

Hitting and Bunting Drills

- Hitting from a Tee
 - Benefits - The Hitting from a Tee drill can be used to develop and reinforce the hitting fundamentals. This drill emphasizes that the player must keep her eye on the ball through impact, rotate her hips to make contact in front of the plate, and swing with a level or slightly descending swing path.
 - Directions - The player should take her proper stance at the tee as if positioning herself to hit a pitched ball. The tee should be positioned even with the front foot. With a normal stance and stride, the player should make a quick, compact swing resulting in powerful line drives or ground balls straight in front of her. If the player is pulling the ball, she is not rotating her hips and positioning herself to make contact in front of the plate.

- Fence Swing
 - Benefits - The Fence Swing drill can be used to develop and reinforce the fundamentals for a compact, fast, and powerful swing. This drill emphasizes the player must rotate her hips ahead of her hands and pull the knob of the bat through the hitting zone before extending the arms in front of home plate.
 - Directions - The player should stand facing a fence gauging the proper distance by placing the knob of the bat against her belly button and the end of the bat against the fence. With a normal stance and stride, and without moving back from the fence, the player should take her normal swing. Hitting the fence with the bat means player is extending her arms too soon and/or failing to rotate her hips.

- Tee Swing
 - Benefits - The Tee Swing drill can be used to develop and reinforce the fundamentals for a compact, fast, and powerful swing. This drill emphasizes the player must rotate her hips ahead of her hands and pull the knob of the bat through the hitting zone before extending the arms in front of home plate.
 - Directions - Have the player kneel on the left knee next to a batting tee. The player should place the knob of the bat against her belly button and the end of the bat against the tee. This should position the player the correct distance from the tee. Once positioned, the player should execute the hip turn and swing without the barrel of the bat hitting the tee.

- Rear Fence Swing
 - Benefits - The Rear Fence Swing drill can be used to discover if the player is dropping her hands or extending her arms too soon at the start of the swing.
 - Directions - Position the player with a fence directly behind her (where the catcher would be). The player should position her back foot next to the fence. The player should

take her normal swing. If the bat hits the fence, the player is dropping her hands or extending her arms too soon. Use the fence drill in the batting cage or during soft toss to get instant feedback on whether a player is dropping her hands.

- One Hand Swing
 - Benefits - This drill emphasizes the player must pull the knob of the bat through the hitting zone before extending her arms in front of home plate.
 - Directions - The player should kneel on the left knee parallel to a tee. The player should take 25 swings with the forehand and 25 swings with the backhand. The player should focus on keeping the hands in and drawing a line across her chest as her hands take the bat to the ball.

- Hip Rotation
 - Benefits - The Hip Rotation drill teaches the proper hip rotation and explosive turn.
 - Directions - Place a ball on the tee at hip height. The player should take a normal batting stance but should place the bat behind her hips with her arms holding it in place. The player should pivot and knock the ball off the tee with the bat.

- Hit with the Knob
 - Benefits - The Hit with the Knob drill emphasizes proper hand movement and a short compact swing.
 - Directions - Place a ball on a tee. The player should set up with the proper stance and hand position. The player should move the knob of the bat to the ball on the tee, hit the ball with the knob, and then follow through with the swing.

- Double Tee
 - Benefits - The Double Tee drill helps develop a swing path that has a slight downward slope.
 - Directions - Set one tee in front of the plate and set the other behind the plate and two inches higher. The player should take proper stance, except farther back from the plate than normal in order to hit the ball in front of the plate. Place ball on front tee. The player should hit the ball without disturbing the back tee.

- Inside-Outside Tee
 - Benefits - The Inside-Outside Tee drill helps the player understand where the proper contact point is for inside and outside pitches.
 - Directions - The player should set up in normal stance in front of two tees or a double tee. Place one ball on inside corner in front of plate and another ball on the outside edge and midway back of the plate. Instruct the player to hit one ball or the other without changing her hitting position.

