
- Do or dies
- Shoestring Catch

Day 2

- Throwing Progressions
 - Crow Hop
- Dailies
 - Lines
 - Build a wall
 - Do or dies
 - Shoestring Catch
- Change of Direction
 - Footwork
 - Explosive Movements
- Bad Hops
- OF Conditioning Drill

Day 3

- Throwing Progressions
 - Drop steps
- Dailies
 - Explosive Movements
- Diving
 - Diving Progression

Day 4

- Throwing Progressions
 - Indoor OF Drills
- Three cone OF Drills
- Pre-Pitch Stance
- OF cone Drills
- OF Drills
- Tracking the ball

No one should ever just be standing around, on their phones, chatting, etc.²

FPA Program Skills Specific Training

Middle Infielders

Day 1

- Throwing Progressions
 - Basic Mechanics
 - Bow and Arrow Drill
 - Elbow Check
- Dailies
- Footwork
 - Bucket Drill
- Glove Work
- Three toss seated Transfer Drill
- Meg Rem Transfers
- Bad Hops

Day 2

- Throwing Progressions
 - Throwing Drill
- Dailies
- Throwing on the run
 - Beginning
 - Advanced
- Drills to pick the hop
- Double Plays
 - Turning 2 - SS
 - DP Drill
- Lateral Movement
 - Fielding to the right
- Situational Positioning
 - SS
 - 2B

Day 3

- Throwing Progressions
 - Arm Slots
- Dailies
- Diving
 - Fitness Ball Drill
- Progression
- Covering Bases
 - Covering 2 on steals
 - Covering on throws from the OF

Day 4

- Throwing Progressions
 - Shuffle Drill - Power
- Turning 2
 - DP Footwork
 - Turning 2 - SS
- DP Drill
- Infield Tosses
- MI Conditioning
- Variation Training

FPA Program Skills Specific Training

Hitting

Day 1

- Getting the right mindset
- Hitting Progressions
- Separation Drill
- Top hand bottom hand
 - Coaching points
- Staying through the ball
- Tunnel 1: Machine
- Tunnel 2: Machine
- Tunnel 3: Front Toss
- Tunnel 4: Front Toss
- Tunnel 5: Tees
 - Separation
 - Ichiro
 - Insider Bat
 - Rope Bat
 - Double Tee
- Tunnel 6: Conditioning

Day 2

- Isolation drill for over rotational athletes
- Front side resistance
- Connection
- Staying inside the ball
- Tunnel 1: Machine
- Tunnel 2: Machine
- Tunnel 3: Front Toss
- Tunnel 4: Front Toss
- Tunnel 5: Tees
 - Separation
 - Ichiro
 - Insider Bat
 - Rope Bat
 - Double Tee
- Tunnel 6: Conditioning

Day 3

- Get on Plane - Stay on Plane
- Strong Front Side
- Using the hips to hit hard
- Power box drills
- Tunnel 1: Machine
- Tunnel 2: Machine
- Tunnel 3: Front Toss
- Tunnel 4: Front Toss
- Tunnel 5: Tees
 - Separation
 - Ichiro
 - Insider Bat
 - Rope Bat
 - Double Tee
- Tunnel 6: Conditioning

Day 4

- Hitting Progressions
- Talk about Timing
- Self Toss
- Tunnel 1: Machine
- Tunnel 2: Machine
- Tunnel 3: Front Toss
- Tunnel 4: Front Toss
- Tunnel 5: Tees
 - Separation
 - Ichiro
 - Insider Bat
 - Rope Bat
 - Double Tee
- Tunnel 6: Conditioning



Day 1 - Corners - 1 hr Session

Time:	Topic:	Drills:	Notes/Caching Points:
@ - 10 min	Warm-up	Stretch Dynamic Resistance Bands - I, T, Y	Please plan to arrive a few minutes early to each session and stretch out on your own. We want to get right into our drills at 4:30 so be ready to go.
@ 0 min (15min)	Throwing This is the only time we will focus a lot on throwing. Make sure everyone is doing the progressions correctly.	Infielders Throwing Progressions: 1. One knee - scap load / equal opp. / elephant throw 2. Cement Feet - dominant side forward - Hold ext. 3. Pro - step - IF throws	1. 15 feet apart - Ball knee down / glove knee up / sideways toward target / sap load / pause / equal opp / pause / follow thru over knee to glove side hip 2. 30 feet apart - Face partner / ball side slightly forward / turn torso to target with glove side elbow / hold extension to glove side hip. 3. 30 feet apart - IF - Pro-step / instep crosses in front to target partner / turn glove side / cover ground / follow thru
@ 15 min (15min)	Dailies Partner up	Corners Daily Progression 1. Straight on roll - no glove - 3 reps 2. Glove side roll - no glove - 3 reps 3. Back Hand roll - no glove - 3 reps 4. Straight on roll - w/glove to separation- 3 reps 5. Glove side roll - w/glove to separation - 3 reps 6. Back Hand roll - w/glove to separation - 3 reps * Continue with short hops and then again on the feet (rolling & short hops) with same coaching points for more advanced / longer practices.	Corner specific coaching points = wide / hands in holsters / deep hip hinge / chest forward / gather step 1. Set knees with glove side slightly forward - Flat wrist / Chest down / back flat / butt up and back / eyes behind the hand / nose down 2. Set knees with glove side slightly back - as above 3. Set knees with glove side slightly forward - as above 4. Set knees with glove side slightly forward - ball hand is fingers up / glove hand fingers down / head still / chest down / funnel to separation(break) 5. Same as above to glove side 6. Same as above to ball side - keep shoulder / elbow loose and swinging through the ball
@ 30 min (10min)	Footwork Split up 1B and 3B	GB Lines 1B 1. 1B - grounders - take it yourself 2. 1B - grounders - flip to 1 3. 1B - Grounders - break to 2 4. 1B - Grounders - Break to 3 5. 1B - Grounders - Break to 4	1. Set up infield with all bases. 2. All buckets at 4 with two coaches hitting GBs 3. 3B goes to 3B / 1B goes to 1B 4. Before you begin locate each of the other bases in space based on where you are standing based on your position on the field

