



# DYNAMIC WARMUP

10 min

# THROWING PROGRAM

5 - 10 min

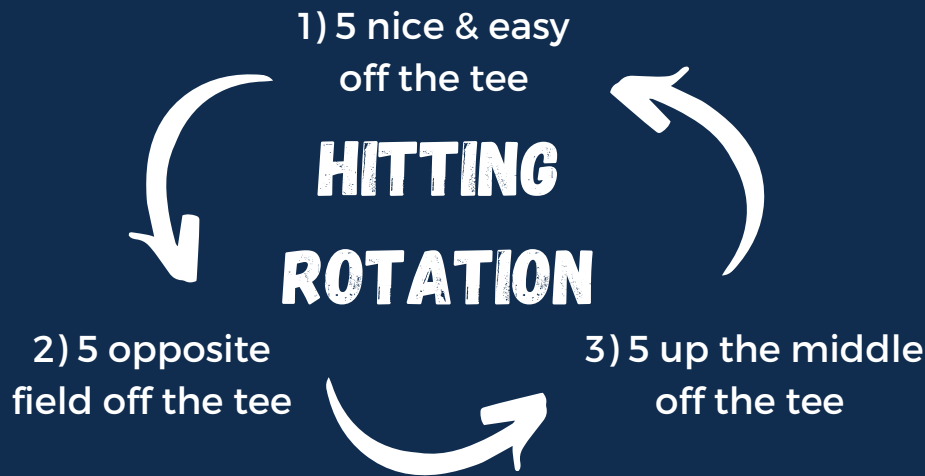
## WATER BREAK

3 min

Infield 1	Fast Transfers When Playing Catch	Outfield 1	Over The Shoulder "Quarterbacks"	Catching 1	Receiving Drill: Tennis Ball Barehanded	Beginner Drills	15 min
Infield 2	Short Hops	Outfield 2	Reaction Quarterbacks	Catching 2	Blocking drill: 3-Ball Drill		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).

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## 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](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**

### **Fast Transfers When Playing Catch**

As we mentioned in the throwing program, we need to transfer every ball we catch as an infielder quickly to our hand and get the seams. Great infielders have good hands, no better way to have great quick hands than to have great quick transfers.

## **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: Tennis Ball Barehanded**

Coach tosses a tennis ball to the catcher without a glove on. Catcher should work on having soft hands and just catch the ball

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## **Infield 2**

### **Short Hops**

Every day after playing catch at both my D1 programs we did short hops as infielders. Short hops can be difficult but you need to master them to become a great infielder. The easiest way to do that is to get lots of reps!

Start infield practice by getting on your knees with no glove about 5 feet from your partner. Throw each other underhand short hops and work through the ball on each. It's important on short hops to work through the ball it makes it a lot easier. Once you've done 20 or so regular open up for 20 or so forehand, then backhand. Then put your gloves on and do it all over again!

To see what we're talking about with positive glove action, watch this drill: <https://www.youtube.com/watch?v=xO6tTxEADLw>

## **Outfield 2**

### **Reaction Quarterbacks**

Place 5 balls around the player (5 feet from him) and give them each a number. If you call out 3, he needs to run through the third ball and you throw it over his shoulder - he makes the catch.

## **Catching 1**

### **Blocking drill: 3-Ball Drill**

Coach tosses baseballs to the catcher with a glove on from 10-12 feet away

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## **Hitting Rotation Drills**

### **1) 5 nice & easy off the tee (second time around soft toss)**

- Looking for backspin up the middle
  - Imagine a line drive that would of landed in shallow center field

### **2) 5 opposite field off the tee (second time around soft toss)**

<https://www.youtube.com/watch?v=AOTiGba8PJY>

- Looking for backspin over the second baseman
  - For this, we set the tee up further back in his stance to where it's lined up with the hitters belt buckle and on the outside corner

### **3) 5 up the middle off the tee (second time around soft toss)**

- Looking for backspin line drives up the middle
  - Now we move the tee to the front of the plate, or right in front of the hitter's front foot and up the middle of the plate.