

RST - Warm-up



Run

1. Skip
2. Skip - Drummer Boy
3. Skip and Kick
4. Side Skip
5. Lead-off - Crossover - Shuffle steps (30, 60, 90)

Stretch

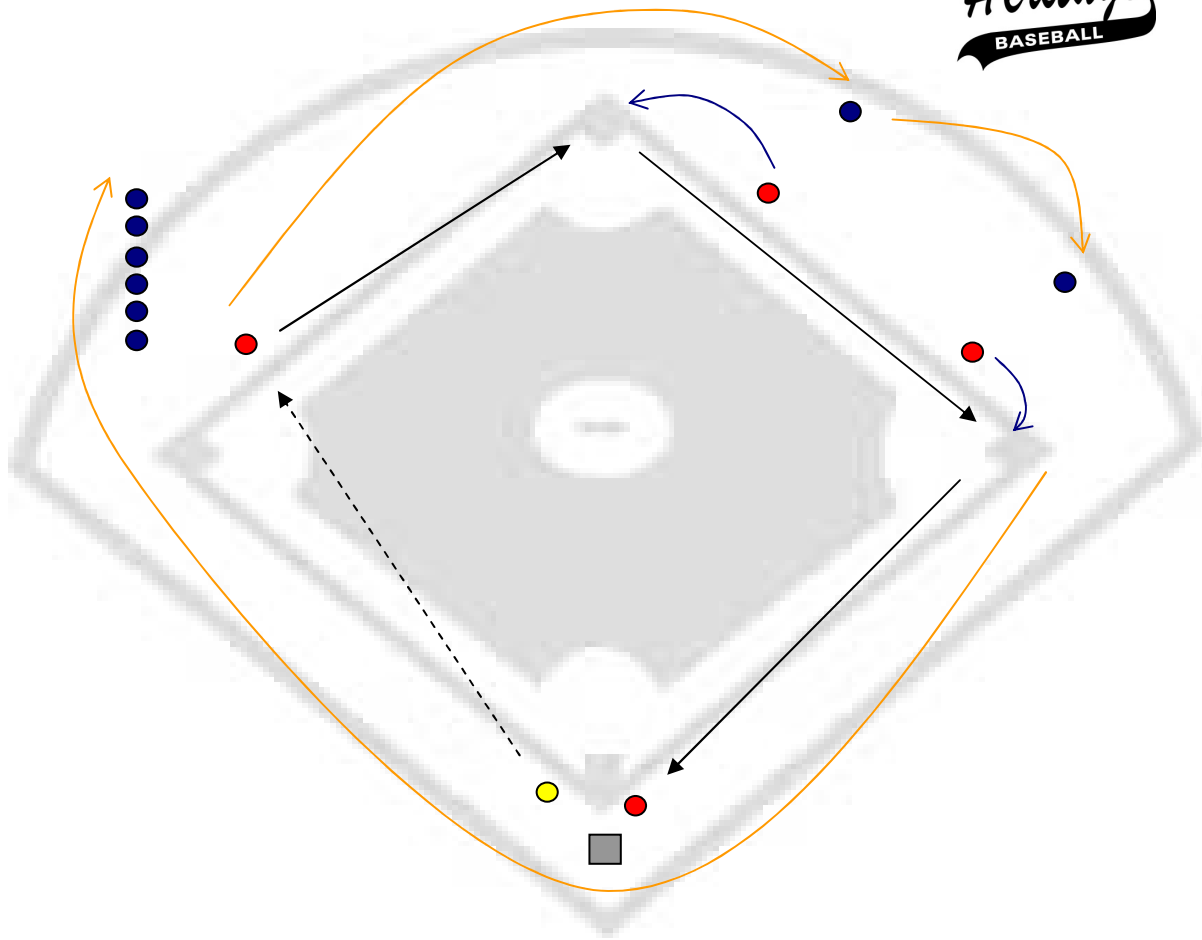
1. Spread legs and touch ground.
2. Spread legs touch right foot.
3. Spread legs touch left foot.
4. Cherry pick.
5. Legs together - toe touch.
6. Windmill
7. Hand in middle of back, left/right.
8. Hand over heart, left right.
9. Small circles - hands up.
10. Hands behind back together.
11. Windmill
12. Stir pot.
13. Start the lawnmower.

Throw

1. Wrist flip
2. Windmill
3. Power throw (30, 60, 90)

Conditioning Drill - Rotation

Heritage
BASEBALL



Positions:

1. 2 players at 2nd base.
2. 2 players at 1st base.
3. 7 players at 3rd base.
4. 1 player at home.

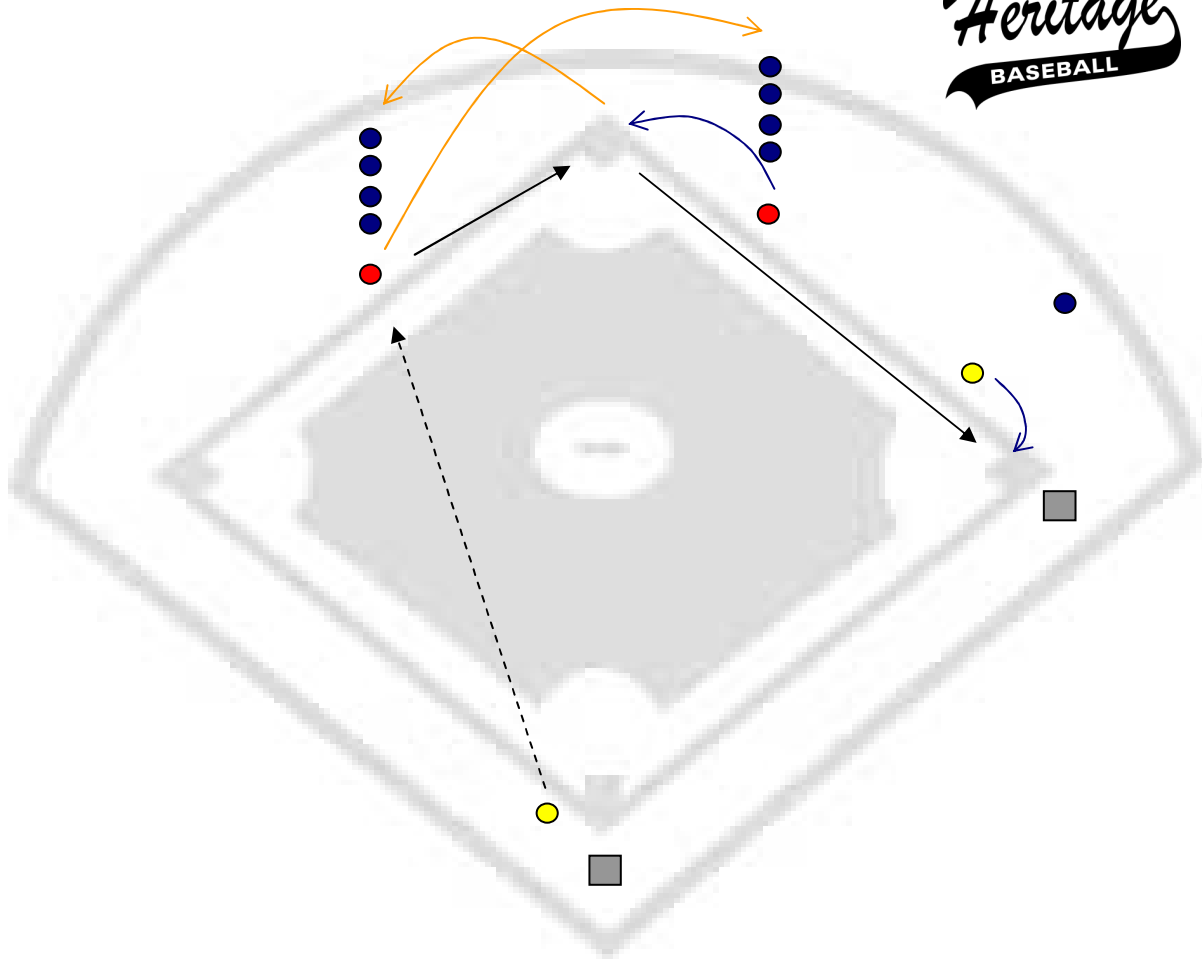
Drill:

