

Drill Bank – Advanced

Advanced: Advanced skills are drills for athletes looking to fully enhance their skill set, taking their play to the next level. This section is designed for athletes from U17AA, U19AA, Provincial teams, and up.

Infield Drills

- [Infield Rhythm](#) - preparing for defense as the pitch is thrown
- [Swivel Backward](#) - focuses on footwork and balance
- [Throwing on the run progression](#)
- [Pole Footwork](#) - infielding footwork for various ground balls
- [Three Ball Drill](#) - ground ball recognition and reaction, and footwork
- [First Baseman Picking Drill](#)

Outfield

- [Outfield Throwing Progression](#)
- [Outfield Catch and Spin](#)

Throwing

- [Throwing Warm-Up](#)
- [Throwing Control Around the World](#)

Bunting Drills

- [Chop slap bunt](#)
- [Bunt Control Progression](#)
- [Power Slap Bunt](#)
- [Deaden a Bunt](#) - how to absorb the ball while bunting and gain more control

Hitting

- [Pitch Recognition](#) - works on reaction time and hitting inside and outside pitches
- [Lunge Reduction](#)

Baserunning

- [Baserunning Relay with Sliding](#)

Catchers' Drills

- [When to Call Timeout](#) - helps catchers with their leadership and
- [Framing the Inside Pitch](#)
- [Picking or Blocking: Situational](#)
- [Throwdown from Knees Robot Drill](#)

Pitching Drills

- [Sample Pitching Gym Workout](#) - focuses on increasing explosiveness and building strength