**Clinic 1:**

***Warm-up 5-10 mins***

Players on the same line spread out

Buttkickers to the opposite line

High knees

Side shuffle facing same direction

Karaoke’s back facing same direction

Sumo’s

Super Mario’s

**Stretch 5 mins**

Arms: Tri’s, deltoids, Goal post’s, arm circles both directions

Legs: groin, quad’s, hammy’s

**Throw Progression 10-15 mins**

Wrist flicks from elbow

Power T Trunk twists

Side: weight transfer’s

Step, turn, throw

**Quick grounders 5 min**

In pairs 10 feet apart underhand grounders to each other back and forth as quick as possible using correct positioning and technique to retrieve ball.

**Distance throwing game 5-10 min**

At the end of throwing progression start paired players at catching distance apart playing catch. Every minute have them each take 2 big steps back and continue to play catch. Every time a ball is dropped that pair is out. Last pair standing wins.

**Station 1: 10 min**

**Grounders:**

Taking 3 grounders each turn:

Cycle through players, each time focusing on backhand, forehand, short hop:

Emphasize getting behind the ball, glove starts down and comes up if necessary. Get them turning glove the right way.

**Station 2: 10 min**

**Fly balls basic:**

Taking turns, player focuses on getting to the spot, getting glove up, follow ball in to glove.

Coach throws or hits to a spot, making player move a bit each time left or right

**Station 3: 10 min**

**Hitting from Tee:**

3 or 4 tee’s set up along curtain or screen

Player’s focus on proper foot placement, weight transfer, keeping head down, extending through ball, letting back foot turn with the hips.

*Variations: One Hand Hit off tee:*

Player keeps top hand only on bat, bottom hand hovers over handle, player focuses on same as above.

**Target Throwing game**

Divide players into equal lines. Have one player in ready position at one cone with another cone 5 feet in front. Throw or hit grounders to first in line, player must come forward and field ball in front of the second cone and throw ball to hit target using proper technique. Rotate through line of players, one point for hitting target, first group to ten points wins.

**Clinic 2:**

***Warm-up 5-10 mins***

Players on the same line spread out

Buttkickers to the opposite line

High knees

Side shuffle facing same direction

Karaoke’s back facing same direction

Sumo’s

Super Mario’s

**Stretch 5 mins**

Arms: Tri’s, deltoids, Goal post’s, arm circles both directions

Legs: groin, quad’s, hammy’s

**Throw Progression 10-15 mins**

Wrist flicks from elbow

Power T Trunk twists

Side: weight transfer’s

Step, turn, throw

**Throw at Hat game 5 min**

Players in pairs 20 ft apart with each players hat on the ground 10 feet in front. Player 1 throws the ball with proper form trying to hit players 2 hat, player 2 retrieves ball using proper technique and throws back to Player 1. Players keep count of hat hits, most hits wins.

**4 Corners Drill: All Players -10 min**

**5 players** Make a square approx. 20 feet apart

1 player at each corner cone and one in the middle

Have each player throw a different ball Grounder, line drive, long hop, short hop to player in the middle and player throws back to that corner.

Middle player Cycles through each corner then switches with first corner until all players have a turn in the middle

**Station 1: 10 min**

**Fly ball drop step**

No gloves:  
Taking turns, 2-3 in a row, coach throws ball about 10 feet in air just over player’s shoulder, forcing them to drop step back in the appropriate direction, catches ball with both hands.

**Station 2: 10 min**

**Fly ball drop step progression:**

Taking turns.

With gloves: Players turn/drop step the way coach tells them, once player is running, coach throws over the players shoulder 10-15 feet in air, player runs to the spot it will land (glove down) keeping eye on ball, two hand catch.

**Station 3: 10 min**

**SS to 1st base**

Two lines 40’ apart one line as SS one as 1st base. Have players in correct starting positions.

Grounder hit to SS and he retrieves ball using correct technique, as SS retrieves ball the 1st baseman goes to base and sets up in correct positioning to receive ball. SS makes a solid throw to 1st baseman for the out.

**SS to 2nd base**

Two lines 10’ apart one line as SS one as 2nd base. Have players in correct starting positions.

Grounder hit to SS and he retrieves ball using correct technique, as SS retrieves ball the 2nd baseman goes to base and sets up in correct positioning to receive ball. SS makes a solid underhand toss to 2nd baseman for the out. 2nd baseman can then look to first and get in position for double play throw to 1st.

