



60 MINUTE BASEBALL PRACTICE - ALL AROUND SKILLS

Required: 2 coaches, balls, bats, helmets, tees, bases, cones



Beginner/Intermediate

WARMUPS: 15 MINUTES (FULL TEAM)

Partner Knee Throws: 7 mins



1. Players pair up, kneeling 15-20 feet apart
2. Glove side knee is down
3. Play catch from the kneeling position
4. Increase the distance apart after two consecutive catches

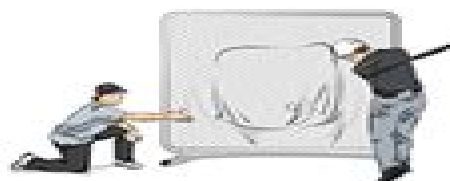
Four Squares: 8 mins



1. Divide team into groups of four (no gloves)
2. Each group makes a square 30-40 feet apart
3. Players roll and field ground balls around the square
4. Add a second ball to increase difficulty

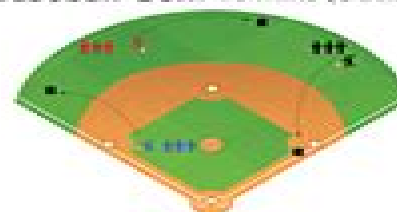
STATIONS: 20 MINS (SPLIT TEAM INTO TWO GROUPS AND ROTATE THROUGH EACH DRILL FOR 10 MINS)

Rapid Fire Soft Toss: 10 mins (Infield)



1. Hitters pair up with a tosser, kneeling 10 feet away
2. Hitter is facing into a net, fence or safe open space
3. Tossers throw five rapid fire soft tosses to the hitter
4. Hitter swings, reloads and swings again for all five balls
5. Reset and repeat

Baseball Golf: 10 mins (Outfield)

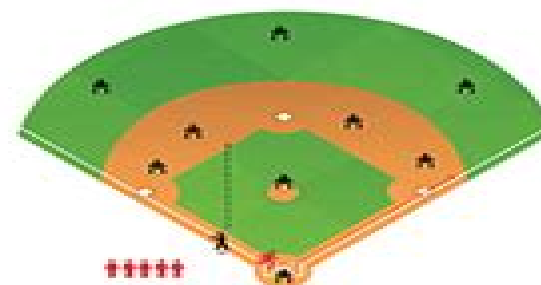


1. Create a series of "golf holes" around the field
2. Use cones to mark the tee box and green
3. Use a bucket or trash can to make the hole
4. Players compete to go from tee box to green and into the bucket in the fewest number of throws

GAME PREPARATION: 20 MINUTES (FULL TEAM)

3/6/9: 20 Mins

1. Divide your players into two teams - one takes the field while the other lines up at home plate as baserunners
2. Coach stands on the third baseline with a bat and balls
3. Coach hits the ball into play and the baserunner runs to first. The defense tries to make an out, while the baserunner tries to advance and score
4. The object of the game is for the defense to make three outs without making an error. If they make an error the count resets to zero.
5. After three outs (or 10 minutes) rotate the teams from offense to defense
6. As players get better, change the goal to six or nine consecutive outs without an error



Baseball Drills Manual

Terry C. Jones



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Table of Contents Baseball Drills Manual

1. Understanding the eBook Baseball Drills Manual
 - The Rise of Digital Reading Baseball Drills Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Baseball Drills Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Baseball Drills Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Baseball Drills Manual
 - Personalized Recommendations
 - Baseball Drills Manual User Reviews and Ratings
 - Baseball Drills Manual and Bestseller Lists
5. Accessing Baseball Drills Manual Free and Paid eBooks
 - Baseball Drills Manual Public Domain eBooks
 - Baseball Drills Manual eBook Subscription Services
 - Baseball Drills Manual Budget-Friendly Options

6. Navigating Baseball Drills Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Baseball Drills Manual Compatibility with Devices
 - Baseball Drills Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Baseball Drills Manual
 - Highlighting and Note-Taking Baseball Drills Manual
 - Interactive Elements Baseball Drills Manual
8. Staying Engaged with Baseball Drills Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Baseball Drills Manual
9. Balancing eBooks and Physical Books Baseball Drills Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Baseball Drills Manual
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Baseball Drills Manual
 - Setting Reading Goals Baseball Drills Manual
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Baseball Drills Manual
 - Fact-Checking eBook Content of Baseball Drills Manual
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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