	<p>Footwork Cont.</p>	<ol style="list-style-type: none"> 1. 3B - grounders - take it yourself 2. 3B - grounders - flip to 1 3. 3B - Grounders - break to 2 4. 3B - Grounders - Break to 3 5. 3B - Grounders - Break to 4 	<ol style="list-style-type: none"> 5. We are not throwing in this drill for step 3-5. Field the ball come to break position with correct and efficient footwork. Drop the ball in the bucket and go to the end of the line. No repeats. You miss you go to the back of the line for a mental reset. 6. This should be rapid fire @ about 50% GB speed. The coach should not be waiting for the next athlete to be ready. They need to practice faster mindset / game speed with footwork. GBs are nice and easy.
<p>@ 40 min (20min)</p>	<p>Corner Specific Drills Split up 1B and 3B</p>	<p>1B - Focus = good position / glove work / timing</p> <ol style="list-style-type: none"> 1. Ladder Picks - One at a time (5 min) - Regular Ball 2. Deep Knee Picks - partner up (5 min) - Regular Ball 3. Soft hand timing drill - Partner up (5 min) Regular Ball 4. Timing and Receiving - One at a time Ladder - Regular Ball <p>3B - Focus = fast footwork / transfers / efficiency</p> <ol style="list-style-type: none"> 1. Double Pause Fielding (7 min) 2. Around the world footwork - 2 lines (7 min) 3. Hurdle Jumps 	<p>Reference Drill Database for video</p> <ol style="list-style-type: none"> 1. Ladder laid out between player and coach 2. Start with dominant side foot in ladder 3. Stay hinged and low with quick glove flips fielding forehand and backhand making your way forward through the ladder. <ol style="list-style-type: none"> 1. Start with ball side foot on the bag and knee down on the ground. Glove side toward direction of throw 2. Take 5 glove side and 5 backhand and switch <ol style="list-style-type: none"> 1. Start narrow with both feet on the base angled toward where the throw is coming from. 2. Attack ball once it is in the air. Glove foot should be as close to the ball as possible and hit the ground as you are catching the ball Stay low with legs hinged in the hip with chest up to be able to accommodate bad hops. 3. Catch the ball with your face. Control the ball at all costs <ol style="list-style-type: none"> 1. Same mechanics as above 2. Use each rung of the ladder as base. 3. Wait / step / receive with good timing all the way down the ladder <ol style="list-style-type: none"> 1. Two cones 15 feet apart in a straight line toward the coach 2. Infielder's footwork - right / left / field left center of body 3. Attack cone 1 / pause / break / attack cone 2 / pause / break coach rolls ball / pause / break / drop ball in coach's bucket on the way by 4. As an infielder we always want our feet moving. The point of the pause is so we can feel our body right now. 5. One right after the other come to break position in between <ol style="list-style-type: none"> 1. One cone set in middle of space. Player starts in front of cone. Backpedals around cone and attacks ball rolled by coach. Field on left side of body pause. Coach says ok if it looks good. Next player 2. Your feet should never stop moving <ol style="list-style-type: none"> 1. Set a hurdle or line on the turf. Athlete starts on right side. Jumps over to the left and back to the right with both feet. Attacks a ground ball rolled by coach. Gets to break position.



Day 2 - Corners - 1 hr Session

Time:	Topic:	Drills:	Notes/Caching Points:
@ - 10 min	Warm-up	Stretch Dynamic Resistance Bands - I, T, Y	Please plan to arrive a few minutes early to each session and stretch out on your own. We want to get right into our drills at 4:30 so be ready to go.
@ 0 min (5min)	Throwing	Infielders Throwing Progressions: 1. One knee - scap load / equal opp. / elephant throw 2. Cement Feet - dominant side forward - Hold ext. 3. Pro - step - IF throws	1. 15 feet apart - Ball knee down / glove knee up / sideways toward target / sap load / pause / equal opp / pause / follow thru over knee to glove side hip 2. 30 feet apart - Face partner / ball side slightly forward / turn torso to target with glove side elbow / hold extension to glove side hip. 3. 30 feet apart - IF - Pro-step / instep crosses in front to target partner / turn glove side / cover ground / follow thru
@ 5 (10 Min)	Throwing on the run progression Whole Group	1. Basic - One knee basic on the run drill - partner up (5 min) 2. Advanced - throwing off of ball side foot (5 min)	1. With throwing knee down and glove side knee pointed toward throwing target active player receives a GB from partner and makes a mid-slot throw to target. 2. Receive a GB from your partner. Field off of the left foot transfer weight to the right foot. Balance for a second and make a mid-slot throw to the target. Hips and chest should be open to the target as you throw then continue momentum on a line forward. After the throw you should come straight thru.
@ 15 (20 Min)	Glove Work Whole Group	Corners Glove/Footwork 1. Bad Hop Dailies - 3 lines - use bobble mat and PVC pipes (7 min) 2. Fielding a quick ball to the right (7 min) 3. Fielding a slow ball to the right (7 min)	1. Set up Bobble mat or series of 3 PVC pipes perpendicular to coach. 2. Make sure you are in a good fielding position like we have been practicing in the last two sessions. 3. Coach rolls ball over mat or pipes simulating a bad hop 4. Work on hand eye coordination and adjustments. 1. Simulating a hard hit ball to our right that we don't have time to get in front of. 2. Attack the ball. Keep left foot angled toward throwing target as you field the back hand. Transfer is smooth and quick. 1. Simulating a slow hit ball to our right that we have time to get in front of. 2. Run around the ball to field on the left side of the body. Throw on the run.

<p>@ 35 min (15min)</p>	<p>Diving</p> <p>Whole Group</p>	<p>Diving</p> <ol style="list-style-type: none"> 1. On the knees - Front / glove side / backhand 2. Double Mat Drill with throw - 3 Lines 	<p>All softball players need to be taught how to dive correctly and safely to avoid injury and ensure high level of play.</p> <ol style="list-style-type: none"> 1. Glove hand is the one stretching out toward the ball. Ball hand should be near the glove / out front in order to push up and make the play. 1. Set a padded mat down with one player on each side of the mat. Coach tosses balls to players every other one. They make a diving catch. Push up and throw the ball to a net or teammate across the turf.
<p>@ 50 min 10min</p>	<p>Timing and Rhythm</p> <p>Whole Group</p>	<p>Picking the right hop - a more advanced read</p> <ol style="list-style-type: none"> 1. Read the hop <ol style="list-style-type: none"> A. Short hops - a ball that bounces a few inches before the glove. Not a lot can go wrong because everything happens so fast. B. In between hop - the ball that bounces in between the short and the long hop. These balls are difficult to read and are unpredictable in their ball path. C. Long hops - a ball that bounces farther away from you and is in the air for a long time before it gets to the glove. Not a lot can go wrong because you can see the ball for a long long time and react to accommodate 4. Count the Hop Drill 	<p>Get in tune with the hop so we can create the hop we want. Read these points out to the team.</p> <ol style="list-style-type: none"> 1. Read the hop off the bat 2. Try to get just to the right of the ball. When the ball is coming straight at us it can be hard to see the distance and height of the hops. Then we can move our feet and get the hop we want. 3. Judge / make a decision about whether you need to speed up slow down attack or back up. Most important thing is for you to make a decision so you can be in control of the ball. 4. Use your feet to create better hops. <ol style="list-style-type: none"> 1. Normal set up for GB lines 2. Coach calls out the hop that you need to field on for that ball. React as fast as you can by attacking / creating more space



Day 3 - Corners - 1 hr Session

Time:	Topic:	Drills:	Notes/Caching Points:
@ - 10 min	Warm-up	Stretch Dynamic Resistance Bands - I, T, Y	Please plan to arrive a few minutes early to each session and stretch out on your own. We want to get right into our drills at 4:30 so be ready to go.
@ 0 min (5min)	Throwing	Infielders Throwing Progressions: 1. One knee - scap load / equal opp. / elephant throw 2. Cement Feet - dominant side forward - Hold ext. 3. Pro - step - IF throws	1. 15 feet apart - Ball knee down / glove knee up / sideways toward target / sap load / pause / equal opp / pause / follow thru over knee to glove side hip 2. 30 feet apart - Face partner / ball side slightly forward / turn torso to target with glove side elbow / hold extension to glove side hip. 3. 30 feet apart - IF - Pro-step / instep crosses in front to target partner / turn glove side / cover ground / follow thru
@ 5 (5 Min)	Dailies Partner up This should take a minute and 30 seconds	Corners Daily Progression 1. Straight on roll - no glove - 3 reps 2. Glove side roll - no glove - 3 reps 3. Back Hand roll - no glove - 3 reps 4. Straight on roll - w/glove to separation- 3 reps 5. Glove side roll - w/glove to separation - 3 reps 6. Back Hand roll - w/glove to separation - 3 reps * Continue with short hops and then again on the feet (rolling & short hops) with same coaching points for more advanced / longer practices.	Corner specific coaching points = wide / hands in holsters / deep hip hinge / chest forward / gather step 1. Set knees with glove side slightly forward - Flat wrist / Chest down / back flat / butt up and back / eyes behind the hand / nose down 2. Set knees with glove side slightly back - as above 3. Set knees with glove side slightly forward - as above 4. Set knees with glove side slightly forward - ball hand is fingers up / glove hand fingers down / head still / chest down / funnel to separation(break) 5. Same as above to glove side 6. Same as above to ball side - keep shoulder / elbow loose and swinging through the ball
@ 10 min (5min)	Transfers Whole Group	Keys to Quick Transfers 1. Barehand self tosses - field off the pointer finger every single time. 2. Glove self tosses - field off the pointer finger every single time. 3. Glove side short hops to break	1. Field the ball off the same spot on the glove every single time. Listen to the pop of the glove as you field. The only way to get a solid pop is to catch/field off of the index finger. 2. When we know where the ball is going to be inner glove every time we can make a good transfer every time. 3.