1. Coach hits to 3rd base.
2. 3rd throws to 2nd.
3. 2nd throws to 1st.
4. 1st throws ball home, then runs behind home on way to the end of the line at 3rd.
5. Catcher drops ball in bucket.

Purpose:

Works on players catching, throwing and running.

Double Play Drill - Rotation 1



Positions:

1. 5 players at SS.
2. 5 players at 2nd.
3. Coach at home.
4. Coach at 1st.

Drill:

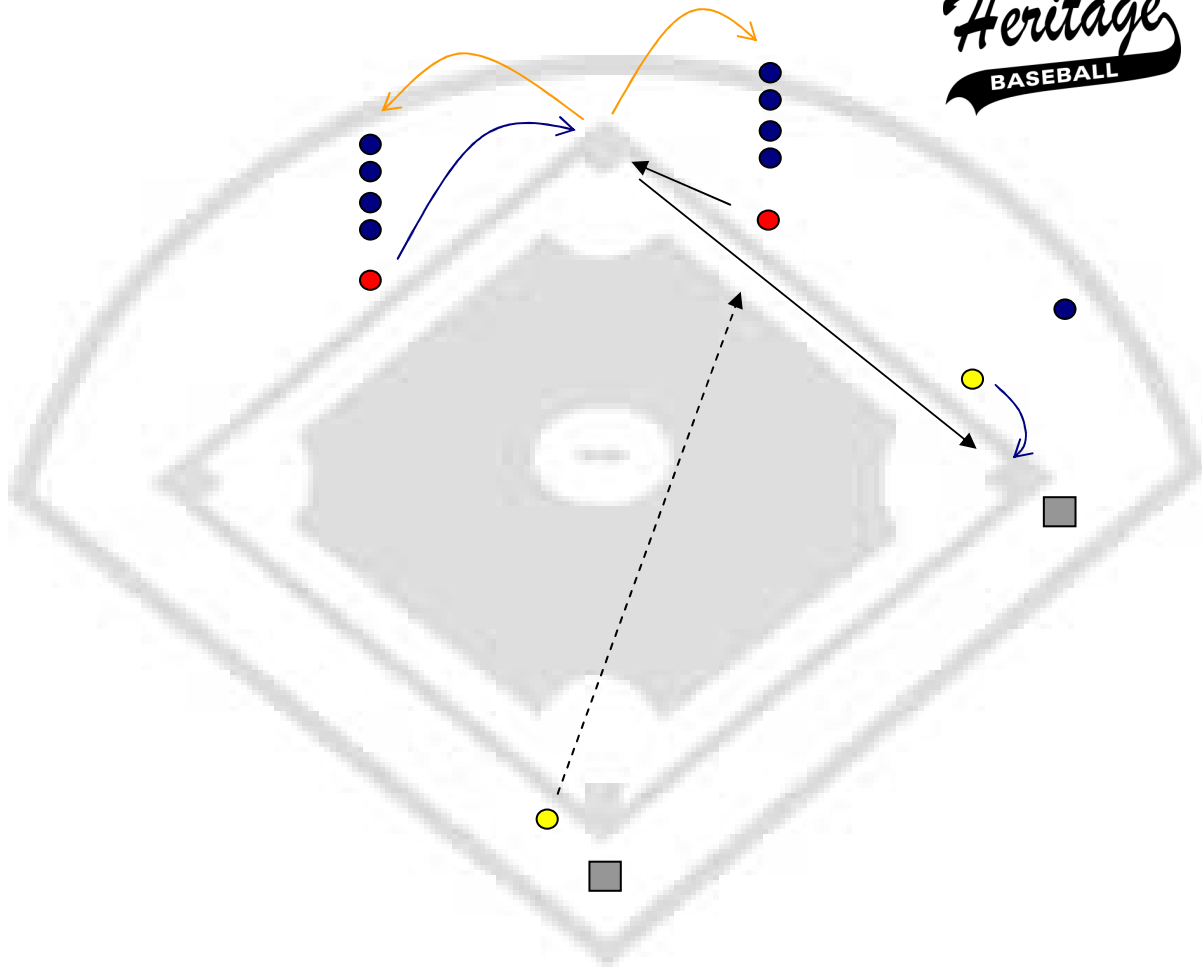
1. Coach hits ball to SS.
2. SS throws to 2nd.
3. 2nd executes proper catch, step off and throw to coach at 1st.
4. Coach places ball in bucket.

Purpose:

Works on players catching, throwing, short throws and running.

Double Play Drill - Rotation 2

Heritage
BASEBALL



Positions:

1. 5 players at SS.
2. 5 players at 2nd.
3. Coach at home.
4. Coach at 1st.

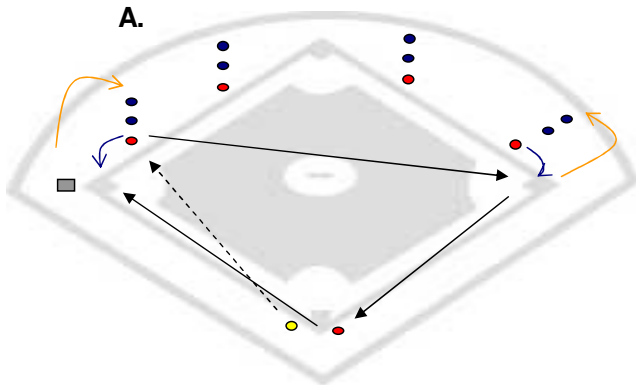
Drill:

1. Coach hits ball to 2nd.
2. 2nd throws to SS at 2nd.
3. SS executes proper catch, step off and throw to coach at 1st.
4. Coach places ball in bucket.

Purpose:

Works on players catching, throwing, short throws and running.

