



Beaumont Minor Baseball Association

BMBA Stay-At-Home-Baseball – Week 2

Hello everyone,

We hope you are enjoying this warmer weather and are working hard on your cardio this week. As we approach the first long weekend of the summer we wanted to kick things up a notch for week 2!

- This week our drills are going to focus on outfield and pitching drills that you can do at home.
- We also want to get more engaged with you, so this week's challenge is to research or come up with your own stay-at-home baseball drill and share it with us. The best drills we get will be featured in next week's version and we will highlight the player who sent it to us.
- We also want to start a question and answer section. So send us your baseball questions this week to warrenchandler13@gmail.com and we will answer them in next week's edition as well.

Have a great long weekend everyone. Stay safe and keep playing.

Chad Marchand & Warren Chandler

Development Coordinators

BMBA

Marchand62@hotmail.com warrenchandler13@gmail.com



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Stay at Home Drills – 1 Hour workout

- Warm up (10 minutes)
 - Stretch out arms/ legs and joints (2-3 minutes)
 - Jumping jacks 25 x 2 times
 - High knees – running on the spot 25 x 3 times
 - Up-downs -start from laying position to standing position 25 x 3 times
 - Push ups – 35
 - Go for a jog for 5 minutes, every day try to push for an extra minute

Outfield Drills

The ability to get to ball's in the gap quickly and keeping a hit to a single, or taking away a hit completely, is invaluable. The outfield is a team's last line of defense, so it must be strong and consistent.

If you are an outfielder looking to keep your skills up, or even take your game to a next level, try these drills from the comfort of your own home.

1. **DROP STEP DRILL**

This simple drill allows you to practice tracking down flyballs hit over you or to either side of you and helps you develop proper footwork and a quick first step.

Grab a cone and five baseballs. Set the cones up in a rainbow formation: One in the center and the others 10 – 15 feet away from the center cone (one directly to the left, one to the right, one directly behind and then two diagonally from the cone). Stand in your ready position over the center cone as though you are waiting for a ball to be put into play. Now sprint to the cone on your left, making sure you are properly turning your body so that you are leading with the foot closest to the direction you are trying to go. Sprint back to the center cone, and repeat the drill going to the first diagonal cone, then the one directly behind you, then diagonally to your right, and then finally directly to your right.

This drill teaches you how to get a faster first step on a fly ball as well as how to position your body so that you are always facing the direction the ball is going and not trying to look over your shoulder, contorting your body and slowing yourself down. This will also help you eliminate any phantom steps you may have developed, increasing how quickly you are able to accelerate.

RECOMMENDED EQUIPMENT

Pylons or field cones



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DURATION: 10 Minutes

REPETITION: Daily

2. **OUTFIELD TRANSITION DRILLS**

This drill can be done indoors in a room with a high ceiling, but we recommend doing this one outdoors. This one allows you to work on correctly positioning and readying your body to make a perfect throw from the outfield to the infield after making a catch. Gently throw the baseball into the air and get behind the ball as you would in an actual game. Catch the ball and then work on transitioning to your throwing position. As you do this, pay attention to where your arms and hands are. Make sure they are up by your chest and close to your body so you will have a quick, efficient throwing motion. Also pay attention to your feet, making sure that they are pointing in the direction that you want to throw. Use a training ladder or cones to mark where you want your feet to be with each repetition.

RECOMMENDED EQUIPMENT:

Training ladder, cones

TOTAL TIME: 5 Minutes

REPETITION: Daily

3. **ZIG-ZAG DRILL**

Any outfielder knows that no matter how hard you try, sometimes you will just misread a flyball or the wind will push the ball in a different direction, causing you to have to adjust your path to the ball, along with how you position your body. This drill will help you practice and prepare for these unfortunate occasions.

Set up six cones in a zig-zag formation, all about 8 feet away from each other. Hover over the first cone in your ready position, and then run to the next cone, looking up as though you were tracking down a fly ball. Once you get to the cone, Turn your body and pivot your hips to run to the next cone. Repeat until you have run to all the cones, completing the zig-zag.

The key to this drill is how quickly you can adjust your body to get in position to run in a different direction, all while never taking your eye off the ball. Take note of if your eyes and head are changing direction. You should be changing direction with your body, but you should keep your head steady so as to not lose track of the baseball

RECOMMENDED EQUIPMENT:

Pylons or field cones

TOTAL TIME: 5 – 10 Minutes



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REPETITION: Daily

4. CEILING FLIP

Every ballplayer has done this drill at some point in time as its simplicity makes it so it can be done while you are just watching TV.

Do this in a room with a high ceiling. While laying on your back, flip a ball a few feet into the air and try to catch the ball without moving. This drill not only helps with hand-to-eye coordination, but also helps players develop the proper backspin on a baseball to make those perfect throws. If you trust yourself you can use an official baseball, but we recommend a softstitch ball.

RECOMMENDED EQUIPMENT:

Baseball or incrediball

TOTAL TIME: 15 Minutes

REPETITION: Every Other Day

5. BUCKET THROW

We've focused on properly fielding and chasing down flyballs, this drill will focus on developing your throwing accuracy. This drill requires some space so we suggest taking this to the backyard or a nearby field if one is available.

