AT HOME DRILL BOOK

MISSOURI WARRIORS BASEBALL

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**At Home Drill Book Info:**

This playbook has two main sections- TEAM DRILLS & POSITION DRILLS. Please note that some discretion must be given by you the coaches based on the age and competitive level of the boys you coach. This is meant to be a guideline to help each coach run drills and practices in the most efficient manner while teaching the skills that we feel are most important to the development of our players.

***Trust The Process!!***

***Practice & play with enthusiasm and have an ABSOLUTE BLAST!!***

**Team Drills**

**Tee Ball:** This is a team infield drill. All infield positions, including pitchers and catchers. The rest of the kids are hitters/runners. The hitter must hit the ball on the ground and hit to all fields. This will allow your team to take numerous ground ball reps at game speed with the batter running. Advanced teams/ages could add a runner at 1B at all times to work on ground ball double plays.

**Run Down Drill:** All infield positions, including pitchers and catchers. Put a baserunner at each base (1B, 2B, 3B). The drill begins with the pitcher picking off the runner at 1B. The runner gets in a run down between 1B and 2B. Each player follows their throw. As soon as the runner between 1B and 2B is tagged out, the player that tags him must make the throw ahead to 3B as the runner from 2B will take off and also get into a run down. That player must follow his throw across the infield. Once the runner between 2B and 3B is tagged out, the player who tagged him must throw to the catcher as the runner from 3B will now get into a run down. Again, the person that tagged him out must follow their throw to the catcher.

*Teaching points* – With the exception of the 1st throw from the 1st baseman to the SS, we always follow our throws. This hesitation allows the P time to cover the 1st baseman. Always make throws from the inside of the base line, to keep throws from crossing the runner. Always make a throw and peel off to the inside when following your throw, not to cross the runner or throwers path. The most important part, collapse the distance between throws, keeping the runner on the between the base he started and the half way point to the base he wants to advance to. Worst case scenario in a run down is the runner reaches the base he started at safely.

**Bunt Game:** All infield positions including pitchers and catchers. A coach throws a BP fastball to a hitter who lays down a bunt every time. You can add or remove runners based on the bunt coverages you want to work on. No runner on or runner on 1B only: 3rd baseman charges, SS to 3B, 2B to 2B, 1B to 1B, P 1st base side.

Lead runner on 2B: 3rd baseman plays the corner to hold for steal, if bunted hard toward 3B the 3rd baseman must field the bunt, SS to 2B, 2B to 1B, 1B charges 1B side, P charges 3B side (unless bunted too sharply where 3B makes the play)

*Teaching Points:* Get outs! They are giving you an out, take it. Don’t try to be a hero and make a difficult play to get a difficult out. Just get an out they are giving you.

**Team Batting Practice: (Depends on # of Players)** Example using 12 players – 4 groups of 3 player in each group. Group 1 – 2 Rounds of 6 swings at home plate, rotating after 6 swings. Group 2 – Base runners always starting at 1B (Again allows for ground ball double plays or 1st to 3rd plays on balls hit to the outfield) Groups 3 and 4 – Defense, minus catcher.

**Advance Batting Practice:** Group 1 – 2 Rounds of 3 Bunts and 5 Swings Group 2 – Base runners who start at 1B Groups 3 and 4 – Defense, minus catcher. Sequence - Pitch 1: Sacrifice bunt to 1B side. Runner at 1B reads downward angle and advances safely to 2B. Pitch 2: Sacrifice bunt to 3B side. Runner holds. Pitch 3: Batter looks middle/away to hit a ball hard through the right side. Runner moves to 3B on any ball that is to his left, passed the pitcher and on the ground. Pitch 4: Batter lays down suicide squeeze. Runner from 3B breaks on the pitcher committing to the plate. Pitch 5 – 8: Free swings for hitter. No runner.

**Simulated Game Practice:** Example using 12 players – 3 teams of 4 players (divide talent equally)

Team 1 bats, Team 2 & 3 play positions except catcher

Coach pitches with a player fielding the position

Begin with a 1-1 count. Batter either walks, strikes out or puts the ball in play Team 1 continues batting until 3 outs are recorded, then Team 2 bats, Team 3 etc. Cycle through 2-3 times

Great drill to:

1. Simulate game situations 2. Give specific, situational and instructional feedback 3. Moves kids around playing different positions 4. Creates competition amongst the 3 Teams and keeps kids actively engaged 5. It’s a frickin blast and the kids love it.

**Position-Specific Drills**

**Infield Drills**

**Player to Player Drills (P2P Drills):**

- One/Two Knee Grounders – Hat in mouth, receive ball away from body, work “funneling to ear” and “gator grip”, don’t catch in pocket

- “Trust Your Glove” – No “gator grip”, use pocket, forehand/backhand

- Backhand Digs/Forehand Digs – Grounders, short hops

**4 Corner Drills: Forehand Flips** – Release ball at the waist, momentum in the direction of target, firm underhand toss, will need to crossover or step with lead foot. **Backhand Flips** – Elbow above ball, momentum in the direction of target, firm toss.

