

Baseball Drills

WARM UP (DYNAMIC STRETCHING):

1. Light jog from athletic position;
2. Knee to chest and hold while walking
3. High Knees;
4. Butt Kicks;
5. Power skip w/ arm swing;
6. Slide shuffle with arm swing over head/across body;
7. High Kicks/Zombie Walk/Frankensteins;
8. Heel down/toe up swipe ground with opposite hand (Shoo chickens);
9. Walking lunge with torso twist;
10. Push-up plank / inch worm;
11. Jog Backward;
12. Forward sprints;
13. Arm circles; and
14. Shoulder stretching.

https://www.youtube.com/watch?v=gDxagnp6C_k

BASEBALL POSITIONS:

<http://myyouthbaseball.com/defensive-positions-in-baseball.html>

THROWING FUNDAMENTALS / DRILLS:

[Wrist/Elbow \(Throwing Se#7FDEDC](#)

[One Knee \(Throwing Serie#7FDEDE](#)

[Stationary \(Throwing Ser#7FE07D](#)

[Step and Throw \(Throwing#7FDEE3](#)

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

INFIELD FUNDAMENTALS / DRILLS:

1. Baseball Ready (sneaky steps/1-2 drop);
2. Track the baseball from contact into the glove (Fielding on Knees DRILL);
3. **Field** (Scoop(glove)/alligator(top hand) and **Load** glove to belt/belly) & **Throw** (Fire);
4. Throwing at and **through** a Target.

<https://www.youtube.com/watch?v=K0kisMh2cmU>
<https://www.youtube.com/watch?v=ozDUXaVGF3c>
<https://www.youtube.com/watch?v=wgY51UlwZpw>
<https://www.youtube.com/watch?v=1WooHXTLs1A>
<https://www.youtube.com/watch?v=vDlnzZs4DUU>
<https://www.youtube.com/watch?v=3N-aeO5n1ro>
<https://www.youtube.com/watch?v=r2Ffcppwvfg>
<https://www.youtube.com/watch?v=SHA1orN7eHE>
<https://www.youtube.com/watch?v=xO6tTxEADLw>
<https://www.youtube.com/watch?v=J39xKIs27As>
<http://myyouthbaseball.com/infield-basics-fundamentals.html>
<http://myyouthbaseball.com/indoor-baseball-drills.html>
<http://myyouthbaseball.com/fielding-ground-balls.html>

- DOUBLE PLAYS-

1. Get there early / present a good target;
2. SS – rt. Foot on base / step w/ left foot toward ball / finish throw;
3. 2B – lt. Foot on base / step w/ rt. Foot toward ball / finish throw;
4. Flips – show ball / hold out in front / run towards base / follow the tosses ball;
5. 2B – can pivot towards base to throw / drop step with right foot to throw / power toss coming forward; and
6. Make sure to get the out at 2nd before trying to throw to first!!

<https://www.youtube.com/watch?v=PGBFekb2IqI>
<https://www.youtube.com/watch?v=3N-aeO5n1ro>
<https://www.youtube.com/watch?v=MkBclTwFwVg>
<https://www.youtube.com/watch?v=-gI04rzOHP0> (BOX DRILL SS flip to 2b)

OUTFIELD FUNDAMENTALS / DRILLS:

1. Baseball Ready / feet shoulder with apart / athletic position / hands off knees
2. Track the ball off the bat / Drop Step/Cross-over step / run on toes
3. Catching Fly Balls (with your eyes on the ball)/ body behind the ball /over throwing shoulder;
4. Communicate to other fielders (Shout: Me Me Me or You You You);
5. Fielding Ground Balls / Outside your glove foot (if possible) coming forward and
6. Throwing at and through a Target, Set Feet/ outfield throwing to cutoffs / Weight coming forward using crow hop.

<http://probaseballinsider.com/baseball-instruction/outfield/outfield-1-the-basics/>
<http://probaseballinsider.com/baseball-instruction/outfield/outfield-2-tracking-fly-balls/>
<http://probaseballinsider.com/baseball-instruction/outfield/outfield-3-how-to-avoid-losing-balls-in-the-sun-and-other-fly-ball-challenges/>
<http://probaseballinsider.com/baseball-instruction/outfield/outfield-4-how-to-throw-with-a-crow-hop/>
<http://probaseballinsider.com/baseball-instruction/outfield/outfield-5-using-the-long-hop/>
<http://probaseballinsider.com/baseball-instruction/outfield/outfield-backing-up-plays/>
<http://probaseballinsider.com/product-reviews-and-guides/best-baseball-sunglasses/>
<http://myyouthbaseball.com/outfield-basics-fundamentals.html>