<p>@ 15min (5min)</p>	<p>Attacking the Ball Whole Group</p>	<p>Belly up Felding</p>	<ol style="list-style-type: none"> 1. Split the group evenly into lines between the coaches so athletes get as many reps as possible 2. Active player starts in a low pushup position (belly on the ground). Coach hits a soft ground ball player pushes up and attacks the ball. 3. Keep the feet moving. Field left center of body. Come to break.
<p>@ 20 min (10 min)</p>	<p>Backhands Whole Group</p>	<p>Sweeping Backhands - two cone drill</p>	<ol style="list-style-type: none"> 1. Split the group evenly into lines between the coaches so athletes get as many reps as possible 1. Two cones 15 feet apart in a straight line toward the coach. 2. Simulating a slow roller to your right @ first cone. Shadow rep. Attack the ball forward. Left foot forward as you field glove right beside the foot. Deep hip hinge. Come to break. 3. Simulating a slow roller to your right @ second cone. As above 4. Coach rolls a ball shorter than second cone. Attack ball. As above.
<p>@ 30 min (30 min)</p>	<p>Corner Specific Drills Split up 1B and 3B</p>	<p>1B</p> <ol style="list-style-type: none"> 1. Zig Zag Drag and Drop (10 min) 2. How to get to the bag - 3 lines (10 min) 3. Charge it drill - 2 Lines (10 min) <p>3B</p> <ol style="list-style-type: none"> 1. Tag Flip Drill - working on obstruction rule (10 min) 2. Lateral Ladder Fielding - 2 lines (10 min) 3. Cross over drill - 2 lines (10 min) 	<p>Reference Drill Database for video</p> <ol style="list-style-type: none"> 1. Set up 4 cones 15 feet apart in a diamond shape 2. Active player starts at closest point of diamond. Good drop step no false steps. Stay low dragging the glove on the ground. Lead with glove. Change direction @ next cone zig zagging backward. 1. Set up 3 bases in a row. 2. Active players are fielders first so position toward home. 3. Imagine ball is hit. Sprint to the bag. Square body to throw. 4. Stay narrow with feet. Step and catch @ same time. 1. Set up a series of mini cones in a line toward the coach 2. Focus on IF footwork (right left timing) and working up on the right side of the ball. Left foot crosses over the line as you field. 3. Go through shadow fielding for the first two reps and then coach throws the ball on the last. Come to break position. 1. Set up 3 bases in a straight line toward coach 10 feet apart. 2. Players line up behind farthest base attack ball as it is coming being aware of front edge of base. 1. Set up ladder perpendicular to coach with three cones and three balls in front of it. 2. Player moves in and out of the ladder with IF footwork (R, L, Field, R, L out). At the end of the ladder coach rolls ball and come to break position. 1. Set up a line of cones/hurdle straight toward coach 2. Prep step (Hop) drive to opposite side of the line crossing over with the outside leg. 3. Field ball and come to break. Repeat.



Day 4 - Corners - 1 hr Session

Time:	Topic:	Drills:	Notes/Caching Points:
@ - 10 min	Warm-up	Stretch Dynamic Resistance Bands - I, T, Y	Please plan to arrive a few minutes early to each session and stretch out on your own. We want to get right into our drills at 4:30 so be ready to go.
@ 0 min (5min)	Throwing	Infielders Throwing Progressions: 1. One knee - scap load / equal opp. / elephant throw 2. Cement Feet - dominant side forward - Hold ext. 3. Pro - step - IF throws	1. 15 feet apart - Ball knee down / glove knee up / sideways toward target / sap load / pause / equal opp / pause / follow thru over knee to glove side hip 2. 30 feet apart - Face partner / ball side slightly forward / turn torso to target with glove side elbow / hold extension to glove side hip. 3. 30 feet apart - IF - Pro-step / instep crosses in front to target partner / turn glove side / cover ground / follow thru
@ 5 (10 Min)	Footwork and Direction Whole Group	1. First Step Reaction Drill - 3 lines	1. Set up a hurdle perpendicular to the coach. Active player starts behind the hurdle. 2. Hop over the hurdle to exaggerate your prep-step so you can really feel yourself landing and exploding quickly to the right or left. 3. Coach hits ball as the player jumps forward to create explosive movement toward the ball and quick hands.
@ 15 (45 Min)	Corner Specific Drills Split up 1B and 3B	1B 1. Back Picks from the catcher 2. On the Knee Picks 3. Receiving picks without the glove - self toss 4. Double Play Footwork - Options A. Straight at you or to the left = spin move B. To the right = routine backhand to pro step	Reference Drill Database for video 1. When receiving back picks from the catcher turn glove side. 2. Start in your fielding position. Drop step to base. Receive. 3. Add a spin toward 2nd base to practice steals. 1. Starting on both knees. Keep head behind ball. Hinge in hips. Work on hand eye coordination to receive quick picks nice and soft with the glove. 1. Use a tennis ball or bouncy ball a bit smaller than a softball. 2. Start narrow with both feet on the base. Drop the ball out in front of you and pick it off the bounce. 3. Experiment with multiple directions once you get a few reps in. 1. Receive a GB straight at you or to the left position. Turn toward left shoulder (back toward home) to make the play. This allows us to drop step to cover 1B if needed for out #2 of DP. 2. To the right. Field a routine backhand and shuffle to pro-step.

	<p>Corner Specific Drills</p> <p>Split up 1B and 3B</p>	<p>1B - Continued</p> <p>5. Fielding Bunts</p> <p>3B</p> <p>1. Receiving a ball from the catcher A. Runner stealing 2B to 3B</p> <p>B. Pickoffs @ 3B</p> <p>2. Receiving a ball from the OF A. Receiving from Right Field</p> <p>B. Receiving from Center Field or Left Field</p> <p>3. Fielding Bunts</p>	<p>1. Slow roller. Attack the ball. Sprint hard. Run around the ball so that the chest is pointed toward 1B line. Field the ball with barehand or outside of the glove to eliminate transfer time. Set feet and throw to second baseman covering 1B.</p> <p>1. Set up to field the ball. Turn glove side to base. 2. Stay on the inside of the base for more flexibility in making the catch and to avoid obstruction.</p> <p>1. Set up to field the ball. Turn ball side (butt to 2b) 2. Get to the base path as fast as you can and stay on the inside of the base path if the throw is good. 3. You may be running back and catching at the same time.</p> <p>1. Set up to field the ball. Read the ball early and see it going to OF specifically Right Field. 2. Get yourself set up on the inside of the base to avoid the ball and the runner crossing paths.</p> <p>1. Set up to field the ball. Read the ball early and see it going to OF specifically Center or Left. 2. Get yourself set up on the outside of the base to avoid the ball and the runner crossing paths.</p>
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Day 1 - Out Fielders - 1 hr Session