- Basketball Cone
 - Benefits - The Basketball Cone drill helps the player power through the contact point of the swing.
 - Directions - Place a deflated basketball or soccer ball on a highway or construction cone. The player should set up as in any tee drill. The player should take a normal swing and follow through using a regular sized bat and wearing a helmet.

- One Hand Toss
 - Benefits - The One Hand Toss drill forces the player to keep her hands in and to execute a proper swing.
 - Directions - Right handed players should hold the bat in the left hand in the ready position. The player should toss a ball up and out in front with the right hand. The player should swing the bat in a straight line across the chest and drive the ball. Left handed players should reverse.

- Soft Toss
 - Benefits - The Soft Toss drill allows the player to practice hitting fundamentals enabling the coach to help fine tune the swing.
 - Directions - The coach should take a position in front and to the side of the player. The coach should toss a ball out in front of the player, using little arc. The coach should make sure the player striding and pivoting. The player should be rotating her hips with an explosion to the ball. Her shoulders should be unlocking. Her elbows and wrists should be in sequence and she should be throwing her hands straight to the ball. The player should watch the ball to the bat and should follow through after contact.

- High-Low Soft Toss
 - Benefits - The High-Low Soft Toss drill forces the player to wait until the last second to start the swing and helps develop a quick swing
 - Directions - The coach and player should set up in the same manner as soft toss. The coach should throw two balls into hitting zone and should call out which one to hit -- either "high" or "low."

- Drop Toss
 - Benefits - The Drop Toss drill forces the player to take her hands straight to the ball.
 - Directions - The player should set up in the same manner as soft toss. The coach should stand on a bucket and should drop the ball into the hitting zone. The player should not move prior to the release of the ball. The coach should vary releases to keep hitter from cheating. In a variation of this drill, the player can setup on one knee and the coach can drop the balls into the hitting zone from a standing position.

- Toss from Behind

- Benefits - The Toss from Behind drill forces the player to wait until the last second to start the swing, reinforcing the quick, compact swing.
- Directions - The player sets up normally for soft toss. The coach tosses the ball to the player from behind. The player must wait for the ball to enter the hitting zone and drive it in the same direction it is traveling.
- Tracking
 - Benefits - The Tracking drill helps the player follow the ball all the way to the bat ensuring more consistent contact.
 - Directions - The coach should write numbers on old softballs or tennis balls. Each ball should get a different number. The number should be painted on opposite sides of the ball. Use numbers 0-9 for this drill. A coach should pitch the balls to the player as normal. The player must call out the number as the ball passes the plate.
- Bunting
 - Benefits - The Bunting drill helps the player develop skills needed to improve her bunting effectiveness.
 - Directions - The players should get into groups of three or four. One player should pitch, one should hit, and two should play the field. The players should be 15-20 feet from the hitter. The hitter should practice sacrifice, drag, slap, and push bunts.

Fielding Drills

- Thrown Grounders
 - Benefits - The Thrown Grounders drill can be used to teach fundamentals of fielding grounders to inexperienced players.
 - Directions – Position players 20-25 feet in front of the coach. Throw ground balls to the first player. After the player fields each ball, she should turn and throw the ball back to you. Make the player move to the right, to the left, and forward to field the ball. After 3 grounders, the player should move to the end of the line. The coach should make sure the players get in front of the ball and use proper fielding and throwing techniques.

- Thrown Fly Balls
 - Benefits - The Thrown Fly Balls drill can be used to teach fundamentals of fielding fly balls to inexperienced players.
 - Directions - Position players 50-60 feet in front of you. Assign a catcher to stand next to you. Throw fly balls to the first player. After the player fields each ball, she should turn and throw the ball back to the catcher. Make the player move to the right, to the left, forward, and backward to field the ball. After 3 fly balls, the player should move to the catcher position and the original catcher should move to the end of the line. Make sure the players get in under the ball and use proper fielding and throwing techniques.

- Grounders
 - Benefits - The Grounders drill can be used to provide more experienced players practice fielding ground balls.
 - Directions – Position players in two lines: one line at midpoint between 1B and 2B and one line between 2B and 3B. Two coaches should hit balls from opposite sides of home plate. One player should catch balls for each coach. Hit three balls to first fielder who should throw to the catcher. After third grounder, the fielder should move to the catcher position and the current catcher should move to the end of the opposite fielding line.

