

# LAFAs Instructional League Drills Guide

## Objective

Provide drills that are appropriate for the age group that will develop the fundamentals required for the game of baseball.

## Drills

The teams should be integrated during the drills at each station. For example, if a team has 8 players present send 2 to each station. The stations rotate every 7-8 minutes: Hitting (Home Plate) to Pop Ups (Left Field) to Throwing (Right Field) to Grounders (2<sup>nd</sup> Base).

### Throwing Drill

Location: Right Field

Focus on Fundamentals of throwing and catching with partner giving a good receiving target.

- Have players line up on the foul line with their partner opposite them
- Players will start doing flick drill with glove under elbow and elbow at or above shoulder and close together. Focus on flick throw bending at the elbow.
- Next, they do the kneeling drill at a further distance than the flick drill. Players kneel with throwing arm knee on the ground facing their target. They twist to point the shoulder in the direction of the target breaking hands with ball pointed back and glove pointed at target with thumb down. Bring arm through with ball and follow down through like you are picking your pocket. Glove arm tucks.
- Next have players move back and have player break with arms extended pointing towards their target.
- Have player step and throw from break position. Bring arm through with ball and follow down through like you are picking your pocket. Glove arm tucks.
- Make sure player is standing with glove shoulder pointing at target
- Player catching should be in set position with hands in front for a target.

### Hitting Drill

Location: Around home plate

- Use wiffle balls
- Put batters in a semi-circle spread out a safe distance
- All : One tee per batter, if more batters than tees use 2 rotations.
- Rookie/Farm : Should mix coach pitch and tee work during the season.
- Have parents shag balls (get volunteers)
- Make sure batters are in proper stance – feet shoulder width, hands up and back
- Batters should “squish the bug” as they pivot on the ball of their foot
- Batters swing thru the ball, not just to the ball, to follow through with the swing

## **Ground Ball Drill**

Location: At second basemen position

- Parent or Coach to be first basemen
- Use paddles and soft core ball
- Get in set position (athletic, bend down, not over, glove/paddle down and in front)
- Have fielders use two hands
- Bend at the knees
- Look ball into paddle (must see button on cap)
- Set feet and make throw to first base
- Use glove after three rounds with paddle

## **Flyball Drill**

Location: Left field

- Use tennis racquet (optional) and tennis balls
- Start in a ready/set position
- Have them move feet to get under the ball
- Field with glove fingers up, throwing hand palm out
- Try to discourage the “basket catch”

## **Infield (optional)**

- Can work this in from time to time. No more than once per week to teach the basic positions (P, 1B, 2B, 3B, SS, and outfield).
- Cut drill stations by a couple mins each, leaving time for “infield”
- Objective is to get them introduced to positions and throwing to first base from infield and second base from outfield.
- **Version A**
  - Combine teams, sending 2 kids to each position (OF is just at the edge of the grass)
  - Try to teach the players about each position.
    - First Base – get to the base and get ready for a throw
    - Play their position, draw circles where they start, explain SS doesn’t run across the field to get the ball at 1B.
    - Where to throw the ball (first from infield, second from outfield)
- **Version B**
  - Split into 3-4 groups, sending groups to 1B, 2B(?), SS, 3B
  - Roll ground balls one at a time to each position, and have them focus on fielding the ball and throwing to first, like in the Ground Ball Station.
  - Have a coach be at first base to receive the throws, but teaching the first baseman what to do.
  - Rotate the groups