**Bucket/Cricket Game 20 mins**

Separate kids in to two teams, coach pitches to batter, fielders have to get the ball back to the coach/bucket before players reach base. Can be multiple runners on one base. Baserunners don’t have to run.

If runner off base when ball gets back to coach/bucket, those runners are out.

Switch offense/defense after 3 outs.

**Clinic 3**

***Warm-up 5-10 mins***

Buttkickers to the opposite line

High knees

Side shuffle facing same direction

Karaoke’s back facing same direction

Sumo’s & Super Mario’s  
**Stretch 5 mins**

Arms: Tri’s, deltoids, Goal post’s, arm circles both directions, Legs: groin, quad’s, hammy’s

**Throw Progression 10-15 mins**

Wrist flicks from elbow

Power T Trunk twists

Side: weight transfer’s

Step, turn, throw

**Station 1: 10 min**

**Fly from behind drill**

Have player(s) start from a kneeling position facing away from the coach.

After the coach throws a fly ball directly above the player(s) kneeling, coach yells, "ball."

The player then gets to a standing position and turns to pick up the fly ball.

The fielder's job is to get under the ball as quickly as possible and catch it using the proper fielding technique.

This drill can also be done in groups of two or four.

**Station 2: 10 min**

**SS to 1st base**

Two lines 40’ apart one line as SS one as 1st base. Have players in correct starting positions.

Grounder hit to SS and he retrieves ball using correct technique, as SS retrieves ball the 1st baseman goes to base and sets up in correct positioning to receive ball. SS makes a solid throw to 1st baseman for the out.

**SS to 2nd base**

Two lines 10’ apart one line as SS one as 2nd base. Have players in correct starting positions.

Grounder hit to SS and he retrieves ball using correct technique, as SS retrieves ball the 2nd baseman goes to base and sets up in correct positioning to receive ball. SS makes a solid underhand toss to 2nd baseman for the out. 2nd baseman can then look to first and get in position for double play throw to 1st.

**Station 3: 10 min**

**Two tee hitting**

Set up two tee’s front tee slightly lower than second tee. Second tee has ball on it for player to hit.

Object is to swing a level swing through the first tee without hitting it to hit ball cleanly off second tee.

Focus on swinging the bat on a level plane to only hit the second tee with ball on it.

Player’s focus on weight transfer, keeping head down, extending through ball, letting back foot turn with the hips.

**Hi Tee / Low Tee**

3 or 4 tee’s set up along curtain or screen with coach adjusting the height of the tee after every hit, high then low, keep mixing up the height.

Player’s focus on eyes on the ball so they are hitting the ball cleanly at any height.

Also focusing on weight transfer, keeping head down, extending through ball, letting back foot turn with the hips.

**Soft Toss Hitting**

Coach soft toss balls to player to hit into net or screen.

Player’s focus on eyes on the ball so they are hitting the ball cleanly.

Also focusing on weight transfer, keeping head down, extending through ball, letting back foot turn with the hips.

**Bucket/Cricket Game 25 mins**

Separate kids in to two teams, coach pitches to batter, fielders have to get the ball back to the coach/bucket before players reach base. Can be multiple runners on one base. Baserunners don’t have to run.

If runner off base when ball gets back to coach/bucket, those runners are out.

Switch offense/defense after 3 outs.

**Clinic 4**

***Warm-up 5-10 mins***

Players on the same line spread out

Buttkickers to the opposite line

High knees

Side shuffle facing same direction

Karaoke’s back facing same direction

Sumo’s

Super Mario’s

**Stretch 5 mins**

Arms: Tri’s, deltoids, Goal post’s, arm circles both directions

Legs: groin, quad’s, hammy’s

**Throw Progression 10-15 mins**

Wrist flicks from elbow

Power T Trunk twists

Side: weight transfer’s

Step, turn, throw

**Station 1: 10 mins**

**Cut-off drill - combine 4 players from throwing prog**

One line in outfield with one line position themselves as the cut-off player halfway between coach and fielder and off to the side.

Flyball thrown/hit to fielder, as the fielder gets in position to catch the ball the cut-off moves into middle of line between coach and fielder. Fielder throws to glove side of cut-off and cut-off turns glove side to coach to throw ball back, then gets into position for a ground ball. Grounder hit to cut-off, they retrieve and throw back to coach. Cut-off goes to back of fielder line and fielder comes into take place of cut-off player.