- Fly Balls
 - Benefits - The Fly Balls drill helps improve fielding fundamentals, outfield communication, backup responsibility, hitting the cutoff and making the relay throw.
 - Directions – Position players in two lines in the outfield, 30 feet apart. Put one player in a relay position and one player next to the coach to catch the returned balls. The coach should hit fly balls between first two players in line and have them call for the ball while the other backs up the play. The player in right line should move to the end of the left line. The player in left line should move to the relay position. The player in the relay position should move to catch balls for the coach. The previous player catching for the coach should move to the end of the right line.

- Lateral Movement
 - Benefits - The Lateral Movement drill helps improve a fielder's skills associated with making catches on the move.
 - Directions - Position 6 tossers in a row. Each should have a ball and be standing 10-15 feet apart. Position a receiver up to 50 feet in front of tosser 1. Tossers should initiate the drill by throwing a grounder to the receiver who should throw the ball back to tosser 1 and should get back into defensive position. Tossers 2 through 6 should then throw a ground ball to the receiver's right who should move laterally to field the ball and should throw the ball back to back to tosser 2. This process should continue until the receiver has been thrown a ball from each tosser. After the last tosser, the receiver should reverse direction and should receive a ball from each tosser again but moving to the left. Once the receiver has been thrown a ball from each tosser twice, tosser 1 should become the receiver, the tosser line should move down and the original receiver should become the last tosser. The drill should continue until all of the tossers get the opportunity to be a receiver. A second and third set can be added using line drives and fly balls.

- Lateral Pickup
 - Benefits - The Lateral Pickup drill helps improve a fielder's skills associated with making catches on the move.
 - Directions – Pair up players with each standing about 6 to 10 feet apart. The tosser should roll the ball about 5 to 6 feet to the right of the fielder who should move laterally to field the ball and throw it underhand back to the tosser. The tosser then should roll the ball 5 to 6 feet to the fielder's left and should continue in this manner for 5 to 10 repetitions before players exchange positions. Be sure fielder follows underhand toss before getting back into fielding position.

- Indoor Line Drive
 - Benefits - The Indoor Line Drive drill improves fielding of line drives hit to the left or right of the fielder.
 - Directions - Two or more coaches should stand against one wall. The players should line up along the opposite wall. The first player should run laterally along the wall while the 1st coach throws a ball the player has to stretch for. After catching the ball, the player should stop quickly, pivot, and throw the ball back to the coach. Then, the player should move laterally to receive a throw from the next coach. The players should form new line at the other end of the room after their turn. Once all players have a turn, reverse the direction and run the drill again.

- Charging
 - Benefits - The Charging drill improves fielding of slowly hit ground balls to the infield or outfield.

- Directions – Position players in lines of 3 or more facing a tosser. The tosser should be 50 to 70 feet away. The tosser should throw a grounder so the player must charge to the midpoint to field the ball before throwing it to the tosser and going to the end of the line. Outfielders should be positioned 90 feet from tosser and should perform the drill in the same manner. For outfielders, the emphasis should be on dropping to one knee on routine grounders to ensure the ball does not get past her.
- Fly Ball Pass 1
 - Benefits - The Fly Ball Pass 1 drill improves fielding of fly balls hit over the fielders head. It can be used for infielders or outfielders.
 - Directions - Players pair up standing side by side. The receiver should run out about 15 feet and the tosser should lead her with a fly ball so that she has to catch the ball over her left shoulder. After quickly getting set and throwing the ball back to the tosser, the receiver should run back to the starting position. The drill should continue with 4 more throws while increasing the distance by 15 feet each time. After 5 throws, the players should switch positions. After both players take a turn, the players should switch positions again and perform the drill with throws over the receiver's right shoulder.
- Fly Ball Pass 2
 - Benefits - The Fly Ball Pass 2 drill improves fielding of fly balls hit over the fielders head. It can be used for infielders or outfielders.
 - Directions - Players should obtain one ball each and form a line of 3 or more next to a tosser. The first player should hand her ball to the tosser and should run out to catch a ball over her left shoulder. After the catch, the receiver should sprint back to the end of the line. After 5 or more repetitions, the drill should be repeated with the balls thrown over the right shoulder.
- Double Relay
 - Benefits - The Double Relay drill improves receiving and making relay throws.
 - Directions - Position 3 players in a line, evenly spaced, 50 feet apart. Player on one end should turn her back to the others, roll her ball out in front, run it down, and turn to throw to the player in the middle who should relay the throw (turning to the glove side) to the player on the other end. The player receiving the ball should turn her back and repeat the drill. After 6 throws, the player in the middle should rotate with a player on an end. The drill should continue until each player has been in the middle a specified number of times.
- Infielder/Outfielder Jurisdictions
 - Benefits - The Infielder/Outfielder Jurisdictions drill improves communication among fielders for balls hit between two fielders.