Time:	Topic:	Drills:	Notes/Caching Points:
@ - 10 min	Warm-up	Stretch Dynamic Resistance Bands - I, T, Y	Please plan to arrive a few minutes early to each session and stretch out on your own. We want to get right into our drills at 4:30 so be ready to go.
@ 0 min (20min)	Throwing	Out Fielders Throwing Progressions: 1. One knee - scap load / equal opp. / elephant throw 2. Pro - step - OF throws - CROSS BEHIND 3. OF Arm Path drill with Tee Progression D. Stationary E. OF Arm Path drill with Tee - Using Legs 4. Crow hop - progression 1 5. Crow hop - progression 2 6. Crow hop - progression 3	1. 15 feet apart - Ball knee down / glove knee up / sideways toward target / sap load / pause / equal opp / pause / follow thru over knee to glove side hip 2. 30 feet apart - OF - Pro-step / instep crosses behind to target partner / turn glove side / cover ground / follow thru 3. Each player needs a tee and a bucket of balls. Set tee up behind throwing side arm so the player has to reach for the ball with an extended arm position. Then set up behind the tee and move throw pro step. Target throw with glove side. Grab ball when arm is fully extended behind and make the throw. 4. Start on knee. Dominant side down. Push up and through the throw with legs as hard as possible. Turning upper body toward the target and pulling down hard with glove side. 5. Start standing with weight on glove side knee. Transfer weight through crow hop to ball side and make the throw. Targeting with the glove side and pulling down hard. 6. Start standing. Self toss a fly ball and complete throw as above.
@ 20 min (5 min)	Basic Mechanics	Over the shoulder catch and Drop steps - Partners 1. On the knee 2. On the feet	1. Start on your knees facing away from your partner. 2. Catch the ball at head height for a quick transfer and ball tracking. 3. Pump both arms - we are simulating a sprint 4. Look over the shoulder at partner. Once you look the partner tosses over the shoulder then switch side. 5. Stand up and place directional foot forward(whatever side the ball is going to that is the foot that should be forward) 6. Complete either side as above.
@ 25 min (35 Min)	Dailies	OF Skill Specific Drills 1. Drop Step to line drive - Glove side - 3 lines	1. Each player grabs a ball. And separates into lines. Active player comes out in front of coach hops, tosses ball to coach, drop steps hard to glove side. Drop steps should be explosive. We are pushing our hips not pulling them. Open hard with either a hop or a step (Personal Preference). Football catch over shoulder.

	<p>Dailies Continued</p>	<p>7. Drop Step to pop fly - Glove side - 3 lines</p> <p>8. Drop Step to line drive - Ball side - 3 lines</p> <p>9. Drop Step to pop fly - Ball side - 3 lines</p> <p>10. Drop Step to line drive - Straight back - 3 lines</p> <p>11. Drop Step to pop fly - Straight Back - 3 lines</p> <p>12. Building a wall - only when there is no one on and no play</p> <p>13. Do or dies</p> <p>14. Shoe string catches</p>	<p>7. Execute as above except players should square up to fly ball.</p> <p>8. Execute as above for football catch.</p> <p>9. Execute as above for pop fly.</p> <p>10. Players decide which side they would like to drop to. Complete football catch.</p> <p>11. Players decide which side they would like to drop to. Square up.</p> <p>12. Set up in a line facing the coach. Coach rolls a ground ball player attacks ball and drops onto throwing side knee extending the foot to the side for a stronger base and wider "Wall". Square shoulders and hips to the ball and angle chest and head forward.</p> <p>13. Set up in a line facing the coach. Coach rolls a ground ball player attacks ball on a rounding approach so you field the ball as you are moving forward. Be like an airplane landing working low toward the ball and controlling your strides. Think fast, fast, choppy.</p> <p>14. Set up in a line facing the coach. Coach tosses a low line drive. Player attacks ball head on with glove open to the ball and lower than the waist. Catch the ball just above the shoestrings and move through the catch into your crow hop. Stay low the entire time.</p>
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Day 2 - Out Fielders - 1 hr Session

Time:	Topic:	Drills:	Notes/Caching Points:
@ - 10 min	Warm-up	Stretch Dynamic Resistance Bands - I, T, Y	Please plan to arrive a few minutes early to each session and stretch out on your own. We want to get right into our drills at 4:30 so be ready to go.
@ 0 min (10min)	Throwing	Out Fielders Throwing Progressions: <ol style="list-style-type: none"> 1. One knee - scap load / equal opp. / elephant throw 2. Pro - step - OF throws - CROSS BEHIND 3. OF Arm Path drill with Tee Progression <ol style="list-style-type: none"> D. Stationary E. OF Arm Path drill with Tee - Using Legs 4. Crow hop - progression 1 5. Crow hop - progression 2 6. Crow hop - progression 3 	<ol style="list-style-type: none"> 1. 15 feet apart - Ball knee down / glove knee up / sideways toward target / sap load / pause / equal opp / pause / follow thru over knee to glove side hip 2. 30 feet apart - OF - Pro-step / instep crosses behind to target partner / turn glove side / cover ground / follow thru 3. Each player needs a tee and a bucket of balls. Set tee up behind throwing side arm so the player has to reach for the ball with an extended arm position. Then set up behind the tee and move throw pro step. Target throw with glove side. Grab ball when arm is fully extended behind and make the throw. 4. Start on knee. Dominant side down. Push up and through the throw with legs as hard as possible. Turning upper body toward the target and pulling down hard with glove side. 5. Start standing with weight on glove side knee. Transfer weight through crow hop to ball side and make the throw. Targeting with the glove side and pulling down hard. 6. Start standing. Self toss a fly ball and complete throw as above.
@ 10 min (15 min)	Dailies	OF Skill Specific Drills <ol style="list-style-type: none"> 1. Drop Step to line drive - Glove side - 3 lines 2. Drop Step to pop fly - Glove side - 3 lines 3. Drop Step to line drive - Ball side - 3 lines 4. Drop Step to pop fly - Ball side - 3 lines 5. Drop Step to line drive - Straight back - 3 lines 6. Drop Step to pop fly - Straight Back - 3 lines 7. Building a wall - only when there is no one on and no play 8. Do or dies 9. Shoe string catches 	<ol style="list-style-type: none"> 1. Each player grabs a ball. And separates into lines. Active player comes out in front of coach hops, tosses ball to coach, drop steps hard to glove side. Drop steps should be explosive. We are pushing our hips not pulling them. Open hard with either a hop or a step (Personal Preference). Football catch over shoulder. 2. 2 - 9 execute as explained in last weeks session.