Round the Horn



Positions:

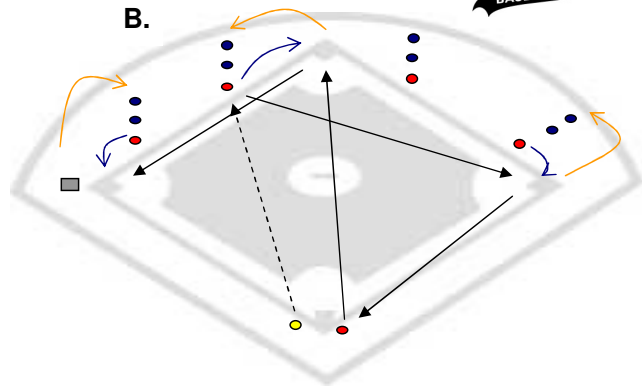
1. Player at each infield position with backup player behind.

Drill:

1. Ball hit to 3rd.
2. 3rd throws to 1st.
3. 1st throws to Catcher.
4. Catcher throws to 3rd.
5. 3rd places ball in bucket.

Purpose:

Works on catching and throwing.



Positions:

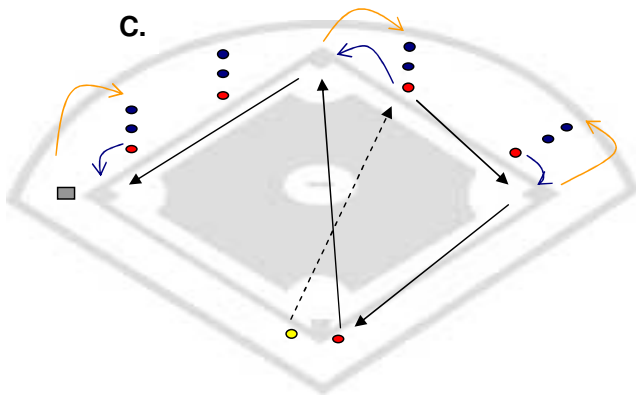
1. Player at each infield position with backup player behind.

Drill:

1. Ball hit to SS.
2. SS throws to 1st.
3. 1st throws to Catcher.
4. Catcher throws to SS at 2nd.
5. SS throws to 3rd.
6. 3rd places ball in bucket.

Purpose:

Works on catching and throwing.



Positions:

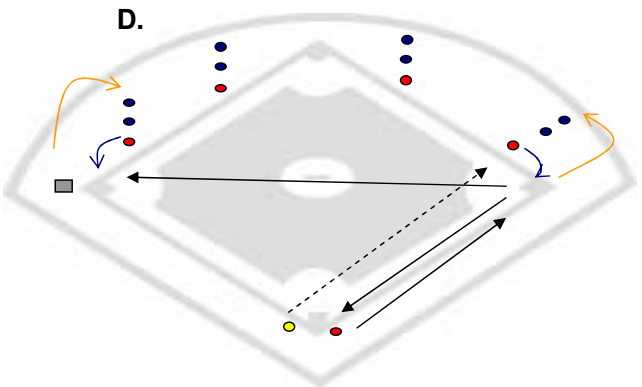
1. Player at each infield position with backup player behind.

Drill:

1. Ball hit to 2nd.
2. 2nd throws to 1st.
3. 1st throws to Catcher.
4. Catcher throws to 2nd at 2nd.
5. 2nd throws to 3rd.
6. 3rd places ball in bucket.

Purpose:

Works on catching and throwing.



Positions:

1. Player at each infield position with backup player behind.

Drill:

1. Ball hit to 1st.
2. 1st throws to Catcher.
3. Catcher throws to 1st.
4. 1st throws to 3rd.
5. 3rd places ball in bucket.

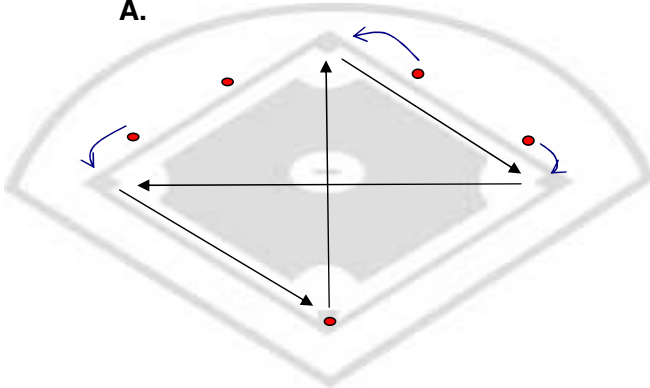
Purpose:

Works on catching and throwing.

Round the Horn - Advanced



A.



Positions:

1. Player at each infield position.

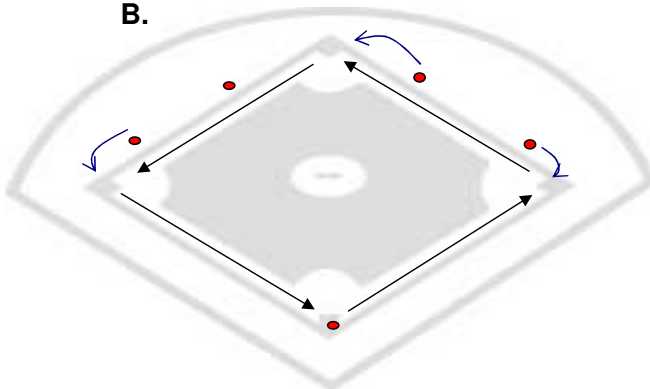
Drill:

1. Ball thrown from Catcher to 2nd.
2. 2nd throws to 1st.
3. 1st throws to 3rd.
4. 3rd throws to Catcher

Purpose:

Works on catching and throwing.

B.



Positions:

1. Player at each infield position.

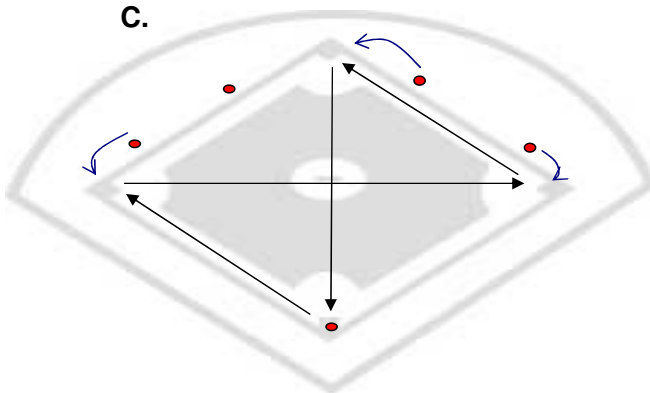
Drill:

1. Ball thrown from Catcher to 1st.
2. 1st throws to 2nd.
3. 2nd throws to 3rd.
4. 3rd throws to Catcher

Purpose:

Works on catching and throwing.

C.