- Directions - Put fielders in defensive positions and have two tossers throw fly balls and pop ups between them. The fielder going back should normally go for the ball until called off by a fielder coming in. The fielder going back should only call for the ball when she is certain of the catch. On balls hit between the outfielders, the centerfielder is in charge. On balls hit between the shortstop and second baseman, the shortstop is in charge.
- Fly Ball Over the Head
 - Benefits - The Fly Ball Over the Head drill improves fielders ability to run down and catch fly balls.
 - Directions – Position players in a line about 15 feet in front and to the right or left of the coach. The first player in line should step out to face the coach who should throw a ball over her head and to one side. The player should take a drop step and run to the ball. The coach should be sure the player runs with her glove down. Emphasis should also be put on running to a spot instead of drifting to the ball. The player should be in a position to throw the ball once the catch is made.
- Force Play
 - Benefits - The Force Play drill improves an infielder's ability to make the throw or receive the throw for force plays.
 - Directions – Break players into two groups. Position one group at first base and the second group at the second base infield position. One player from each group performs the drill. The remainder of the players should step back away from the two players. Ground balls should be hit or thrown to the player at the second base position. That player should field the ball and throw it to the receiver using the Quick Snap Throw or the Underhand Throw, depending on the throwers distance from the receiver. The player at first base should receive the ball using the fundamentals described in the Receiving the Throw for the Force Out section.
- Making the Tag
 - Benefits - The Making the Tag drill improves an infielder's ability to make the throw or receive the throw for tag plays.
 - Directions – Break players into two groups. Position one group at the third base infield position and the second group at the short stop infield position. One player from each group performs the drill. The remainder of the players should step back away from the two players. Ground balls should be hit or thrown to the player at the short stop position. That player should field the ball and throw it to the receiver using the Quick Snap Throw or the Underhand Throw, depending on the throwers distance from the receiver. The player at third base should receive the ball using the fundamentals described in the Receiving the Throw for the Tag Out section.

Throwing Drills

- **Wrist Snap**
 - Benefits – The Wrist Snap drill helps develop wrist strength while working on proper throwing mechanics.
 - Directions – The players should pair up and kneel with both knees on ground 15 feet apart. The players should support the throwing elbow with glove and, using only wrist action, should throw to each other for desired period.
- **Quick Snap Throws**
 - Benefits – The Quick Snap Throws drill helps build arm strength while working on proper throwing mechanics.
 - Directions – The players should pair up and kneel 15 feet apart. Right handed players should kneel on their right knee with left leg out front. The players should point glove hand to target and position throwing hand in quick snap starting position. The players should use forearm, wrist, and fingers to snap the ball to partner.
- **One Knee Throwing**
 - Benefits – The One Knee Throwing drill helps build arm strength while working on proper throwing mechanics.
 - Directions – The players should pair up and kneel on ground 30 feet apart. Right handed players should kneel on their right knee with left leg out front. Players should throw to each other for the desired time period and then should move another 15 feet apart. Emphasis should be put on the proper shoulder turn, hip turn, and follow through. The players should continue moving apart and throwing for desired period of time and distance apart.
- **No Stride Throwing**
 - Benefits – The No Stride Throwing drill helps build arm strength while working on proper throwing mechanics.
 - Directions – The players should pair up and stand sideways facing each other at a 90° angle and 30 feet apart. Players throw to each other using only shoulder and hip turn – no stride. Players throw to each other for desired period and then move another 15 feet apart. Continue moving apart and throwing for desired period of time and distance apart.
- **Quick Toss**
 - Benefits – The Quick Toss drill improves a player's ability to throw quickly and accurately after moving forward to make a catch.
 - Directions – The players should pair up and throw to each other. The players should be moving forward and through the ball when they catch it and should be in position to throw quickly to their partner. Emphasis should be on catching the ball with stride foot