<p>@ 25 min (35 min)</p>	<p>OF Drills</p>	<ol style="list-style-type: none"> 1. Star Drill - works every single glove catch/direction that an OF need to use. - One line 2. Gap Communication - 2 lines 3. Explosion Triangle Drill - 2 lines 4. 6 Rep Zig Zags - 2 lines 5. Bad Hop Drill 6. OF Conditioning Drill - As Competition - 2 lines <ol style="list-style-type: none"> A. Who can empty their bucket the fastest B. Who can make the most # of good throws C. Etc. 	<ol style="list-style-type: none"> 1. Start facing the coach/home plate. Drop step hard to glove side. Football catch. Chop down the strides after catching the ball to ensure good body control and footwork through the throw. Throw back to coach. 2. Next player sets up right after the first one goes and takes off with a hard drop step as soon as the coach catches the ball from the previous player. 3. Players stay out in the field where they caught the ball to form and new line. After whole line has gone. Coach throws a short fly ball that players need to charge and come in on hard. Same rhythm as above. 4. Complete as above for all 5 points of a start shape. Ie. Next throw is a deep LD and players drop to ball side. Then straight across to glove side. Then back in toward the coach. <ol style="list-style-type: none"> 1. Set up two cones or bases 15 feet apart. Two players set up shoulder to shoulder, facing coach, inside the cones. 2. Coach says go players pivot hard to sprint around the cone on their side of the drill tracking the ball hard. They need to communicate about who is going to catch that ball. Catch and chop down those strides. 3. Pick up the ball and your teammate using both your eyes and your ears. Two players converge one catches the ball and the other communicates where the ball is going (Use your imagination). <ol style="list-style-type: none"> 1. Set up three cones 10 feet apart in a triangle with the base toward the coach. 2. Player starts at their left side cone. Explodes through drop step with right side toward back cone. Plant right foot hard, change direction to come to front cone. 3. Sprint to front cone plant the right foot and drop step hard with the left shoulder /left hip straight back. <ol style="list-style-type: none"> 1. Set up with a player facing the coach a bit to the coach's right side. Player will work back and forth cutting / drop stepping hard to change direction laterally. 2. 6 balls should be thrown in rapid succession - every other side. <ol style="list-style-type: none"> 1. Set up a series of 4 PVC pipes on the ground in front of line of players. OFs need to learn to read a bad hop as well as infielders. Have player position a bit farther back so they can read the bad hop early (as they would in OF) and use quick footwork / adjustments to get around the ball and make a good throw. <ol style="list-style-type: none"> 1. Set up a bucket full of balls and have players stand in a line 30 feet straight back from the bucket. The first player should have a ball in their hand. 2. Player self tosses pop fly gets their feet moving, throws to net. Next teammate sprints forward to grab a ball from bucket and back to start. Tosses themselves a pop fly. Repeat.
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Day 3 - Out Fielders - 1 hr Session

Time:	Topic:	Drills:	Notes/Caching Points:
@ - 10 min	Warm-up	Stretch Dynamic Resistance Bands - I, T, Y	Please plan to arrive a few minutes early to each session and stretch out on your own. We want to get right into our drills at 4:30 so be ready to go.
@ 0 min (10min)	Throwing 3 OF Throwing Drills	Out Fielders Throwing Warm up: 1. One knee - scap load / equal opp. / elephant throw 2. Pro - step - OF throws - CROSS BEHIND 3. OF Arm Path drill with Tee Progression D. Stationary E. OF Arm Path drill with Tee - Using Legs 4. Crow hop - progression 1 5. Crow hop - progression 2 6. Crow hop - progression 3	1. 15 feet apart - Ball knee down / glove knee up / sideways toward target / sap load / pause / equal opp / pause / follow thru over knee to glove side hip 2. 30 feet apart - OF - Pro-step / instep crosses behind to target partner / turn glove side / cover ground / follow thru 3. Each player needs a tee and a bucket of balls. Set tee up behind throwing side arm so the player has to reach for the ball with an extended arm position. Then set up behind the tee and move throw pro step. Target throw with glove side. Grab ball when arm is fully extended behind and make the throw. 4. Start on knee. Dominant side down. Push up and through the throw with legs as hard as possible. Turning upper body toward the target and pulling down hard with glove side. 5. Start standing with weight on glove side knee. Transfer weight through crow hop to ball side and make the throw. Targeting with the glove side and pulling down hard. 6. Start standing. Self toss a fly ball and complete throw as above.
@ 10 min (15 min)	Dailies	OF Skill Specific Drills 1. Drop Step to line drive - Glove side - 3 lines 2. Drop Step to pop fly - Glove side - 3 lines 3. Drop Step to line drive - Ball side - 3 lines 4. Drop Step to pop fly - Ball side - 3 lines 5. Drop Step to line drive - Straight back - 3 lines 6. Drop Step to pop fly - Straight Back - 3 lines 7. Building a wall - only when there is no one on and no play 8. Do or dies 9. Shoe string catches	1. Each player grabs a ball. And separates into lines. Active player comes out in front of coach hops, tosses ball to coach, drop steps hard to glove side. Drop steps should be explosive. We are pushing our hips not pulling them. Open hard with either a hop or a step (Personal Preference). Football catch over shoulder. 2. 2 - 9 execute as explained in last weeks session.

<p>@ 25 min (10 min)</p>	<p>Diving</p>	<p>1. Diving Progressions</p>	<ol style="list-style-type: none"> 1. Set up the blue diving mats in a line for your athletes. 2. Set up facing your partner on your knees. Partner throws line drive to the glove side. Active player turns and launches body toward ball and catches then ball in the air. Bracing their quads, abs, chest on the ground. 3. Set up standing facing your partner. Then turn the body do the glove side foot is forward. Start low. Attack the ball quads, abs, chest. Make sure to catch the ball in the air before you hit the ground. 4. Set up farther away from your partner similar to above but taking one or two steps toward the launch phase with the same footwork as above. Get low early and catch the ball in the air.
<p>@ 35 min (25 min)</p>	<p>OF Drills</p>	<ol style="list-style-type: none"> 1. Explosive Drop Steps - 2 groups 2. Variation Training - DOD to OTS 3. 2 in 1 4. Oklahoma OF Drill 	<ol style="list-style-type: none"> 1. Set up two cones 40 feet apart with a coach at each cone. Split the group in half and set up with the players in a line facing the coaches. 2. Drop step hard to the right. Toss fly ball over their shoulder to for an over shoulder catch. Player will turn outside (back to coach) then sprint to the left to catch a line drive. 3. Goal is to be efficient with those steps and explosive toward the ball. No extra steps or baby steps. <ol style="list-style-type: none"> 1. Set up a bucket in front of the coach and a line of cones diagonally backwards to the coaches left when facing the bucket. Athlete starts back 10 steps from the bucket. 2. Coach rolls a do-or-die ground ball. Player should field the ball on the outside of their left foot and go right through their crow-hop to break position. 3. Player will continue to bucket drop the ball in the bucket. They need to pause slightly to square up to the coach and then drop step hard along the line of cones for a pop fly over the shoulder. <ol style="list-style-type: none"> 1. Set up a cone 20 feet back from coach. Player should set up facing the coach. Coach says go and player drop steps hard with left foot. Catch over the shoulder and toss out of the way. The second you get around the cone coach should roll a do or die. Player will field the ball and make a crow-hop throw to the screen behind the coach. Then switch direction. <ol style="list-style-type: none"> 1. Player should set up facing the coach. Coach says go and player drop steps hard with right foot. The second the right foot hits switch directions again to drop on the left foot. Be aggressive and get deep with that left foot so you can gain some ground on the ball. Coach tosses fly ball. Switch sides.



Day 4 - Out Fielders - 1 hr Session

Time:	Topic:	Drills:	Notes/Caching Points:
@ - 10 min	Warm-up	Stretch Dynamic Resistance Bands - I, T, Y	Please plan to arrive a few minutes early to each session and stretch out on your own. We want to get right into our drills at 4:30 so be ready to go.
@ 0 min (10min)	Throwing 3 OF Throwing Drills	Out Fielders Throwing Warm up: 1. One knee - scap load / equal opp. / elephant throw 2. Pro - step - OF throws - CROSS BEHIND 3. OF Arm Path drill with Tee Progression D. Stationary E. OF Arm Path drill with Tee - Using Legs 4. Crow hop - progression 1 5. Crow hop - progression 2 6. Crow hop - progression 3	1. 15 feet apart - Ball knee down / glove knee up / sideways toward target / sap load / pause / equal opp / pause / follow thru over knee to glove side hip 2. 30 feet apart - OF - Pro-step / instep crosses behind to target partner / turn glove side / cover ground / follow thru 3. Each player needs a tee and a bucket of balls. Set tee up behind throwing side arm so the player has to reach for the ball with an extended arm position. Then set up behind the tee and move throw pro step. Target throw with glove side. Grab ball when arm is fully extended behind and make the throw. 4. Start on knee. Dominant side down. Push up and through the throw with legs as hard as possible. Turning upper body toward the target and pulling down hard with glove side. 5. Start standing with weight on glove side knee. Transfer weight through crow hop to ball side and make the throw. Targeting with the glove side and pulling down hard. 6. Start standing. Self toss a fly ball and complete throw as above.
@ 10 min (15 min)	Dailies	OF Skill Specific Drills 1. Drop Step to line drive - Glove side - 3 lines 2. Drop Step to pop fly - Glove side - 3 lines 3. Drop Step to line drive - Ball side - 3 lines 4. Drop Step to pop fly - Ball side - 3 lines 5. Drop Step to line drive - Straight back - 3 lines 6. Drop Step to pop fly - Straight Back - 3 lines 7. Building a wall - only when there is no one on and no play 8. Do or dies 9. Shoe string catches	1. Each player grabs a ball. And separates into lines. Active player comes out in front of coach hops, tosses ball to coach, drop steps hard to glove side. Drop steps should be explosive. We are pushing our hips not pulling them. Open hard with either a hop or a step (Personal Preference). Football catch over shoulder. 2. 2 - 9 execute as explained in last weeks session.