Positions:

1. Player at each infield position.

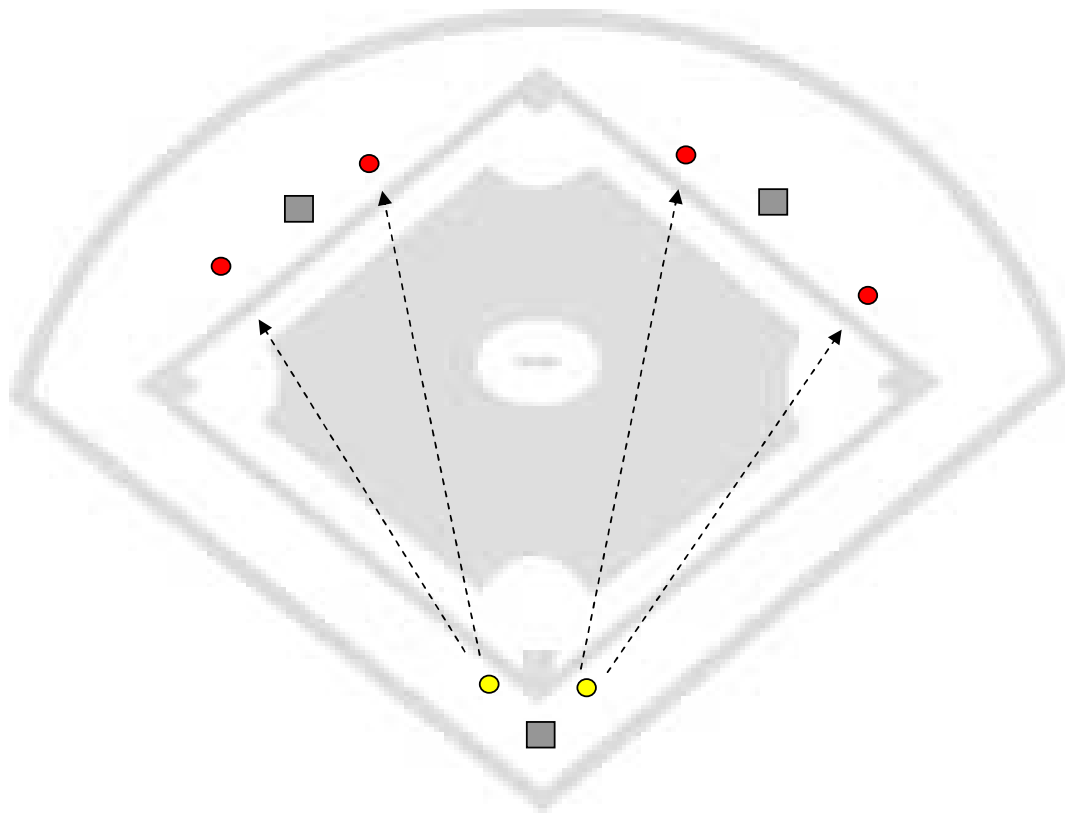
Drill:

1. Ball thrown from Catcher to 3rd.
2. 3rd throws to 1st.
3. 1st throws to 2nd.
4. 2nd throws to Catcher

Purpose:

Works on catching and throwing.

Infield - Field of Pain



Positions:

1. Player at each infield position (less catcher).
2. 1 or 2 Coaches.

Drill:

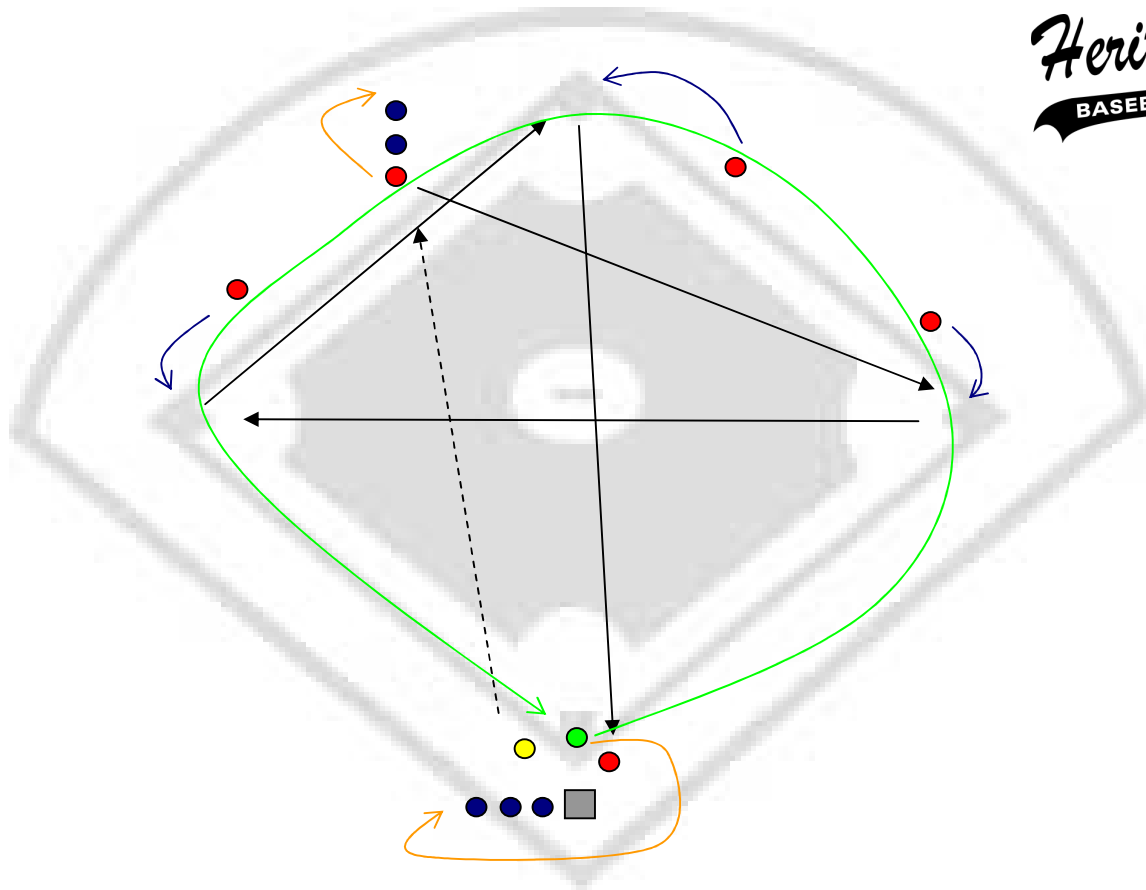
1. Bucket between 1st and 2nd and 2nd and 3rd.
2. 50-60 balls.
3. Coach(es) hit ~10-15 balls to each player.
4. After catch, player puts ball in bucket.
5. A lot of reps in short period of time.
6. No throwing.

Purpose:

Repetition and catching.

Banana Star Drill - Offense/Defense Competition

Heritage
BASEBALL



Positions:

1. Player at each infield position.
2. 4 base runners.
3. 2 extra behind SS.

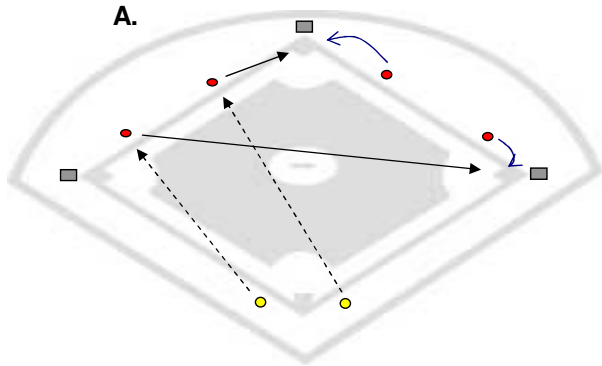
Drill:

1. Coach hits to SS, base runner starts around bases.
2. SS throws to 1st.
3. 1st throws to 3rd.
4. 3rd throws to 2nd.
5. 2nd throws to Catcher.
6. Catcher places ball in bucket.
7. Offense tries to reach home before ball thrown home from 2nd.
8. Defense tries to throw ball home before runner reaches home.
9. Keep score.
10. Rotate SS.
11. After four runners rotate into infield.

