

RIVER FALLS BASEBALL DRILLS PACKET

Basic Throwing

1. Grip (4-seam vs 2-seam)
2. Form Throwing Progression (1 Knee, Reverse Pivot, Figure 8, T-position)
* keys: elbow up, hand on top of ball, extension (not “short arm”), lead arm up, core rotation, follow through, balanced finish
3. “Cookie Jar / Shelf” - sky, scratch, and throw to correct “short-arming”
4. Rocker Drill - rock forward, rock back and throw
5. Line Drill - staying directional
6. “21”
7. Long Toss Program

Pitching

1. Wind-Up vs Set Position – balanced, subtle movement with breathing
2. “Separation”
3. Balance Drill - hold balance position “one-thousand-one”
4. Clap Drill
5. Towel Drill
6. Balance Beam Drill (2x6)
7. Throwing Bullpens
8. Back of mound / Uphill
9. Throwing BP
10. PFP’s (comebackers, cover 1B)
11. Fielding Bunts
12. Holding Runners / Pickoffs

Catching

1. Receiving drill - soft hands
2. Squat flexibility (left foot slightly in front of back foot)
3. Exchange Drill. Don’t Rush! Good grip and good base is critical.
4. Blocking the ball - get around it so the ball goes stays in front of you
5. Footwork – gain ground
6. Catch BP / Bullpens
7. “Roller Coaster” drill - tough on knees
8. Three pitch progression: three baseballs in coaches hand, catcher goes back to squat position in between each pitch.
 - 1) receive and pop, 2) block and pop, and 3) popup or field bunt

Infield Play

1. Stationary ball drill – approach and glove positioning
2. Leg burners, no glove then add glove – forehand, backhand
3. Short hop drills - self or partner
4. Fungos on knees
5. Ball in glove, throws across diamond
6. Roll ground balls, throw across diamond
7. Slow roller bare handers
8. Double play feeds to and from all positions
9. Double play turns to and from all positions
10. Middle Infield Double Play Drill
11. Ground balls out of agility/cone drills
12. “Double Fungo” sequences
13. IF pop-up / communication drill
14. Three ball (left – right grounders, over shoulder pop-up)
15. Rundown Drill
16. Relays Drill
17. Cutoff and Relay Drill

Outfield Play

1. Stationary ball drill – approach and glove positioning
2. Leg Burners (preset with no glove, then with glove)
3. Crow hop drill
4. Proper fly ball technique
5. Self-pops
6. Ground balls
7. Line drives (in and back)
8. Over the shoulder drills
9. Fence drill
10. Ball pick up drill
11. Communication drill
12. Three ball no glove then w/ glove
13. “Trap” Drill

Hitting

1. Tracking pitches
2. Dry swings – on deck timing
3. Net drill for kids with long swings
4. Tee-work (various contact points)
5. Double Tee
6. Side toss flip
7. Front toss flip

8. Balance beam drill (2x6)
9. Rhythm Drill
10. Fungos (hand-eye)
11. Small whiffle ball drill with broom stick
12. Situational BP

Bunting

1. Basic sac bunt
2. Bunt for hit
3. Safety squeeze
4. Suicide squeeze
5. Fake bunt / slash
6. Four-man bunting drill
7. “Pepper”
8. Base bunting drill – each base is a different type of bunt
9. Broom stick – whiffle golf ball bunting
10. BP bunting
11. Live bunting = “game-like” pressure

Base running (know where the ball is!)

1. Home to 1st
2. Rounding 1st
3. Primary lead
4. Walking lead
5. Secondary lead with momentum
6. Leads at first 2nd and 3rd base
7. Back on pickoff attempts
8. Straight Steal
9. Delayed Steal
10. Steal sprints – 4 lines
11. Hit and Run
12. Dirtball reads
13. Reads on throws from OF
14. “Half-Way”
15. Tagging up
16. Situations
17. Sliding
18. Picking up coaches
19. Helping other runners
20. Rundowns
21. Situational base running
22. Live base running (during BP, rundown drills, etc)