



60 MINUTE BASEBALL PRACTICE - ALL AROUND SKILLS

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



Beginner/Intermediate

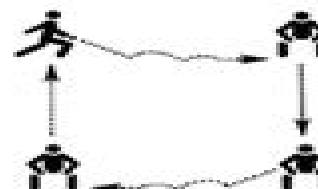
WARMUPS: 15 MINUTES (FULL TEAM)

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

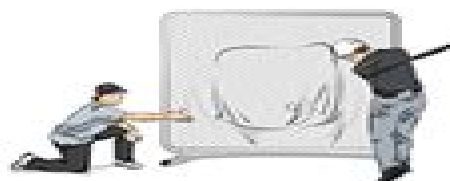
Four Squares: 8 mins



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

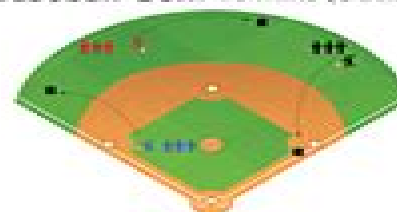
STATIONS: 20 MINS (SPLIT TEAM INTO TWO GROUPS AND ROTATE THROUGH EACH DRILL FOR 10 MINS)

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)

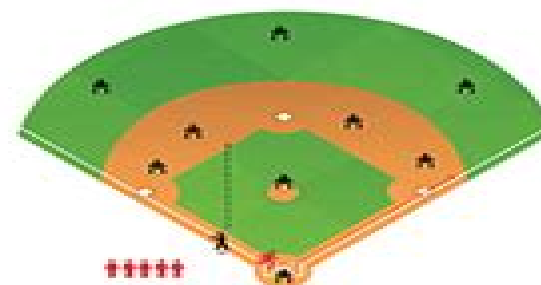


1. Create a series of "golf holes" around the field
2. Use cones to mark the tee box and green
3. Use a bucket or trash can to make the hole
4. Players compete to go from tee box to green and into the bucket in the fewest number of throws

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

Richard Bailey

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Baseball Drills Manual:

Decoding **Baseball Drills Manual**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Baseball Drills Manual**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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web a groan 1 very large in size 2 a deep inarticulate sound conveying pain despair pleasure 3 to move with urgent haste 4 causing laughter and providing entertainment 5 the metal coverings formerly worn to protect the body in a battle 6 forked sticks with an elastic band fastened to the two prongs used by children for shooting small

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