**Triangle Drills:** Roll, Flip, Roll – Forehand/backhand clips while fielding ground ball.

**Wall Ball:** 30’, groundball receiving and footwork, can make a game like “knockout”

**Slow Roller Drill:** Ball on the Ground; Ball at the Waist; Bare Hand; “Jeter”

**4 Corner DP Pivot Drill:** An IF’er at each base working on DP pivots, continuous reps, SS pivot will simulate a throw to the bag.

**Momentum Catch:** 60’, Catch-Left-Right-Throw, Always move to throw – then generate momentum towards your target

**Low Catch:** 20’, Target is shin to shoe tops, Catch all balls fingers up, Take your eyes to the ball, Mix in high throws so they don’t cheat

**6 Throws:** C-3B-2B-SS-1B-C (Add two balls to speed up)

**7-Man Throw: Rectangle (80’ x 40’)**

4x (1)

***\* 5X (1) 6X (1)***

1X (2)

***3X (1) 2X (1)***

**1X =** Flip Feed to 2X (Make 2X move to ball outside his body)

**2X =** 80’ throw – Hit 3X in left shoulder

**3X =** Quick catch/DP turn to 4X

**4X =** Flip Feed to 5X (Make 5X move to ball outside his body)

**5X =** 80’ throw – Hit man in left shoulder

**6X =** Quick catch/DP turn to 1X

**\*Follow your throw to the next cone. Each player will get 12 throws (2x through)**

**Quick Catch:** Hands Close to Body, Arm Swing (Never below glove), 2-hands (Don’t catch in pocket), Right foot hits before ball hits glove, Without feet moving @ 30’, With feet moving @ 45’; Game – 2 60’ boxes, 1st team to go around 5x wins

**IF Receiving Drill:** Players stand 7 yards apart. Hands in “receiving” position. Elbows inside, palm-to-palm, hands are in a “V-shape”. Make catch away from chest catching outside ½ of ball. Catch by taking glove fingers to throwing fingers.

**Box Drill:** 4 players stand in a 10x10 square (can adjust size). Rapid fire drill. Teaching points: getting front shoulder pointed toward the target. 1 throws to 2, 2 to 3, 3 to 4, 4 to 1. This can be rotated so they throw the other direction: 1 to 4, 4 to 3, 3 to 2, 2 to 1, 1 to 4. You can also alternate diagonally: 1 to 3, 3 to 2, 2 to 4, 4 to 2, 2 to 3, 3 to 1

**Outfield Drills**

**Drop Steps:** Left, Right, Over Head, Charge Grounders w/ Crow Hop, Charge Fly Balls w/ Crow Hop

**Backhand and Forehand Pivots:** Roll grounders from 20’ away to backhand and forehand, catch-pivot-throw, get head turned first, no wasted steps

**Circle the Ball:** Roll grounders from 20’, take “C” angle instead of “V” angle

**Fly Ball Communication:** Two lines – 45’ apart, Determine CF’er, Throw fly ball between two players, Player calls “Ball”, other player is back up

**Wall Ball Communication:** Two lines – 45’ apart, Roll ball to wall, Player calls “Ball”, other player makes call (2, 3, 4)

**OF Long Hop:** 150’ away, Roll ball to player, OF’er should long hop to coach, 1 point for a 1 hop throw where coach does not have to move, make competition

**Relay Drill:** Throw THROUGH the cutoff man not TO the cutoff man (Will also use in team drill with infielders)

**Pass Drill:** Each player jogs toward a coach with a ball, flips it to the coach, and goes out for a “pass”. Work on tracking balls.

**“Z” Drill:** Player on the right of coach, runs to track ball while looking left, coach throws ball to right shoulder making player turn his head. (Both Sides) Repeat the other way.

**First Step Drill:** Set up cones in a rectangle approx. 75’ X 25’. Player goes through pre-pitch routine, coach points to a cone, player reacts as if tracking ball to the cone.

**Catching Drills**

**Soft Hands:** No glove, use tennis balls (racquet balls), work on framing

**Receiving Drill:** Nose behind ball, ankle sway

**Straight on Block:** Dirty balls from straight on and 20’ away

**Glove Side Block:** Dirty balls from 1st base line to RH batters box

**Arm Side Block:** Dirty balls from 3rd base line to LF batters box

**Half and Half:** From 30’ mix dirty balls and good balls

**Hockey Goalie:** 5 balls, rapid fire with dirty balls, high balls, good balls..etc

**Blocked Third Strike:** Block and make throw to second base, making inside/outside call

**Quick Hands Drill:** Flip approx. 20 balls from 10’ in front of catcher. Don’t catch balls, just let them hit glove. This should take no longer than 10 seconds.