Purpose:

Adds level of pressure to work on making good catches and throws, as well as running the bases well.

Bucket Drill



Positions:

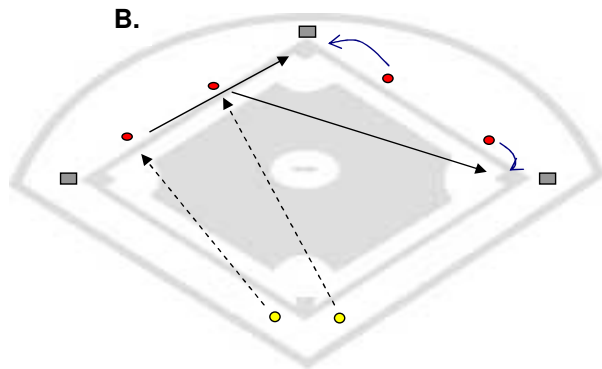
1. Player at each infield position (less catcher).

Drill:

1. Coach 1 hits ball to 3rd 3rd throws to 1st.
2. 1st places ball in bucket.
2. Coach 2 hits ball to SS, SS throws to 2nd.
4. 2nd places ball in bucket.

Purpose:

Works on catching and throwing.



Positions:

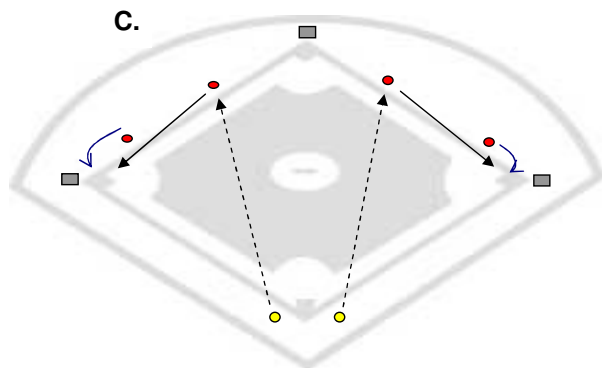
1. Player at each infield position (less catcher).

Drill:

1. Coach 1 hits ball to 3rd, 3rd throws to 2nd.
2. 2nd places ball in bucket.
2. Coach 2 hits ball to SS, SS throws to 1st.
4. 1st places ball in bucket.

Purpose:

Works on catching and throwing.



Positions:

1. Player at each infield position (less catcher).

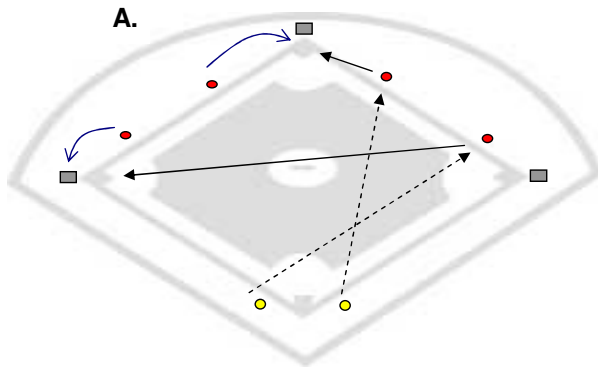
Drill:

1. Coach 1 hits ball to SS, SS throws to 3rd.
2. 3rd places ball in bucket.
2. Coach 2 hits ball to 2nd, 2nd throws to 1st.
4. 1st places ball in bucket.

Purpose:

Works on catching and throwing.

Bucket Drill - Advanced



Positions:

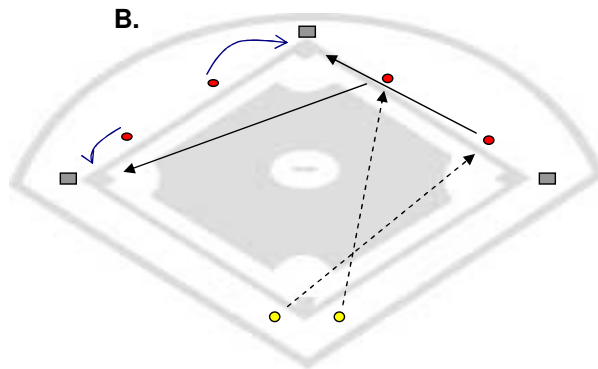
1. Player at each infield position (less catcher).

Drill:

1. Coach 1 hits ball to 1st, 1st throws to 3rd.
2. 3rd places ball in bucket.
2. Coach 2 hits ball to 2nd, 2nd throws to SS at 2nd.
4. SS places ball in bucket.

Purpose:

Works on catching and throwing and backing up positions.



Positions:

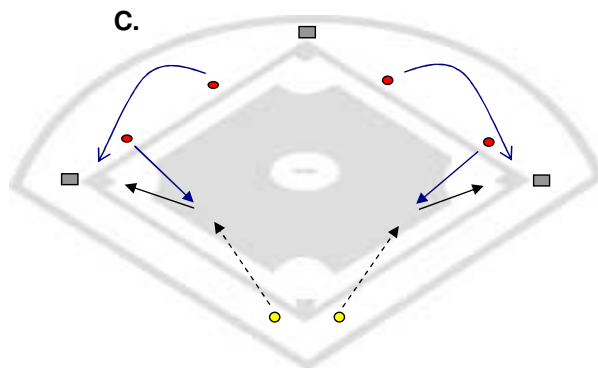
1. Player at each infield position (less catcher).

Drill:

1. Coach 1 hits ball to 1st, 1st throws to SS at 2nd.
2. SS places ball in bucket.
2. Coach 2 hits ball to 2nd, 2nd throws to 3rd.
4. 3rd places ball in bucket.

Purpose:

Works on catching and throwing and backing up positions.