<p>@ 25 min (35 min)</p>	<p>OF Drills</p>	<ol style="list-style-type: none"> 1. Three Cone Outfield Drill 2. OF Cone Drills - Angles Note: Before you begin you will need to talk to the athletes about the proper pre-pitch gather step. <ul style="list-style-type: none"> - Athletic and balanced stance - Weight the balls of feet - Square your feet toward the hitter - Hands slightly out in front knees bent in a balanced position - Corner outfielder open the chest to the larger side of the field we have more ground to cover that direction. - Center Field more square to home and a bit narrower with the feet because you have to go a long distance either way. - Creeping forward on the pitch should be in ready stance at the same time that the pitcher releases the ball. Read the ball early off the bat and be explosive. 3. Dodgeball Drill - 2 lines 4. Frisbee fly ball drill - Flat cones - 2 lines 5. Ball in the bucket drill 2 lines - 2 lines - Working on judging the ball and hand eye coordination. 6. Hurdle Drop Step - 2 lines 	<ol style="list-style-type: none"> 1. Set up three cones: Cone one = in front of the coach. Cone 2 = straight back about 15 feet and Cone 3 = off to the coach's left about 30 feet on a diagonal from Cone 2. 2. Player starts at Cone 2. 3. On "Go" player charges toward cone 1 for a headfirst dive and gets up as fast as they can. Drop the ball off to the side. 4. Player makes their way back around Cone 2 drop steps hard toward Cone 3 for a LD catch. Drop the ball. 5. Hip Flip around cone 3 to make a fly ball catch at the center and make a throw to the coach. 1. Set up three cones 20 feet apart in a triangle with the point toward the coach. 2. Player starts at first cone facing the coach. 3. Complete pre-pitch gather motion. Drop right and sprint toward the second cone. Sprint around second cone and chop the feet hard. This allows us move through the ball, set up our footwork for the hop that we prefer. Switch and go left with fly ball. 4. Stay behind the ball and work through. 5. Complete same routine but work ground balls/do or dies. 6. Complete same routine but work line drives balls/do or dies. 1. Tuck the dodgeball into the glove side elbow to help athletes remember to run with their gloves in. 2. Throw fly balls and line drives to the line using the dodgeball. Running like a running back. Ball will fall out at the end but it needs to stay in the elbow early on. 1. Get players to move their feet and keep their feet moving by tossing the frisbees into the air. 2. Each player should take 3 in a row and then switch. 1. Players set up in a line facing the coach. The starting player has an empty bucket in their hands. 2. Coach tosses a foam ball as high and as soft as possible and the active player moves their feet to place the bucket in the spot where they think the ball is going to drop. 3. Player must read the ball, run to where it is going to be and put the bucket down on the ground trying to catch the ball in the bucket. 1. You will need a gym mat in the center and two hurdles on each side for each line. 2. Active players starts standing on the narrow side of the gym mat. They hop off and drop step over the hurdle on the side called by the coach. Coach tosses as soon as they hit the ground. 3. Drop step @ hard angle over the hurdle to catch the ball.



Day 1 - Middles - 1 hr Session

Time:	Topic:	Drills:	Notes/Caching Points:
@ - 10 min	Warm-up	Stretch Dynamic Resistance Bands - I, T, Y	Please plan to arrive a few minutes early to each session and stretch out on your own. We want to get right into our drills at 4:30 so be ready to go.
@ 0 min (15min)	Throwing This is the only time we will focus a lot on throwing. Make sure everyone is doing the progressions correctly.	Infielders Throwing Progressions: 1. One knee - scap load / equal opp. / elephant throw 2. Cement Feet - dominant side forward - Hold ext. 3. Pro - step - IF throws	1. 15 feet apart - Ball knee down / glove knee up / sideways toward target / sap load / pause / equal opp / pause / follow thru over knee to glove side hip 2. 30 feet apart - Face partner / ball side slightly forward / turn torso to target with glove side elbow / hold extension to glove side hip. 3. 30 feet apart - IF - Pro-step / instep crosses in front to target partner / turn glove side / cover ground / follow thru
@ 15 min (15min)	Dailies Partner up	Corners Daily Progression 1. Straight on roll - no glove - 3 reps 2. Glove side roll - no glove - 3 reps 3. Back Hand roll - no glove - 3 reps 4. Straight on roll - w/glove to separation- 3 reps 5. Glove side roll - w/glove to separation - 3 reps 6. Back Hand roll - w/glove to separation - 3 reps * Continue with short hops and then again on the feet (rolling & short hops) with same coaching points for more advanced / longer practices.	MI specific coaching points = narrow stance / hands in holsters / medium hip hinge / chest slightly forward / gather step 1. Set knees with glove side slightly forward - Flat wrist / Chest down / back flat / butt up and back / eyes behind the hand / nose down 2. Set knees with glove side slightly back - as above 3. Set knees with glove side slightly forward - as above 4. Set knees with glove side slightly forward - ball hand is fingers up / glove hand fingers down / head still / chest down / funnel to separation(break) 5. Same as above to glove side 6. Same as above to ball side - keep shoulder / elbow loose and swinging through the ball
@ 30 min (10min)	Footwork Split up 2B and SS	GB Lines 2B 1. 2B - grounders - take it yourself @ 1B 2. 2B - grounders - flip to 1 3. 2B - Grounders - break to 2 no throw 4. 2B - Grounders - Break to 3 no throw 5. 2B - Grounders - Break to 4 no throw	1. Set up infield with all bases. 2. All buckets at 4 with two coaches hitting GBs 3. 2B goes to 1B / SS goes to 3B 4. Before you begin locate each of the other bases in space based on where you are standing based on your position on the field