forward so a quick throw can be made. Players should back up quickly after each throw so that proper distance can be maintained between them. Players should move apart in 10 foot increments after an appropriate number of throws are made. Players can also throw grounders to each other.

- Throwing on the Run
 - Benefits – The Throwing on the Run drill helps improve throwing accuracy of players throwing on the run, as occurs frequently during rundown situations.
 - Directions – Form two lines about 60 feet apart. The first player from line 1 should run toward first player in line 2 while holding her arm up. At the midpoint between lines, she should throw the ball to the receiver in line 2 and should run to the end of the line 2. The player receiving the ball should put a tag on the “runner” as she passes and then should run toward first player in line 1. At midpoint between lines, she should throw the ball to the receiver and should run to the end of line 1. The drill should continue until everyone has performed at least four throws. This drill helps players overcome tendency to throw high in this situation.

- Circle
 - Benefits – The Circle drill is used to practice underhand throws.
 - Directions – Position the players in a circle with a single player in the middle. A player on the circle should start the drill by making an underhand throw to the player in the middle and then she should follow her throw to the middle of the circle. The player in the middle should throw underhand to next player (clockwise) on the circle and should follow her throw. The player receiving the ball should throw underhand to new player in the middle who should throw underhand to the next player on the circle. To speed up the drill, two balls at opposite ends of the circle can be used with two players in the middle.

- Relay
 - Benefits – The Relay drill improves skills for fielding and throwing the relay.
 - Directions – Three or more players should be spaced up to 50 feet apart from each other. The players should make relay throws to each other being sure to turn towards the glove side as they throw to the next player in line. The ball should be moved up and down the line of players. This drill can be turned into a competition by setting up two or more lines next to each other to determine which team can perform the drill the fastest.

- Around the Horn
 - Benefits – The Around the Horn improves arm strength and accuracy of infielders.
 - Directions – Position players at their bases with both shortstop and second baseman at 2B. The catcher should throw to the third baseman to initiate the drill. The third

baseman should throw to the second baseman covering 2B. The second baseman should throw to first baseman who throws to catcher. The drill should then be repeated in the opposite direction with the first baseman throwing to the shortstop covering 2B. Each player should apply a tag to “runner” before throwing to next player.

- Square Throwing

- Benefits – The Square Throwing drill improves skills associated with catching a ball and positioning feet and body quickly to make a throw.
- Directions – Position four players in the corners of a square. The length of each side of the square should be 40-60 feet. Player 1 should start the drill by throwing a ball to player 2 in the adjacent corner in a clockwise fashion. Player 2 should catch the ball and should turn and throw to player 3 in the next adjacent corner. Player 3 should catch and throw to player 1. The ball should be thrown around the square five times in the clockwise direction and five times in the counter clockwise direction. The drill should be performed quickly. The coach should make sure the players are using the proper footwork and throwing mechanics when turning to throw to the next player.

Pitching Drills

- The Hop
 - Benefits - The hop can be used to develop leg muscles used when pitching. This will help with velocity and stamina.
 - Directions – The player should stand straight up with legs together. She should extend both arms outward at chest level. While keeping legs together and arms extended, she should bend her knees and squat down as if sitting into a chair. From that position, the player should jump upward and forward with full force and land on feet. The player should repeat this exercise 20 to 25 times daily.