Baseball Ready / Drop Step / Cross-Over –

<https://www.youtube.com/watch?v=ZMuVnmUY2CI>
<https://www.youtube.com/watch?v=qvwkdxepqTk>
<https://www.youtube.com/watch?v=jz5VWIfkFV4>
<https://www.youtube.com/watch?v=p4S0MobFt3A> (Z-Drill)

Catching / Throwing / Crow-Hop / Cutoffs / Relays

<https://www.youtube.com/watch?v=UYItjZ8hPg0>
<https://www.youtube.com/watch?v=75TCll2qz9s>
<http://myyouthbaseball.com/how-to-catch-a-flyball.html>
<https://www.youtube.com/watch?v=rjYLK2BA4vU>

HITTING FUNDAMENTALS / DRILLS:

1. Grip (loose with middle (knocking) knuckles lined up;
2. Balance (Feet even and shoulder width apart or more);
3. Eye on the ball (track baseball until contact with bat);
4. Hands up by your ear;
5. Step (toe touch), load (70/30 weight more toward catcher)(bat knob to catcher) and **then** swing;
6. Back elbow close to body, hands inside baseball (knob to pitcher)
7. Squash the bug with your back foot as hips rotate open;
8. Follow-through (don't stop swing on contact).

<https://www.youtube.com/watch?v=fjG8RPZeINE> (GRIP)

<https://www.youtube.com/watch?v=DztFN0AdAXA>

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

<https://www.youtube.com/watch?v=UvvD00Oeokg>

<https://www.youtube.com/watch?v=-nF1iN1EFMc>

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

<http://myyouthbaseball.com/hitting-mechanics-videos.html>

<http://myyouthbaseball.com/baseball-hitting-drills.html>

<https://www.youtube.com/watch?v=73Ljh3gELfg>

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

https://www.youtube.com/watch?v=YTyqCwKj_LY

https://www.youtube.com/watch?v=hK_YzuDkqbQ (Pizza In the Oven)

<https://www.youtube.com/watch?v=tl5nxuHMAJE> Drills – catch – pizza in oven

<https://www.baseball-tutorials.com/short-distance-batting-practice-drills/3233/>

https://www.youtube.com/watch?v=czc_taoDMuM(load)

<https://www.youtube.com/watch?v=blmWIexJDH4> (back foot drill)

<https://www.youtube.com/watch?v=QJgBzFT0IE4> (back leg drills)

Soft Toss – Side Toss / Front Toss / Flip Toss

<https://www.youtube.com/watch?v=OqdXA9bNkMA>

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

https://www.youtube.com/watch?v=Itm_6XLebvs

https://www.youtube.com/watch?v=ne_7xhj-Huc

<http://myyouthbaseball.com/baseball-hitting-drills.html>

BASERUNNING:

1. Run straight through first base on a groundball in the infield.
2. Round first base and look and listen to your coach if the ball is through the infield;
3. One foot on the base until the ball crosses home plate (no leadoffs).
4. If ball is hit on the ground (and runner on base behind you) run to next base;
5. If ball is hit in the air (with less than 2 outs) at most go half-way (if caught you must go back to touch the base you started on (tag-up to go to next base));
6. Hit the inside of the bases when running to the next base.
7. NEVER PASS A TEAMMATE RUNNING AHEAD OF YOU!!
8. Slide feet first if the play is close by tucking one foot under the other leg's hamstring area. Point your leading toe up and keep your hands off the ground.

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

<http://www.helpful-baseball-drills.com/baserunningdrills.html>

<https://www.youtube.com/watch?v=HYSfaPLa2Pw>

Tagging Up -

<https://www.youtube.com/watch?v=vj0lcUlgv5o>

https://www.youtube.com/watch?v=FEB_uxdzl6E

https://www.youtube.com/watch?v=_SZhK8baRA4

<https://www.youtube.com/watch?v=YuZ8RPvG0hI>

AGILITY DRILLS:

1. 1-step
2. 2 in each box
3. 2 in 2 out (side)
4. Icky shuffle
5. Scissors
6. 2 in 2 out (side)
7. Carioca
8. Jump out jump in
9. 2 hands in (side)
10. Fielding

<https://video.search.yahoo.com/search/video?fr=yfp-t&p=baseball+ladder+agility+drills#id=2&vid=3769a81277bafbc2549b4f34a25f8180&action=view>

<https://video.search.yahoo.com/search/video?fr=yfp-t&p=baseball+ladder+agility+drills#id=1&vid=847ee74d4daa84c7e99c3e6b1454a21f&action=view>

SITUATION QUIZZES:

<http://myyouthbaseball.com/baseball-quizzes.html>

Additional Links:

<https://www.baseball-tutorials.com/dir/drills/indoor/>