	<p>Footwork Cont.</p>	<ol style="list-style-type: none"> 1. SS - grounders - take it yourself 2 3B 2. SS - grounders - flip to 1 3. SS - Grounders - break to 2 4. SS - Grounders - Break to 3 5. SS - Grounders - Break to 4 	<ol style="list-style-type: none"> 5. We are not throwing in this drill for step 3-5. Field the ball come to break position with correct and efficient footwork. Drop the ball in the bucket and go to the end of the line. No repeats. You miss you go to the back of the line for a mental reset. 6. This should be rapid fire @ about 50% GB speed. The coach should not be waiting for the next athlete to be ready. They need to practice faster mindset / game speed with footwork. GBs are nice and easy.
<p>@ 40 min (20min)</p>	<p>MI Specific Drills 2B and SS together</p>	<ol style="list-style-type: none"> 1. Bucket Drill - Learn to work around the ball - 2 lines 2. Three toss seated transfer drill - partner up 3. Meg Rem transfer Drills - Partners 4. Bad Hop Dailies - 3 lines - use bobble mat and PVC pipes (7 min) 	<p>Reference Drill Database for video</p> <ol style="list-style-type: none"> 1. Place a bucket out in front of the coach about 15 feet away and have the line of players begin next to the bucket. 2. Active player has dominant side foot (right for most) lined up with the center line of the bucket and toward home plate. 3. Coach rolls ground ball to right side, active player moves around ball and gets feet set toward 1B before even fielding the ball (yes you have to move quickly). 1. Each pair will need a bucket of balls and gloves. 2. Dump the buckets of balls out on the ground and set the empty buckets in a line facing a net or screen with room for the partners to set up in-between. 3. Active player will sit on the bucket with their glove. Tossers will kneel down in front of player on bucket with the pile of balls between them. 4. Tossers will feed active player three balls by gently tossing them to their chest. 5. Active player catches first ball against pinky side / outside of glove and tosses ball back to partner as fast as possible. Tossers tosses the ball back as quickly as possible and the active player catches on the pinky and comes to break position as quickly as possible then tosses the ball back to partner. Partner tosses the ball back to the active player who catches in the glove comes through break and throws the ball to the net as quickly as possible. 6. Reset and complete another round until all balls are gone. 1. Set the buckets as in the drill above. The active player will be standing now behind the bucket. Partner bounces the ball on the bucket top, active player works on quick transfer then throws the ball to the net. 2. Complete multiple rounds breaking to different throwing positions. Remember we should be in break position with our upper body by the time the right foot hits the ground. Also work with swivels and slot throws with stationary feet. 1. Set up Bobble mat or series of 3 PVC pipes perpendicular to coach. 2. Make sure you are in a good fielding position like we have been practicing in the last two sessions. 3. Coach rolls ball over mat or pipes simulating a bad hop 4. Work on hand eye coordination and adjustments.



Day 2 - MI - 1 hr Session

Time:	Topic:	Drills:	Notes/Caching Points:
@ - 10 min	Warm-up	Stretch Dynamic Resistance Bands - I, T, Y	Please plan to arrive a few minutes early to each session and stretch out on your own. We want to get right into our drills at 4:30 so be ready to go.
@ 0 min (5min)	Throwing	Infielders Throwing Progressions: 1. One knee - scap load / equal opp. / elephant throw 2. Cement Feet - dominant side forward - Hold ext. 3. Pro - step - IF throws	1. 15 feet apart - Ball knee down / glove knee up / sideways toward target / sap load / pause / equal opp / pause / follow thru over knee to glove side hip 2. 30 feet apart - Face partner / ball side slightly forward / turn torso to target with glove side elbow / hold extension to glove side hip. 3. 30 feet apart - IF - Pro-step / instep crosses in front to target partner / turn glove side / cover ground / follow thru
@ 5 (10 Min)	Throwing on the run progression Whole Group	1. Basic - One knee basic on the run drill - partner up (5 min) 2. Advanced - throwing off of ball side foot (5 min)	1. With throwing knee down and glove side knee pointed toward throwing target active player receives a GB from partner and makes a mid-slot throw to target. 2. Receive a GB from your partner. Field off of the left foot transfer weight to the right foot. Balance for a second and make a mid-slot throw to the target. Hips and chest should be open to the target as you throw then continue momentum on a line forward. After the throw you should come straight thru.
@ 15 (15 Min)	Glove Work Whole Group	Picking the right hop - a more advanced read 1. Read the hop A. Short hops - a ball that bounces a few inches before the glove. Not a lot can go wrong because everything happens so fast. B. In between hop - the ball that bounces in between the short and the long hop. These balls are difficult to read and are unpredictable in their ball path. C. Long hops - a ball that bounces farther away from you and is in the air for a long time before it gets to the glove. Not a lot can go wrong because you can see the ball for a long long time and react to accommodate 4. Count the Hop Drill	Get in tune with the hop so we can create the hop we want. Read these points out to the team. 1. Read the hop off the bat 2. Try to get just to the right of the ball. When the ball is coming straight at us it can be hard to see the distance and height of the hops. Then we can move our feet and get the hop we want. 3. Judge / make a decision about whether you need to speed up slow down attack or back up. Most important thing is for you to make a decision so you can be in control of the ball. 4. Use your feet to create better hops. 1. Normal set up for GB lines 2. Coach calls out the hop that you need to field on for that ball. React as fast as you can by attacking / creating more space



Day 3 - MI - 1 hr Session

Time:	Topic:	Drills:	Notes/Caching Points:
@ - 10 min	Warm-up	Stretch Dynamic Resistance Bands - I, T, Y	Please plan to arrive a few minutes early to each session and stretch out on your own. We want to get right into our drills at 4:30 so be ready to go.
@ 0 min (5min)	Throwing	Infielders Throwing Progressions: <ol style="list-style-type: none"> One knee - scap load / equal opp. / elephant throw Cement Feet - dominant side forward - Hold ext. Pro - step - IF throws 	<ol style="list-style-type: none"> 15 feet apart - Ball knee down / glove knee up / sideways toward target / sap load / pause / equal opp / pause / follow thru over knee to glove side hip 30 feet apart - Face partner / ball side slightly forward / turn torso to target with glove side elbow / hold extension to glove side hip. 30 feet apart - IF - Pro-step / instep crosses in front to target partner / turn glove side / cover ground / follow thru
@ 5 (20 Min)	Throwing Arm Slots	Knowing when to throw using an arm slot <ol style="list-style-type: none"> Practicing different arm slots. MI - SS throwing 2 / 2B throwing 1 Throwing on the run 	<ol style="list-style-type: none"> Players should start in a line with a bucket of balls. Start with the right knee on the ground and left foot out. Pick ball up off the ground. Once you come up to separate (palms are down hands even with shoulder) head stays very low and very still. Ball is at the shoulder and back hip is driving toward the target. Ball should be facing the target with the arm coming all the way across the body. Do the same progression from standing. Feel a nice pull in the throwing arm and follow through across the body. <ol style="list-style-type: none"> We want to use a slot throw when we need to get the ball out quick and don't have time to field, stand up, then make a throw over the top. We want to field and go straight from the ground to the shoulder and get rid of the ball. Set up two lines SS going 2 and 2B going 1 and practice these two types of throws. <ol style="list-style-type: none"> We want to use a slot throw when we need to throw on the run and we don't have time to come all the way up and down cross the body. It is not as fast to come up over the top in this situation. Set up two lines to throw on the run using the skills we practiced last week.

<p>@ 25 min (15min)</p>	<p>Diving</p> <p>Whole Group</p>	<p>Diving</p> <ol style="list-style-type: none"> 1. On the knees - Front / glove side / backhand 2. Double Mat Drill with throw - 3 Lines 	<p>All softball players need to be taught how to dive correctly and safely to avoid injury and ensure high level of play.</p> <ol style="list-style-type: none"> 1. Glove hand is the one stretching out toward the ball. Ball hand should be near the glove / out front in order to push up and make the play. 1. Set a padded mat down with one player on each side of the mat. Coach tosses balls to players every other one. They make a diving catch. Push up and throw the ball to a net or teammate across the turf.
<p>@ 40 min (20min)</p>	<p>Covering 2 - Situations</p>	<p>SS</p> <ol style="list-style-type: none"> 1. Covering on Steals to 2B 2. Covering on Throw from RF - RC - C <p>2B</p> <ol style="list-style-type: none"> 1. Covering on Throw from LF - LC 	<ol style="list-style-type: none"> 1. Active player stands on the inside of the base path and finds the front corner of the base with their left foot. (DO NOT STRADDLE). Wait for the ball to get to the baseline and then catch it. Stay in the legs nice and hinged in the hips. 1. Get on the side of the base that is closest to the OF the throw is coming from. Avoid cross traffic. You can move quicker on a bad throw. 2. Set up according to where the ball is hit. The front foot should be angled toward the ball to make an easy tag. 1. Get on the side of the base that is closest to the OF the throw is coming from. Avoid cross traffic. You can move quicker on a bad throw. 2. Set up according to where the ball is hit. The front foot should be angled toward the ball to make an easy tag.



