



DYNAMIC WARMUP

10 min

THROWING PROGRAM

5 - 10 min

WATER BREAK

3 min

Infield 1	Momentum Drill	Outfield 1	Over The Shoulder "Quarterbacks"	Catching 1	Baseball Barehanded	Advance drills	15 min
Infield 2	Errors Game	Outfield 2	Robbing Home Runs Drill	Catching 2	Blocking Without a Mitt:		15 min

WATER BREAK

3 min



45 min

5 HOME - TO- 1ST

5 2ND - TO- HOME

15 min

TALK, ENCOURAGE, BREAKDOWN

The Dynamic Warmup | 10 Min

About ten years ago sports scientists realized that there is a more efficient way to warm-up than to just static stretch and count to ten. It is recommended to run kids through a “dynamic warmup” before practice and that “static stretch,” that you may be familiar with, after practice. **Here’s a quick example of a good dynamic warmup, it works best in two lines starting on the outfield foul line:**

- jog 45 feet, jog back
- shuffle 45 feet, shuffle back
- karaoke 45 feet, karaoke back
- high knees 45 feet, high knees back
- butt kicks 45 feet, butt kicks back
- walking quad stretch 45 feet, walking quad stretch back
- leg swings 45 feet, leg swings back
- skipping leg swings 45 feet, skipping leg swings back
- lunges, side lunges 45 feet, jog back
- sprint 45 feet, sprint back

Upper Body Stretch:

- small arm circles forward, big arm circles forward
- small arm circles backwards, big arm circles backwards
- shoulder stretch across
- tricep stretch
- arm swings high to behind you (bicep stretch)
- rotator cuff stretch on the ground (lay on your throwing arm side put arm at 90 degree angle and push hand down towards the ground).

Throwing Program | 5 - 10 min

Feet Facing Partner, Finishes (5-15 feet)

I like to hold my glove hand up and put my throwing elbow on my glove, then we just extend our arm and flick the ball with backspin. This is the very end of the throw and we start with it to get our wrist warmed up and to emphasize finishing our throws from the beginning.

Feet Facing Partner, Get To Power Position Then Throw (10 feet 5-12u) (15 feet 12-18u)

<https://youtu.be/SIkZJMvtwVO>

The video shows a guy on his knee we recommend doing yours standing with feet facing the target.

Feet Perpendicular to Partner, Lean Back and Throw (20 feet 11 & Under) (30 feet 12-18u)

For this we fix our feet and widen them out a bit perpendicular to our target. Sort of like the step back drill in hitting we lean back into our back leg and bring the weight back to the middle as we throw.

Feet Facing the Opposite Way, Rotate and Throw (20 feet 11 & Under) (30 feet 12-18u)

This is about developing extra rotation and torque as we warm up our hips, hip flexors, and low back.

Walk Into Your Throw (45 feet 11 & Under) (60 feet 12-18u)

Hit him in the chest, maintain that backspin

Shuffle and Throw (60 feet 11 & Under) (90 feet 12-18u)

Shuffle and Throw (60-90 feet 11 & Under) (90-120 feet 12-18u)

A lot of times we start to mix in “long hops” at these positions

Outfielders should field this like a do or die play into their crow hop: https://www.youtube.com/watch?v=pFtwsh5YX_I

Shuffle and Throw (Max Distance 11 & Under) (150 feet 12-18u)

Long Toss Sequence (12-18u Only)

This is when we continue to work back to (hopefully) 300 feet depending on our arm strength and how in shape our arm is. Just like in stretching and warming up, we don’t want to over do it if we aren’t ready. Ease into throwing long distances each season, my coaches always said it takes at least a full month of throwing every day to get the arm fully in shape.

Work Back In

This is when we work back toward our partner and we start our pull downs

<https://www.youtube.com/watch?v=2agC6NeYNUM>

Quick Catch

This is at about 30 feet and we want to quickly transfer, move our feet and hit our target in the chest quickly. Infielders try to not “catch” the ball like normal, rather, just let the ball hit the palm of your glove and transfer. We try not to catch the ball in our web when playing quick catch.

Cool Down

It’s important to cool down after every intense exercise, so make a few throws nice and easy at about 30 feet to get some blood flow back into the shoulder and elbow.

Infield 1

Momentum Drill

It's very important to gain momentum toward 1st base before we field the baseball. This video demonstrates this drill well: <https://www.youtube.com/watch?v=siBqOtMx4i8>

Outfield 1

Over The Shoulder "Quarterbacks"

Not the best quality, but here's a video of the drill performed just okay, we recommend the way we explain it below: <https://www.youtube.com/watch?v=nwoLfixsB7U>

Each kid gets a ball and hands it to the thrower when he's up. You start by facing the thrower, opening up and running a direction - he will throw it over your shoulder and you catch it on the run. Make sure to do an even amount each direction opening up both left and right.

More advanced players can make this harder by working on redirections. If you open up left you'll look over your right shoulder back at the thrower/ball. For this the thrower throws it over your left shoulder as you are looking over your right. This causes you to turn your head to the left and catch it over your left shoulder.

Note: Don't turn your whole body to adjust, simply your head.

Catching 1

Receiving Drill | Baseball Barehanded:

Coach tosses a baseball to the catcher without a glove on. Catcher should receive the ball between his thumb and index finger.

Infield 2

Errors Game

This one is bold because it's our favorite. Baseball players love to compete, and we love when everything is a game or competition. The errors game is simple. You peg one infielder up against another, or a whole team. Whoever makes an error is out, you go until there is only one left standing! This is a staple at American Baseball Camps

Outfield 2

Robbing Home Runs Drill

For this drill use a fence, the thrower throws a ball right above the top of the fence and you practice robbing a home run!

Catching 1

Blocking drill: Blocking Without a Mitt:

Catcher places his hands behind his back. This trains him to use his chest protector to block the ball.

Hitting Rotation Drills

1) Sunflower soft toss drill

https://www.youtube.com/watch?time_continue=79&v=I5KNd4H_b4Q&feature=emb_logo

- We always want to challenge yourself in baseball - this drill helps us to square the middle of the baseball up by having to hit something tiny.

2) Self fungo drill

<https://www.youtube.com/watch?v=oqHeieOpKw>

- Hold the bat with your top hand, resting the handle on your back trap/shoulder. Taking three steps, throw the ball in front of you into a good hitting area, and hit the ball as hard as you can.
 - What this works on: proper bat path, adjustability, point of contact
 - Doing it well: hitter hits a line drive up the middle, and the ball has back spin
 - Common mistakes: the hitter jams himself with an inaccurate feed, or the hitter cuts and/or slices through the ball.

3) Soft toss from behind drill

<https://www.youtube.com/watch?v=4Psf-vOeFuQ>

- The purpose of this drill is first to adjust our brain and body to be able to make contact with a ball deep in our stance, and second to get our bat in the zone earlier and keep it on plane longer.

15 min

15 min

45 min