Positions:

1. Player at each infield position (less catcher).

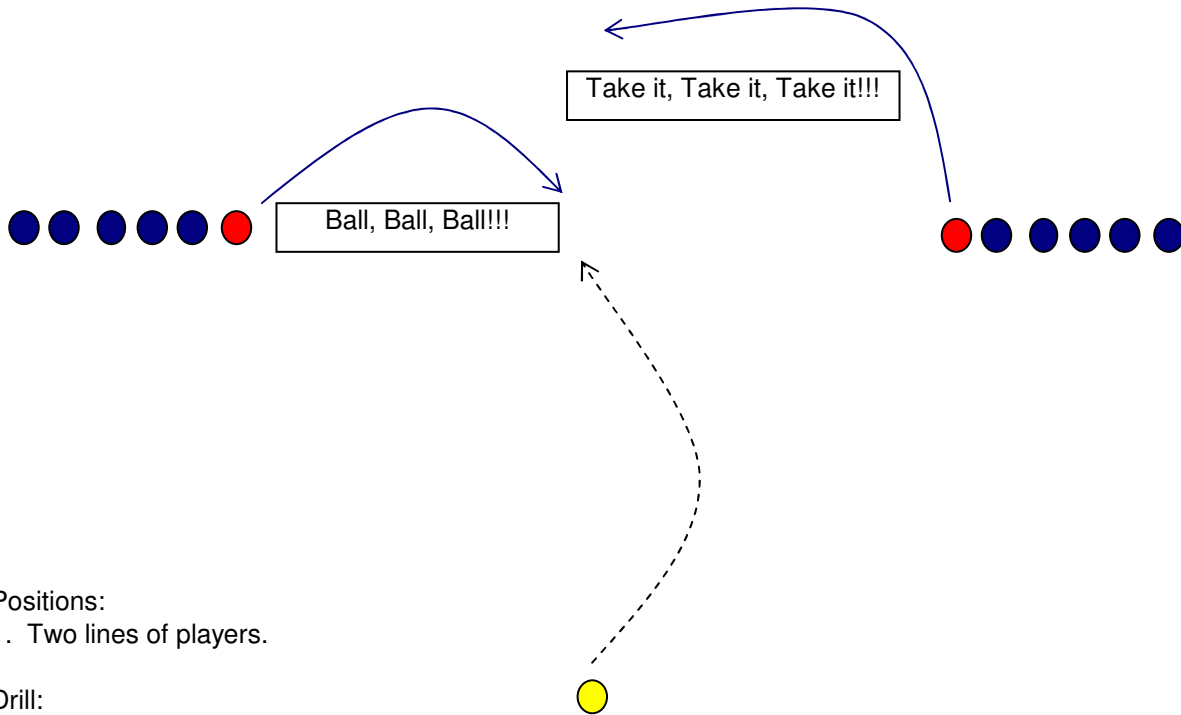
Drill:

1. Coach 1 hits short ball to 3rd.
2. 3rd throws to SS at 3rd.
2. SS places ball in bucket.
4. Coach 2 hits short ball to 1st.
5. 1st throws to 2nd at 1st.
6. 2nd places ball in bucket.

Purpose:

Works on catching and throwing and backing up positions.

Outfield Communication Drill



Positions:

1. Two lines of players.

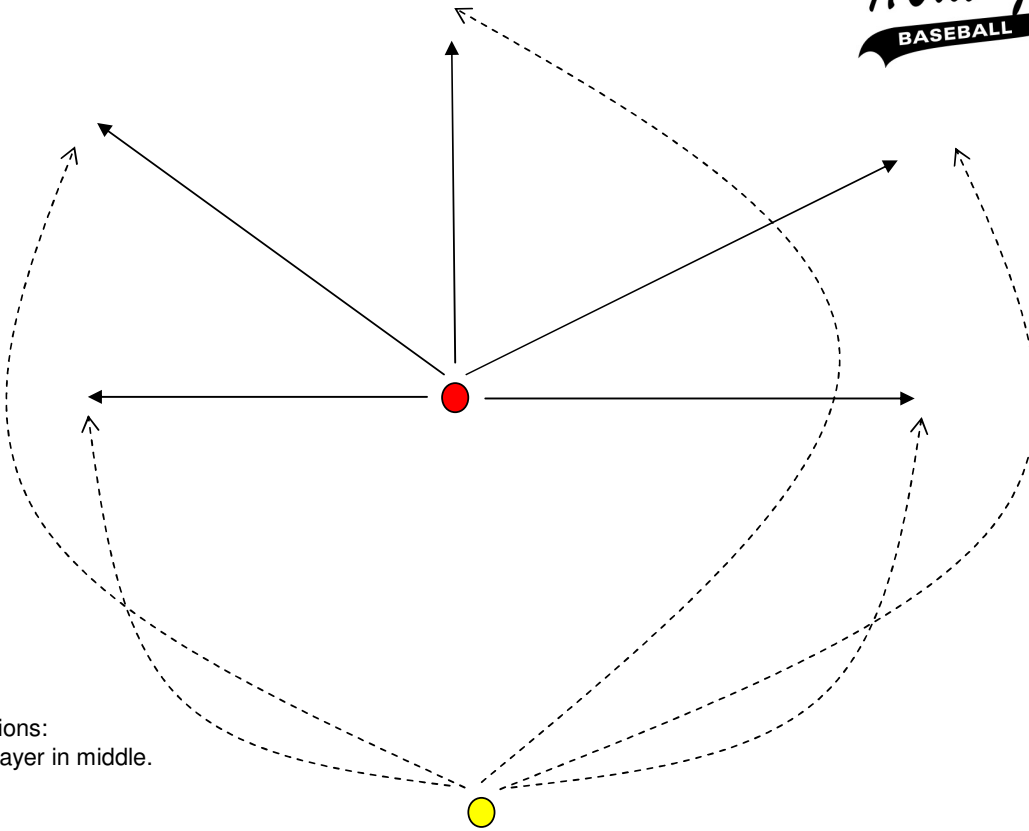
Drill:

1. Coach throws or hits pop fly.
2. Player 1 yells "ball, ball, ball" and catches pop fly.
2. Player 2 yells "take it, take it, take it", and allows player 1 to catch pop fly.

Purpose:

Works on communication during pop fly situations.

Outfield 5 Angle Drill



Positions:

1. Player in middle.

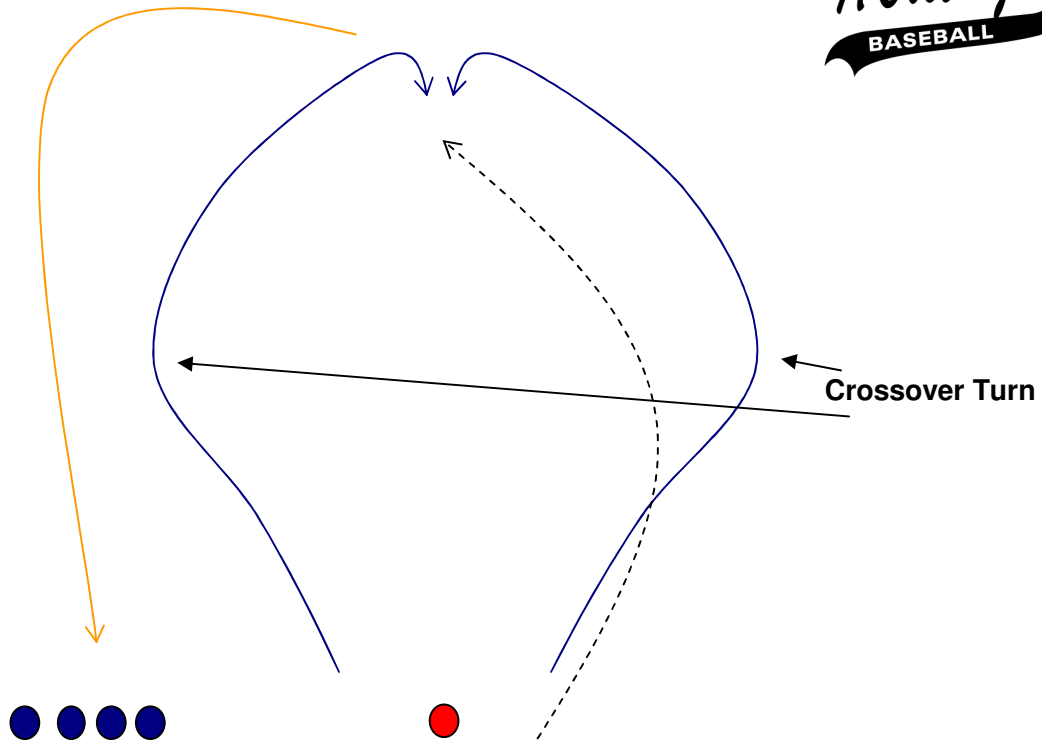
Drill:

1. Coach throws or hits pop fly.
2. Coach hits pop flies to any of 5 positions.
3. Player must angle back and reverse position, center and catch pop fly.
4. Player must yell "ball, ball, ball".

Purpose:

Works on positioning correctly to catch pop flies with different angles.

Outfield - Crossover



Positions:

1. Player in middle, with other players waiting in line.

Drill:

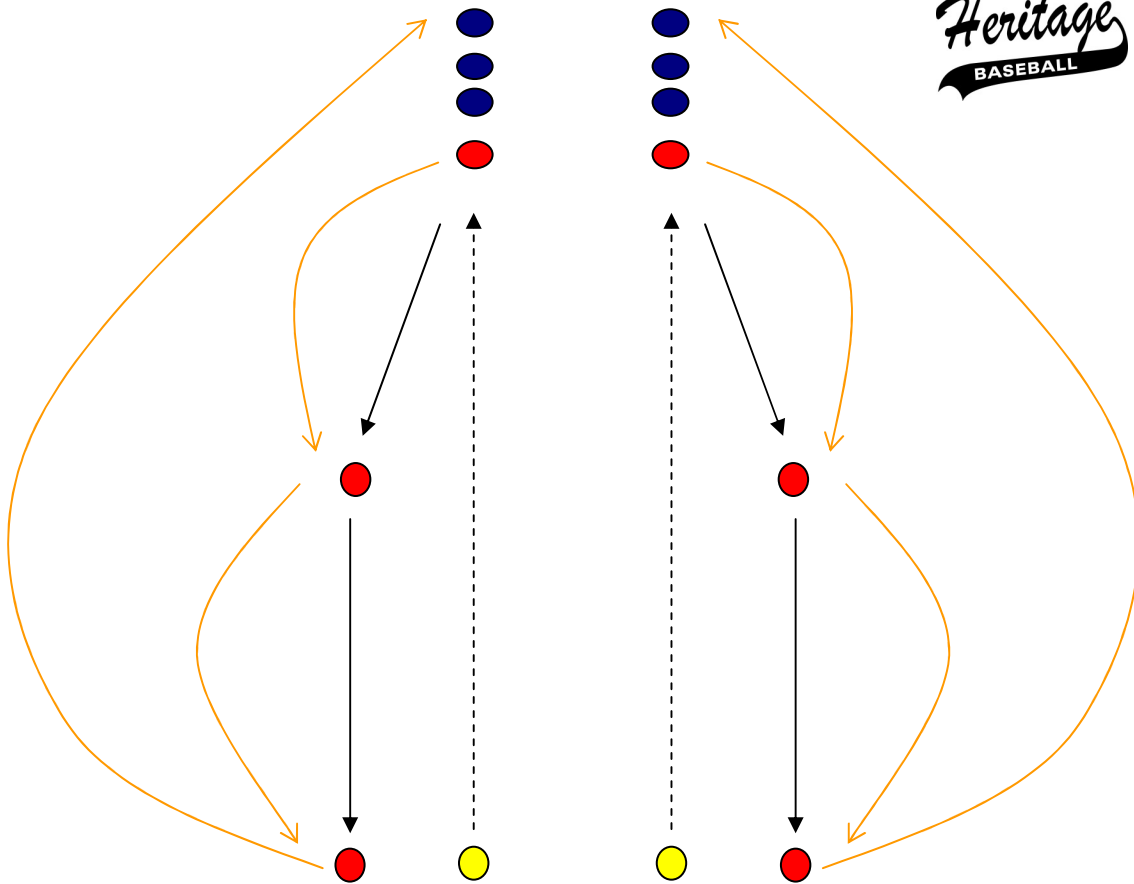
1. Coach throws or hits pop fly.
2. Coach lets player know which direction to run (R or L).
3. Player must angle back and reverse position, center and catch pop fly.
4. Player must yell "ball, ball, ball".

Purpose:

Works on positioning correctly to catch pop flies with different angles.

Outfield Cut-Off and Long Throw

Heritage
BASEBALL



Positions:

1. Two lines of players.
2. One in outfield.
3. One at cut off position.
4. One at infield position.

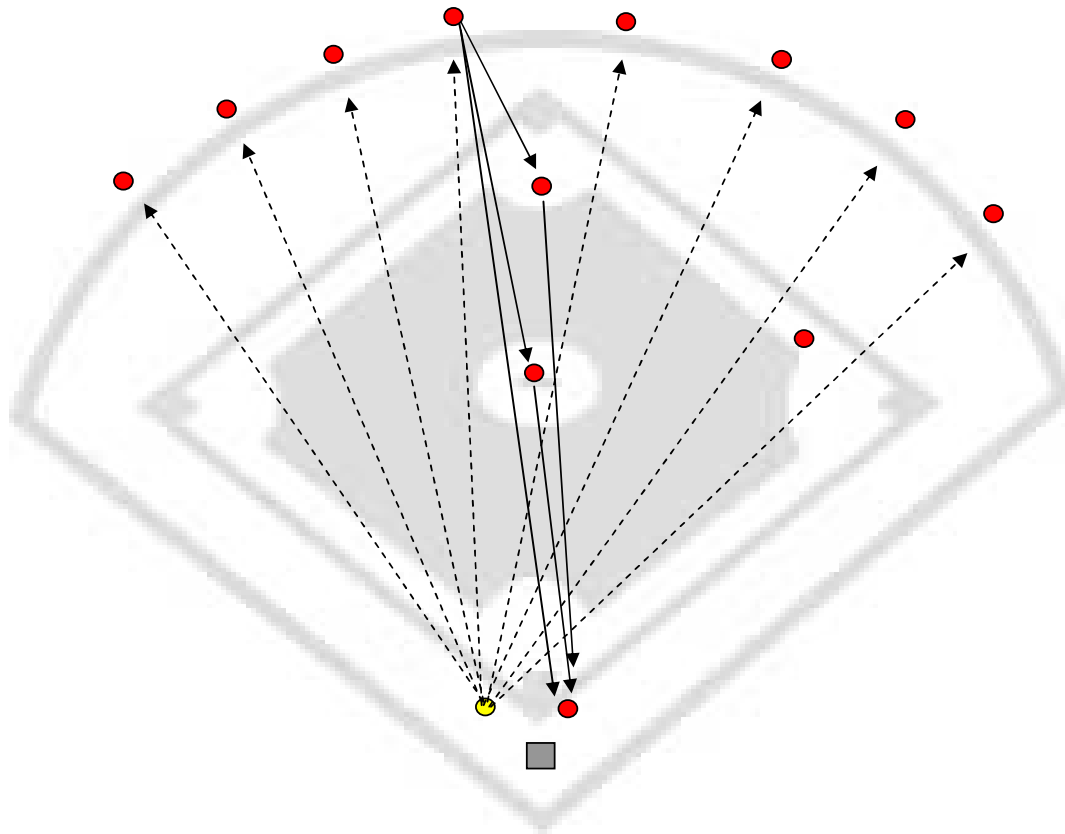
Drill:

1. Coach throws or hits ball to outfielder.
2. Outfielder throws to cut off.
3. Cut off throws to infielder.

Purpose:

Works on cut off plays and long throws.