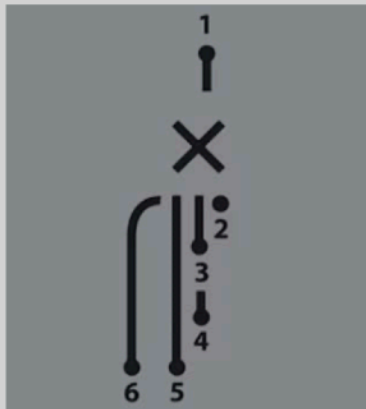
Day 4 - MI - 1 hr Session

Time:	Topic:	Drills:	Notes/Caching Points:
@ - 10 min	Warm-up	Stretch Dynamic Resistance Bands - I, T, Y	Please plan to arrive a few minutes early to each session and stretch out on your own. We want to get right into our drills at 4:30 so be ready to go.
@ 0 min (5min)	Throwing	Infielders Throwing Progressions: 1. One knee - scap load / equal opp. / elephant throw 2. Cement Feet - dominant side forward - Hold ext. 3. Pro - step - IF throws	1. 15 feet apart - Ball knee down / glove knee up / sideways toward target / sap load / pause / equal opp / pause / follow thru over knee to glove side hip 2. 30 feet apart - Face partner / ball side slightly forward / turn torso to target with glove side elbow / hold extension to glove side hip. 3. 30 feet apart - IF - Pro-step / instep crosses in front to target partner / turn glove side / cover ground / follow thru
@ 5 min (10 min)	Throwing for Power	1. Shuffle Drill - Partners	1. After normal throwing progressions complete the shuffle drill. 2. Start sideways to partner shuffle forward generating power and rhythm with the set and legs. 3. Come to break position on the 2nd shuffle - both palms should be down. Throw the ball as hard as you can to your partner finishing bent over with the back of the right shoulder toward your partner.
@15min (15min)	Double Plays 2B and SS Split Up	Double Plays - Timing and Rhythm 1. SS - Timing / Rhythm Lines - 2 lines	1. In general SS are going to straddle the base in the back corner of the base, stepping with the left foot as we catch and then swiping the back right corner of the base as we move through our throw. Have nice short and quick steps. 2. We don't want to get up to the base and sit on the bag waiting for the throw. Time it up to where your feet are moving stepping and catching at the same time and swiping to move through your throw. 3. Have the SS line up and practice this footwork slowly at first then increasing the pace.

		<p>Double Plays - Timing and Rhythm</p> <p>2B - Timing / Rhythm Lines - 2 lines</p> <p>2. Rapid Fire DPs - 2 lines (split SS and 2B)</p>	<ol style="list-style-type: none"> 1. In general SS are going to straddle the base in the back corner of the base, stepping with the left foot as we catch and then swiping the back right corner of the base as we move through our throw. Have nice short and quick steps. 2. We don't want to get up to the base and sit on the bag waiting for the throw. Time it up to where your feet are moving stepping and catching at the same time and swiping to move through your throw. 3. Have the SS line up and practice this footwork slowly at first then increasing the pace. <ol style="list-style-type: none"> 1. In general 2B are going to set up on RF side of the base/ behind the baseline and stepping on the bag with the left foot and catching at the same time. Then push off the base away from the baseline and make your throw 10 1B. 2. We don't want to get up to the base and sit on the bag waiting for the throw. Time it up to where your feet are moving stepping and catching at the same time and swiping to move through your throw. 3. Have the 2B line up and practice this footwork slowly at first then increasing the pace.
<p>@ 30 min (30min)</p>	<p>Infield ToMI Specific Drills</p> <p>2B and SS Split Up</p>	<ol style="list-style-type: none"> 1. Infield Tosses - Forehand Toss - Start on the knees then progress to footwork. 2. Infield Tosses - Backhand Toss - Start on the knees then progress to footwork. 3. Combination Drill - Watch the video on skills outline page. 4. Interval training - See cards included below 	<ol style="list-style-type: none"> 1. Right left field. Right after you field the ball turn toward the right. The ball should stay in front the whole time no winding the ball back. This allows the receiver to see the ball. Also make sure to clear the glove out of the way and toss the ball to your partner. 2. After the toss follow your throw. This helps us aim exactly where we want to toss the ball. Stay low to keep the ball low. <ol style="list-style-type: none"> 1. Approach the ball left foot right foot then field. (The footwork is backwards from the forehand toss). Turn the body, clear the glove, follow the throw. <ol style="list-style-type: none"> 1. Use the whole facility for this drill. 2. Coach starts in one corner with player in opposite corner. There should be a pitch back to the players left. 4th corner is empty. 3. Coach tosses a long hopper to the player who throws the ball back into the screen and fields it as a short hop then throw back to the coach. Next player in line. <ol style="list-style-type: none"> 1. Follow variation series as outlined in cards below.

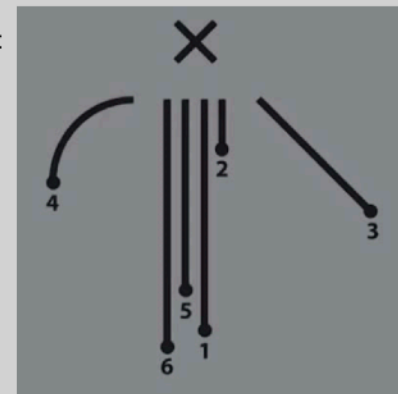
Variation Training - Series 3

- Objective: Players work on: Pre-pitch sequence (sway, right-left-hop, or split), first step, efficient route to the ball, fielding footwork, glove work, throwing footwork
- Series 3 – Neutral Sequence – variation of medium and hard hit balls hit at the infielder
 - 1.) Drop step back create depth
 - 2.) Hard hit ball – no time to move feet – field and step through, throw
 - 3.) Routine – step right, step through, throw
 - 4.) Routine – come get it – one handed
 - 5.) Routine – cut the distance
 - 6.) Ball right – come and get it on the run



Variation Training - Series 1

- Objective: Players work on: Pre-pitch sequence (sway, right-left-hop, or split), first step, efficient route to the ball, fielding footwork, glove work, throwing footwork
- Series 1 – Slow Roller Sequence – a series of slow rollers that force the player to make plays while on the move.
 - 1.) Do or Die – chopper and go get it!
 - 2.) Chopper Sit Back w/ Quick exchange
 - 3.) Two-handed Slow Roller Left
 - 4.) Sweeping Backhand Right
 - 5.) Do or Die – come get it 1handed
 - 6.) Do or Die – come get it barehand



Variation Training - Series 2

- Objective: Players work on: Pre-pitch sequence (sway, right-left-hop, or split), first step, efficient route to the ball, fielding footwork, glove work, throwing footwork
- Series 2 – Star Sequence – variation of medium and hard hit balls that makes fielder move in, lateral, and back
 - 1.) Lateral left – get in front
 - 2.) Lateral right – get in front
 - 3.) Dropstep left – field with forehand
 - 4.) Dropstep right – field with backhand
 - 5.) Routine – cut the distance
 - 6.) Do or die – chopper and come get it