- Wrist Snap
 - Benefits - The wrist snap drill can be used to practice the wrist snap that occurs during the release of a pitched ball. Isolating the wrist helps develop the muscles used during release. This will help with velocity, stamina, and muscle memory. Heavier balls can be used during the exercise for additional development.
 - Directions – The player should stand facing the catcher with a ball in the pitching hand. The player should allow the throwing arm to extend straight down along side the hip. She should position the hand so the palm is facing toward the catcher. While holding the arm stationary, the player should cock the wrist and snap it towards the catcher releasing the ball. The player should use the glove hand to hold the arm in place during the exercise. The catcher should stand approximately 10 feet away from the pitcher during this drill. The player should repeat this exercise 20 to 25 times daily.

- Pitching from the "T" Position
 - Benefits - Pitching from the "T" Position helps build muscle memory for getting the hands and arms into the proper positions for performing the windmill pitch.
 - Directions – The player should stand in the stride position with her feet positioned wider than shoulder width. She should extend the throwing arm towards second base and the glove arm toward the catcher. Both arms should start parallel to the ground. The player should start the pitch by pulling down the throwing arm and glove arm in unison and releasing the ball with a full wrist snap. The player should not stride during this drill. However, her weight should shift slightly to the stride leg and her hips should close toward the catcher after release. The player's throwing arm should reach out towards the catcher's glove and to follow through to a bent release position. The hand should finish in front of the pitching shoulder. This drill should be performed after the wrist snap drill. The player should repeat this drill 15 to 20 times daily.

- Pitching from the "K" Position
 - Benefits - Pitching from the "K" Position helps build muscle memory for getting the hands and arms into the proper positions for performing the windmill pitch.

- Directions – The player should stand in the stride position with her legs about shoulder width. She should hold the ball directly overhead with arm comfortably extended, and she should extend the glove arm towards the catcher. The player should start the pitch by pulling down the throwing arm to the release point while striding forward along the line between the pitchers mound and the catcher. The player should release the ball with a full wrist snap, pulling the glove arm down to the hip. She should complete a full follow through while dragging the pivot foot forward. This drill should be performed after the "T" Position drill. The player should repeat this drill 15 to 20 times daily.
- Pitching from the "J" Position
 - Benefits - Pitching from the "J" Position helps build muscle memory for getting the hands and arms into the proper positions for performing the windmill pitch.
 - Directions – The player should stand in stride position with the legs about shoulder width. The player should extend the glove and throwing arms toward the catcher and should hold them parallel to the ground. The player should perform the windmill pitching motion with the throwing arm to the release point while striding forward along the line between the pitchers mound and the catcher. The player should release the ball with a full wrist snap, pulling glove arm down to the hip. She should complete a full follow through while dragging the pivot foot forward. This drill should be performed after the "K" Position drill. The player should repeat this drill 15 to 20 times daily.
- One Leg
 - Benefits - The One Leg drill helps build core strength and balance needed to improve accuracy and consistency.
 - Directions – The player should raise the stride leg off the ground. She should keep the thigh parallel to the ground and the calf perpendicular to the ground. The player should balance her weight on the pivot leg. She should extend the glove arm and the throwing arm over stride leg and point them toward the catcher. The player should perform a full arm circle. The ball should be released with a full follow through with the pitching arm while keeping the leg raised. The player should repeat this drill 15 to 20 times daily.
- Perfect Circle
 - Benefits - The Perfect Circle drill helps build muscle memory to keep the arm circle in line with the target for improved velocity, consistency, and accuracy.
 - Directions – The player should setup in stride position next to a wall or fence. She should perform full arm circle three times before simulating release of the ball. The player must make sure the ball stays along the wall or fence throughout the drill.
- Arm Circles
 - Benefits - The Arm Circles drill helps build muscle memory to keep the arm circle in line with the target for improved velocity, consistency, and accuracy.