**Shadow Drill:** Three balls up the 1st base and 3rd base line. Catcher, from squat position, starts with ball furthest away on 3rd base line. Gets around the ball, makes throw to base coach calls, returns behind home plate, repeats with next furthest ball. Repeat until balls on both sides have been thrown. (Also conditioning drill)

**Bunt Drill:** 1st base line – jump to clear space, “shovel” with glove, two hands; Back to pitcher – back to 3B, front shoulder tucked to 1B; 3rd base line – turn back to 1B, pivot, front shoulder tucked to 1B

**Pick Throws:** 1st Base – Drop to knee, 2nd Base – Timing, 3rd Base – Timing

**Tag Plays:** From OF and IF; Receive in front of plate, ball in hand, shielded by glove, “stomp” into tag (Hit balls from edge of infield with fungo)

**Wild Pitch Recovery:** Coach throws balls to backstop, player retrieves ball and simulates making throw to pitcher covering home plate

**Pop Ups:** Coach and a fungo

**Home to 1st DP:** Catch behind home plate, adjust to throw, drag foot

**Pitch Out:** Bullpen work with pitchers

**4 Corners:** Catcher at each base, coach in the middle, receive and throw to the left, right, across

**Pitching Drills**

**Balance Drill:** Have player stride forward, pushing off the back leg, landing closed with the hips, shoulders, and arms in the proper position (BUT still closed). Do not complete the throwing motion. Just have them hold this position for a second or two

**Form Throw:** Have player kneel on his knee that is on the same side as throwing arm. Keeping proper form with glove arm, make throw while finishing with throwing elbow on opposite knee

**Hip Fire:** Start in landing position (arm and all). Concentrate on having hips and shoulders initiating the rotation and not arm.

**Lead Leg Crossover:** Player starts in stretch position. Lift lead leg to balance point, crosses it over with push leg, lifts back to balance point, throw to the plate

**Triple Lead Leg Lift:** Player starts in stretch position. Lift lead leg to balance point three times, controlled and remaining balanced, throw to the plate

**Long Toss:** Fastball and changeup grips at roughly 50 yards

**Uphill Curves:** Turn portable mound around or throw from back of mound (uphill). Promotes pulling down on curve ball during follow through. Will make for better action on curve ball

**Tee Drill:** Set up tee on throwing side of body, on the mound. Push foot must go over the tee on follow through (“V” position)

**Tee Ball for Accuracy:** Set up a tee at home plate. Height and plate location can be adjusted. Pitcher has bucket of balls and attempts to knock ball off the tee. Stress pitch location over velocity.

**9 Pocket Drill:** Use 9 pocket pitcher’s screen. Start with top left location. Throw a pitch to each pocket. Pitcher throws at a location until he hits his spot. Stress pitch location over velocity.

**Hitting Drills**

**Tee Work:** Move pitch locations: high tee, low tee, inside, outside. 100% swings with proper mechanics. Contact at center of bottle with back spin.

**“Happy Gilmore”:** Hitter takes an extra step into the tee then swings. Stress tempo and rhythm. Still swinging for the middle.

**Shuttle Cocks:** Stand roughly 25’ away and throw shuttlecocks. Drill simulates off speed pitches. We must modify a few shuttlecocks to resemble fastball/changeup change-of-speed.

**Front Toss:** Coach stands behind L-screen, underhand tosses ball in different locations to hitter who hits into sock net. Changing locations is important.

**Side Toss (Front Hip):** Coach kneels next to hitter and underhand tosses to front hip. Player hits into sock net. Change locations. All balls should be “L-Screen Alley” balls.

**Side Toss (Back Hip):** Coach kneels next to hitter and underhand tosses to back hip. Player hits into sock net. Change height of pitches. All balls should go “oppo”.

**Bounce Drill:** Coach is in “Front Toss” position but throws ball overhand and bounces it to the strike zone. This simulates off-speed pitches. Stress staying back.

**Front Toss Mix Up:** Coach is in “Front Toss” position and mixes in “Front Toss” and “Bounce Drill”. Stress quick to the ball and staying back on “Bounce Drill”.

**Side Toss Mix Up:** Coach is in “Side Toss” position and mixes in “Side Toss” to Front Hip and Back Hip.

**Side Toss (Rapid Fire):** In “Side Toss” position, coach rapidly underhand tosses approximately 6 balls. Players must swing and reset as quickly as possible. Builds forearm strength.

**Hit Stick:** Coach throws tennis balls or golf wiffle balls to player using “hit stick”. Work hand/eye coordination.

**Knob to Ball Drill:** Underhand toss to top of strike zone. Player hits ball with knob of bat. Stress keeping shaft of bat tight to the shoulder.

**Basketball Swings:** In “Front Toss” position, coach tosses basketballs underhand. Player attempts to keep all balls up the middle. Also builds forearm/wrist strength.

**Towel Drill:** Player places a rolled towel under his front armpit. Player takes swings, towel should land directly in front of him. Watch shoulder turn and forward momentum.

**Fungo Toss:** Player stands on line with fungo. Makes swing and lets go of fungo. Bat should land directly down the line. Watch shoulder turn and make sure player is finishing swing.

**Bunt Drill (Hit Stick):** Use hit stick to bunt baseballs down 1st and 3rd base line.

**Bunt Drill (Regular):** Using regular bats and baseballs, bunt for a hit, sacrifice, suicide, and push.