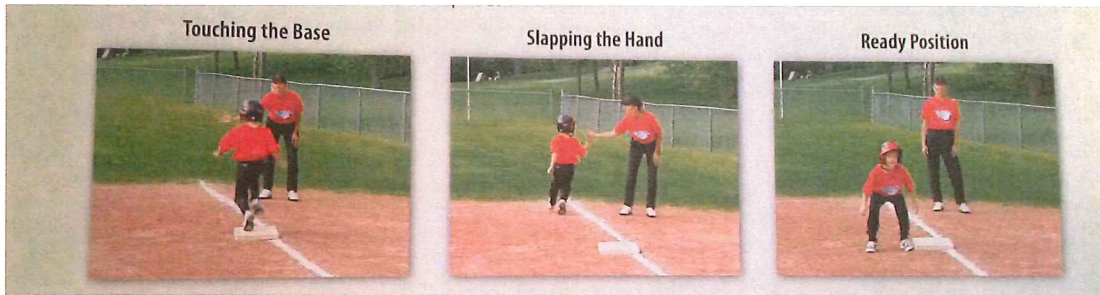


Station 1 : Running to First

SKILLS TO BE TAUGHT:

1. Place the bat, don't throw it
2. Run through first, and home, but not second and third
3. Face the base you came from
4. Running feet, pumping arms



DRILL:

Have the players line up behind home plate. One player stands as though waiting for a pitch, swings the bat, PLACES it down and runs through first.

Have a coach/parent two feet behind first ready to give a high five. Try to get the player to turn to the right.

Have the FACE THE BASE THEY CAME FROM and get into running position.

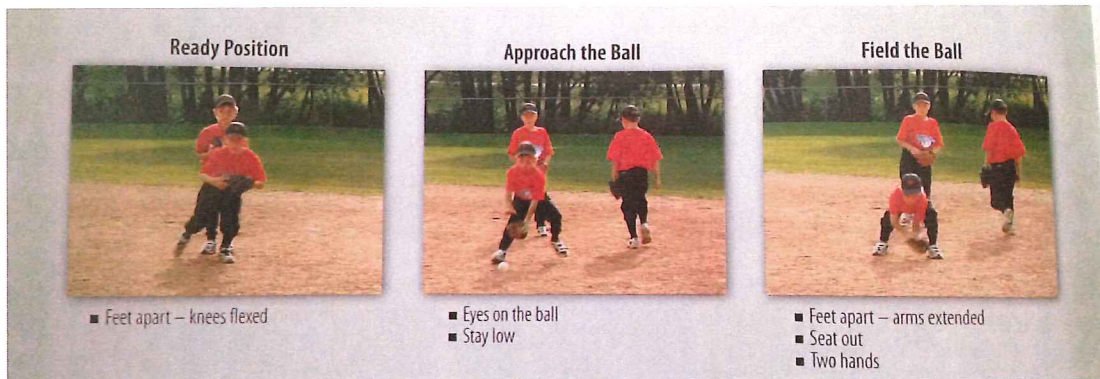
Have a parent at each base reminding the players of when to run and how to position themselves.

Rotate through the team, advancing players as each one "hits".

Station 2 : Alligator pick ups

SKILLS TO BE TAUGHT:

1. The ready/base position
2. Move forward towards the ball, don't just wait for it
3. Field the ball with feet apart, eyes on the ball and stay low



DRILL:

Have 1 coach/parent for every 2 players. Be about 15 feet apart.

Get the players into BASE position (wider stance, knees slightly bent, glove ready)

Roll grounders and get the players to field the ball with the glove down and top hand guiding the ball into the glove, like an alligator.

Have the player throw the ball back each time.

Station 3 : Throwing for distance

Organize the players 2-3 steps apart with their ball bag.