- Directions – The player should start in the "J" position as described above. With glove and pitching arm pointed towards catcher, the player should perform three arm circles before releasing ball to catcher and completing the follow through. The player should repeat this drill until the proper arm circle is achieved. This drill can also be performed on one knee to help further isolate the upper body.

NOTE: When it is not possible to practice outside, these drills can be performed inside with a rolled up pair of socks or a Nerf ball.

Catching Drills

- One Knee Throwing
 - Benefits - The One Knee Throwing drill helps improve throwing strength.
 - Directions - Two catchers should kneel 30 feet apart on their left knees. After throwing the ball back and forth for a few minutes, they should move apart 10 more feet. They should continue throwing and moving back until the throws equal the distance from home to second base. Proper shoulder and hip turn should be emphasized to gain strength. This drill can be performed with the catchers kneeling on both knees as well.
- Framing
 - Benefits - The Framing drill helps improve the catcher's ability to frame pitches to help get additional strike calls.
 - Directions – Two catchers should position themselves 20-30 feet apart. Catcher 1 should throw balls to catcher 2. The balls should be thrown high, low, inside, and outside. The balls should be thrown close enough to the "plate" so that foot movement is not necessary. The catchers should practice “framing” the pitch.
- Quick Feet
 - Benefits - The Quick Feet drill helps improve a catcher's footwork and ability to block off target pitches.
 - Directions – Two catchers should position themselves 20-30 feet apart. Catcher 1 should throw from 20 to 30 feet to catcher 2. The balls should be thrown inside and outside, high and in the dirt. Catcher 2 should move to the left and right attempting to get the middle of the body in front of the ball. The catchers should alternate roles.
- Quick Release
 - Benefits - Improve catcher arm strength and accuracy while practicing catching and applying a tag.
 - Directions – Two catchers should position themselves 60 to 70 feet apart. Catcher 1 should squat with ball in her glove. She should simulate a catch and throw to 2B. Catcher 2 should block the "plate" as she receives the ball and should apply the tag as if a runner is trying to score at home plate. Catcher 2 should then squat with ball in glove and simulates throw to 2B. The drill should be performed for 10 to 15 minutes.
- No Hands Blocking
 - Benefits - The No Hands Blocking drill helps improve footwork and technique for blocking off target pitches.
 - Directions - Two catchers in full equipment should stand about 20 to 30 feet apart. Catcher 1 should throw balls in the dirt to the left, right and in front of "home plate." Catcher 2 should practice blocking the wild pitches with her shin guards and chest protector. Catcher 2 must position herself using quick footwork and good technique.

Catcher 1 and Catcher 2 should alternate roles.

- **Fielding Bunts**
 - Benefits - The Fielding Bunts drill helps improve bunt defense for catchers.
 - Directions - Put catchers or other fielders at each base. Put six balls in front of home plate. The first catcher should pop up, field the "bunt" and throw to 1B, 2B, and 3B, in turn, returning to the defensive position after each throw. This drill should be repeated a second time prior to rotating to the next catcher.

- **Steal Attempts**
 - Benefits - The Steal Attempts drill helps improve defense of stolen bases.
 - Directions - Assign a few runners with helmets. Place the first runner on 2B. Assign players to their infield positions. The drill is initiated by a pitch to the catcher. On the release of the pitch, runner on 1B should try to steal 2B and the catcher should try to throw her out. On the next pitch, runner on 2B should try to steal 3B and the catcher should try to throw her out. This drill should be repeated several times rotating runners and fielders.

- **Tag Play at Home**
 - Benefits - The Tag Play at Home drill improves outfielders' ability to make throws to home as well as the catcher's ability to catch throws and apply tags.
 - Directions - Place one or more catchers at home and three to six outfielders spaced evenly around the outfield. Give each outfielder one ball. The first outfielder should roll a ball a few feet in front, pick it up and make a strong throw to home with catcher 1 simulating a tag. The outfielder should end up at the edge of the outfield grass after throw. The catcher should then squat facing outfielder and rise to throw ball simulating a long throw to second base. After each outfielder has thrown one ball, the catchers should rotate. This drill can also be performed with infielders at their positions.