Grab a ball bucket and lay it down on it's side. Now set yourself up about 100 feet away from the bucket. Grab some baseballs and start throwing them towards the bucket, trying to actually get the baseball into the bucket. As you progress through the drill, move further and further back to practice throws from greater distances.

You want to aim for the bucket because it helps you get in the habit of throwing the ball in an easy area for you infielders to not only catch the ball, but quickly apply a tag on any runner attempting to move up a base, or even score a run.

You can also use this drill to practice your transitions from catching a flyball to fielding a ball on the ground.

We recommend also setting up a net behind the bucket to gather any errant balls that miss their target, unless you are looking to add in some light cardio to your home training.

RECOMMENDED EQUIPMENT:

Baseballs, baseball bucket, hitting net (optional)

TOTAL TIME: 20 Minutes

REPETITION: Every Other Day



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Pitching Drills

1. **BALANCING DRILL**

This drill helps you develop exactly what it sounds like: Better balance through your windup and your pitch. If you have a practice pitching rubber, you can use it for a starting point, but it isn't necessary for this drill.

Start the drill with both of your feet on the pitching rubber. Now go into your wind-up lifting your lead leg as you normally would. Now at its zenith, hold your leg in place for 10 seconds, then simply place it back on the ground. Repeat this nine more times.

By holding your lead leg up, you practice keeping and finding your balance with your drive leg. If you don't understand where your own balance point is, you can develop a bad habit of simply falling towards the plate as you pitch, rather than driving towards it, resulting in lower pitch velocity.

RECOMMENDED EQUIPMENT:

Pitching rubber (optional)

DURATION: 5 Minutes

REPETITION: Daily

2. **TAP DRILL**

This builds upon the Balancing Drill but moves the focus to honing control of your lead leg.

Stand on your pitching rubber as though you will be pitching from the stretch. Now go into your pitching motion, lifting your lead leg and holding it for a few seconds, similar to how you did in the Balancing Drill.

Now drop your leg and tap your toes on the ground **BEHIND** your drive leg. Lift your leg up again, hold for a few seconds, then drop and tap your toes **IN FRONT** of your lead leg. Lift and drop behind your drive leg one more time, then complete your full pitching motion with both your legs and arms.

RECOMMENDED EQUIPMENT:

Pitching rubber

DURATION: 5 Minutes

REPETITION: Daily

3. **DOWN ANGLE DRILL**



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This drill can be done just about anywhere and is a great way to get you in the habit or remembering to drive down on the baseball as you throw.

Stand up straight and begin your throwing motion (you don't need to go into a full wind-up for this one). Then pick a spot on the ground about one foot from your toes and drive the baseball into that spot. Repeat this multiple times, trying to hit the same spot on the ground each time.

This drill gets you in the habit of throwing the baseball on a more downward trajectory, ensuring you don't float any pitches over the plate, or completely overthrow your catcher with a wild pitch. You can do this with an official baseball, but we strongly recommend using a soft stitch training ball.

RECOMMENDED EQUIPMENT:

Baseball or incrediball

DURATION: 5 Minutes

REPETITION: Daily

4. WALL DRILL

In this drill, you will go through your entire pitching motion, all while learning to keep your mechanics, compact and clean all while taking a straight path to the plate. You can do this throwing phantom pitches, but we recommend grabbing some baseballs and setting up a net to throw to and go for the real thing.

Stand next to a long wall and go through your entire pitching motion. The goal is to not touch the wall with any part of your body.

If your glove or hand hit, you are probably too wide with your arms. If your shoulder hits, you are opening up your body too much, which most likely results in a loss of command and velocity.

This drill helps you correct your mechanics if necessary, and keep them clean and consistent.

RECOMMENDED EQUIPMENT:

Hitting net/ baseball

DURATION: 10 – 15 Minutes

REPETITION: Every Other Day

5. PITCHER INFIELD PRACTICE

Pitching infield practice, or PIPs, are probably a pitcher's worst nightmare. But being an excellent fielder to go along with being an excellent pitcher can only help you and make your stat line look even better.



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For this drill you will want a rebound net. Go through your entire pitching motion, throwing the baseball into the net. Depending on the rebound of the ball, you can practice fielding grounders, line drives, and even bunts.

You can also use the net as a target, practicing your throws and flips to first base, or even your turns and throws to second base to start a double play.

RECOMMENDED EQUIPMENT:

Rebound net/ baseballs or incrediballs

DURATION: 20 Minutes

REPETITION: Every Day

Youtube Drills

Each week we will include links to some youtube drills. These will help show you and your players how the drill should be performed and will give you a good visual to assist you. These drills do not require much in terms of equipment as well.

Outfield drills

<https://www.youtube.com/watch?v=iACta4vIKyI>

Pitching: towel drill

<https://www.youtube.com/watch?v=0RhBYuhDqPk>

Outfield tracking the ball drill

<https://www.youtube.com/watch?v=pL6yWyE7Flk>

Outfielders rectangle drill

<https://www.youtube.com/watch?v=G1DEH5EjxxM>

Next week in BMBA Stay at home baseball:

- All your questions answered
- Who won the drill competition?
- Infield and Hitting focus
- And more...