1. Teach the GLOVE LEG (glove side of your body) and POWER LEG (throwing side of your body).

2. Teach the THREE FINGER GRIP (we can't do this with the blastball, but can with the tennis balls)



3. Keep your eyes on the target – hands together near chest area.

4. Teach from the side position, players step with their glove leg as they throw.

DRILL :

Have players touch their glove leg and call it “glove leg”. Repeat 3x. Do the same thing for “power leg”

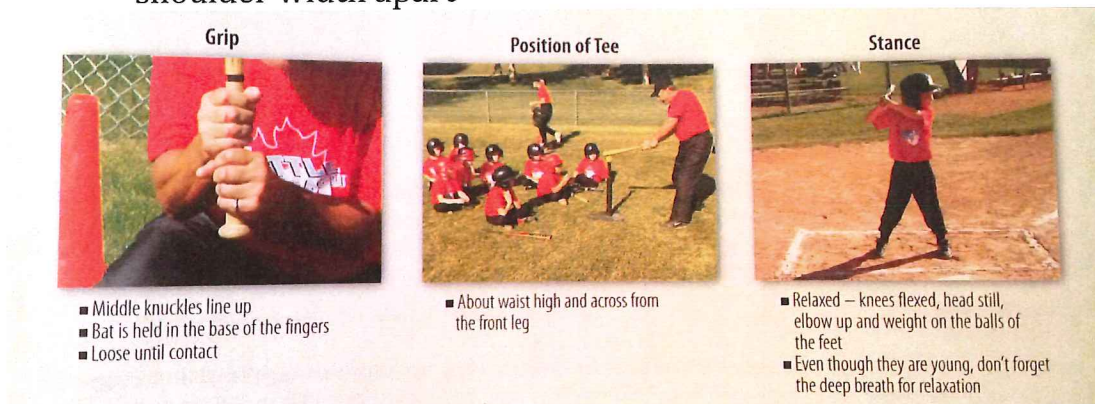


Get players to hold a ball with the three finger grip, turn sideways, with glove facing the target. Tell them to look at the target, step with their glove leg and throw at the target.

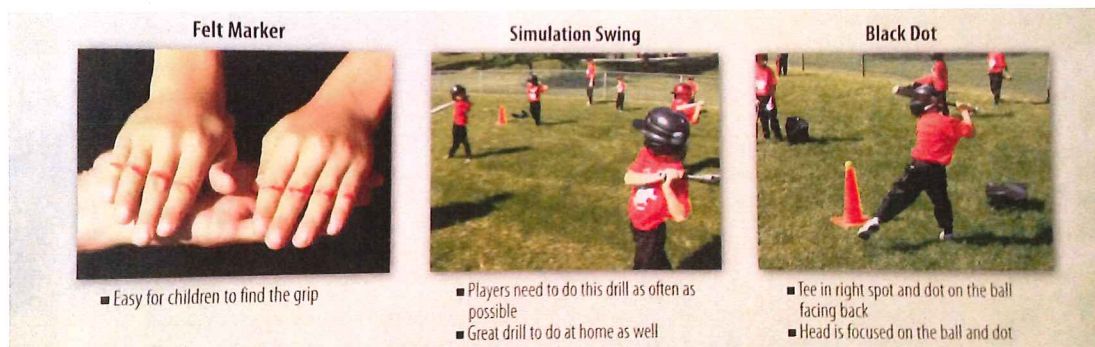
Station 4 : Hitting station

SKILLS TO BE TAUGHT :

- How to grip the bat (knuckles lined up)
- Place the tee across from the front leg
- Stand behind the tee with the weight on the ball of their feet, shoulder width apart



Each player hits 8 balls. Coaches and parents are walking behind players, fixing stance, grip etc. Once the ENTIRE group is done hitting, collect balls and start again if time allows.



Station 5 : Catching a Ball

SKILLS TO BE TAUGHT :

- *Keep your eye on the ball
- *Feet apart, knees flexed
- *Elbows out in front, slightly bent

This is a progression drill. First, toss the ball in the air and try to catch with one hand. 5 times with left hand, 5 times with right hand. Then move to two hands, no glove.

Practice with bean bags, tennis balls, badminton birdies...

Move to catching with a glove, always using two hands.



Station 6 : Throwing at a Target

SKILLS TO BE TAUGHT:

Review and identify power leg, glove leg , three finger grip, looking at the target and stepping with the glove leg.

Each player will have their own balls and will practice throwing at a target, about 10 -15 feet away.