- **Pickoff Play**
 - Benefits - The Pickoff Play drill improves team defense for pickoff plays attempted at 1B or 3B. It also improves base runner awareness when leading.
 - Directions - Put infielders and pitcher at their positions and 3 or 4 runners at 1B and 3B. The Pitcher should start the drill by pitching the ball to the catcher. On the release of the pitch, the runner on 1B should take an aggressive lead while second baseman should break hard to 1B. The catcher should try to pick off runner. The shortstop should cover 2B. The runner should attempt to dive back to 1B or should break to 2B and get into a rundown. The drill should be repeated with a runner on 3B and with the shortstop covering. The first baseman and third baseman should play well in front of the bag so the runners are enticed to take bigger leads. After 4 throws, rotate the catchers.

- Foul Ball Communication
 - Benefits - The Foul Ball Communication drill improves the catcher's chances of catching pop-flies near home plate.
 - Directions - Put the catcher, pitcher, first baseman and third baseman at their respective positions. The coach should be positioned behind the catcher. The coach should initiate the drill by throwing a pop up behind catcher. The infielders should call "up 1" if the ball is towards 1B, "up 3" if the ball is towards 3B, "up" if ball is straight over home, and "back" if ball is straight back. The coach can substitute other calls if desired.

- Cutoff Communication
 - Benefits - The Cutoff Communication drill works on the catcher's ability to make cutoff calls on throws to home.
 - Directions – Put the infielders at their defensive positions. Put three to six outfielders with one ball each, evenly spaced 10 to 20 feet beyond the edge of the outfield grass. The pitcher (or first baseman) should move to cut-off position in front of outfielder 1 who should initiate the drill by throwing a ball on a line to home. The catcher should yell "cut" and the base number to tell the cut-off to throw to a base (e.g., "cut 2"). The catcher should say nothing if she wants the ball to come through. The drill should continue until each outfielder has thrown three balls. Catchers should be rotated during this drill.

- Catcher Flip to Home
 - Benefits - The Catcher Flip to Home drill works on catcher's ability to field and throw past balls with runners stealing home.
 - Directions – Position a catcher behind the plate with six balls evenly spaced by the backstop. On signal, the catcher should go to first ball and should flip it to the pitcher covering home. The catcher should return to the plate and should run down remaining balls in turn. The catcher should retrieve ball with her bare hand and flip it in one motion along the ground so the player covering home can apply the tag smoothly. The pitcher's positioning and the catcher's technique should be emphasized.

- 1st and 3rd - Situation 1
 - Benefits - The 1st and 3rd - Situation 1 drill improves team defense of the 1st and 3rd situation.
 - Directions - Place runners with helmets at 1B and 3B. On the pitch release, the runner at 1B should attempt to steal 2B. The second baseman should move to a position halfway between 2B and pitcher's rubber. The shortstop should cover 2B and the third baseman should cover 3B. The catcher should look at 3B and should throw there or to 2B if runner stays close to 3B. The second baseman should watch the runner on 3B. If the runner on 3B moves too far off the base, the second basemen should cut the throw and should throw to 3B. If the runner attempts to go home, the second basement should throw

home. The second baseman should cut off-line throws. If the second baseman allows the throw to go through to 2B, she should fake the catch and throw to 3B in an attempt to hold the runner.

- 1st and 3rd - Situation 2
 - Benefits - The 1st and 3rd - Situation 2 drill improves team defense of the 1st and 3rd situation.
 - Directions - Place runners with helmets at 1B and 3B. On the pitch, the runner at 1B should attempt to steal 2B. The second baseman should move to cut-off position and shortstop should cover 2B. The third baseman should cover 3B. The catcher should look at 3B and should throw there or to pitcher if runner stays close to 3B. The pitcher should look at runner on 3B. If the runner moves back to 3B, the pitcher should turn to look at runner going to 2B and should throw for the out if there is a play. The key is for the catcher to make an aggressive throw to the pitcher to tempt runner on 3B to break to home.