Do or Die - Throwing



Positions:

1. Several outfield positions, 2nd, 1st, Pitcher and Catcher.

Drill:

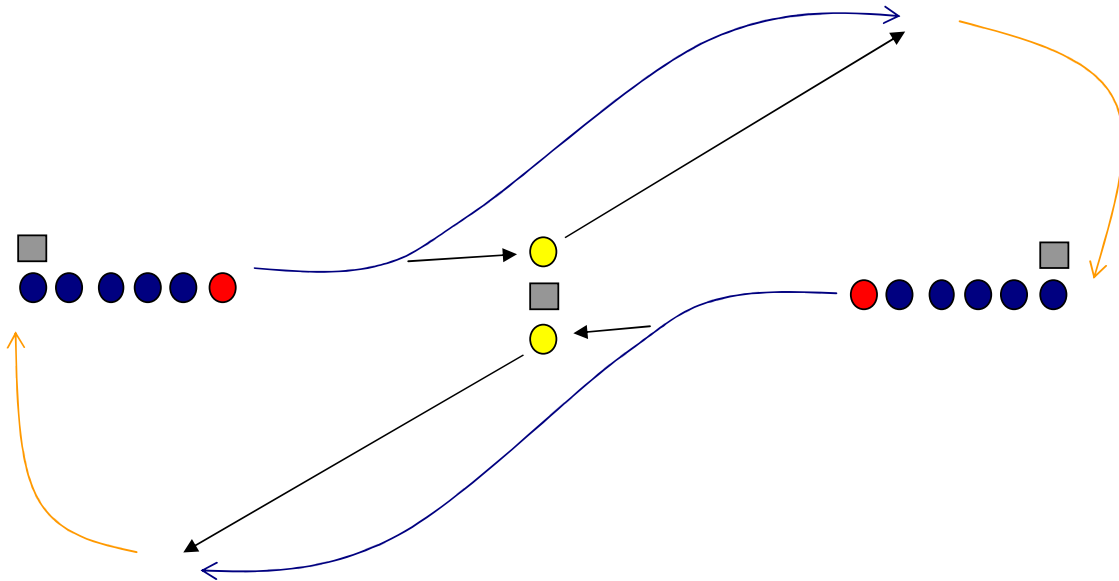
1. Coach hits to outfield.
2. Left-field players either throw to cut off at 2nd, Pitcher or throw home.
3. Right-field players either throw to cut off at 1st, Pitcher or throw home.
4. Catcher drops ball in bucket.

Purpose:

Works on players catching, throwing to cut off or long throws.

Football Pass Drill

Heritage
BASEBALL



Positions:

1. Two lines of players.
2. Two coaches.

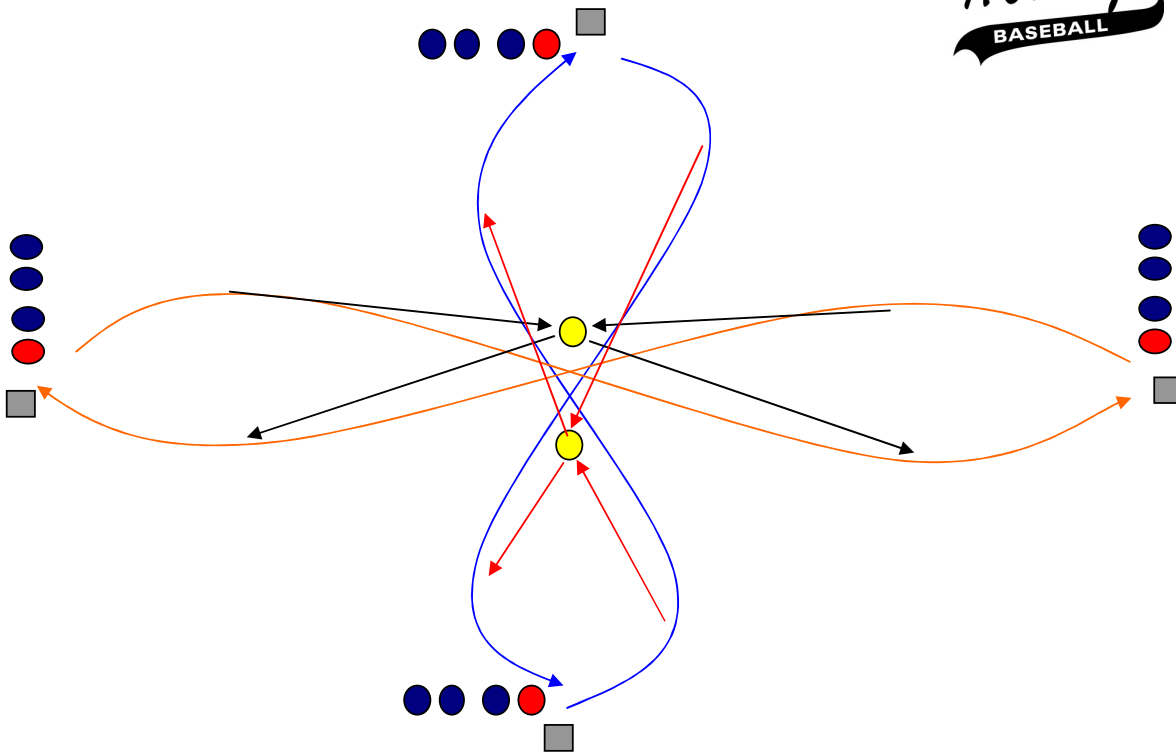
Drill:

1. Each player has a ball.
2. Player runs toward Coach and throws him the ball.
3. Player runs an arched pattern, and Coach throws him the ball at the tip of the arch.
4. Player goes to end of other line and drops ball in bucket.

Purpose:

Agility. Works on running while throwing.

Outfield - 90' Drill



Positions:

1. Two lines of players.
2. Two coaches.

Drill:

1. Each player has a ball.
2. Player runs toward Coach and throws him the ball.
3. Player runs an arched pattern, and Coach throws him the ball at the tip of the arch.
4. Player goes to end of other line and drops ball in bucket.

Purpose:

Agility. Works on running while throwing.