**Station 2: 10 mins**

**Grounders**

Players form one line, grounders hit 10-15 feet to left or right of player, player retrieves ball with correct footwork and form and throws back to coach or into net.

**Station 3: 10 mins**

**Fly balls**

Players form one line, Flyballs hit or thrown 10-15 feet to left or right of player, player runs to ball with gloves down and catches ball with correct footwork and form and throws back to coach or into net.

**Station 4: 10 mins**

**Soft toss hitting into net**

Coach soft toss balls to batter to hit ball into net or screen.

**Finish**

**All players - 4 stations 1 in each corner**

**Goalie/wall ball:**

Player hits soft flite ball off tee towards large curtain or wall, rest of group is set up defensively, spread out, ready position. Hitter tries to hit the ball off the curtain for points, if players stop a grounder or catch a pop up it is one strike on the batter, if batter hits it too high off wall/curtain, it’s one strike, 3 strikes and batter is out and next player up. Batter gets 10 hits and gets one point for each good hard-hit ball. Each batter gets 2-3 turns and winner gets all the bragging rights.

**Clinic 5:**

***Warm-up 5-10 mins***

Players on the same line spread out

Buttkickers to the opposite line

High knees

Side shuffle facing same direction

Karaoke’s back facing same direction

Sumo’s

Super Mario’s

**Stretch 5 mins**

Arms: Tri’s, deltoids, Goal post’s, arm circles both directions

Legs: groin, quad’s, hammy’s

**Throw Progression 10-15 mins**

Wrist flicks from elbow

Power T Trunk twists

Side: weight transfer’s

Step, turn, throw

**Quick grounders 5-10 mins**

In pairs 10 feet apart underhand grounders to each other back and forth as quick as possible using correct positioning and technique to retrieve ball.

**Catching Drills**

**Proper positioning**

catchers set into catching stance, just behind batters box, feet flat, butt back and low, back straight, glove open and out in front in strike zone and throwing hand behind back or behind leg.

**Catcher Framing**

Have catcher in ready position and toss them balls just outside strike zone, after catcher catches ball have them move glove slightly into strike zone and hold for a second. Teach them to not reframe any pitch that is already a strike. If they feel it is a strike hold where pitch was caught. Do not frame balls that are too far outside strike zone.

**Blocking drills**

Players set into catching stance, feet flat, butt back and low and back straight, glove open and out in front and throwing hand behind back or leg.

Without any balls. Drop glove to ground between legs then collapse to knees to close the 5 hole. Then practice dropping both at once, then same to glove side and same to throwing side, sliding on knees, glove down to block balls. Progress to using softer balls then as catcher becomes comfortable increase to hardballs.

Have Catcher in collapsed blocking position, stand close and firmly throw ball at ground so it bounces up and off chest protector having catcher keep eyes open and on ball the entire time. Can also be done with catchers hands behind back. Start with tennis or soft balls progressing to hard balls.

3 ball drill, have catcher in position with 3 balls in front left/center/right. As you point to a ball, have catcher collapse into correct blocking position behind the ball you point to.

Same as above but have player or coach slowly roll balls to catcher left/center/right with catcher collapsing into correct blocking position behind the rolling ball.

Set up 5 balls in a row have catcher quickly move to ball and drop into blocking position in front of each ball, quickly back up and moving to next ball etc.

**Past ball drill**

Have the pitcher roll balls past catcher, Catcher pops up and runs back to get ball as quickly as possible, pitcher follows ball to plate straddling plate, Catcher retrieves ball and makes a strong underhand toss back to pitcher for the tagout.

**Catcher pop up**

Have catcher in ready position and Call “Straight UP” as Catcher pops up lob a ball in the air above catcher for him to locate and catch. As catcher pops up they remove helmet to locate ball. Once ball is located drop helmet and position yourself to make the catch. Progress to ball behind, in front, left, right

**Catcher throw to 2nd or 3rd on steal**

Have catcher in correct stance, pitch ball and call for the steal, have baseman move to correct position straddling the base and catcher throwing to them for tagout. Or can-do same drill with catcher throwing to a target.

**Clinic 6:**

***Warm-up 5-10 mins***

Players on the same line spread out

Buttkickers to the opposite line

High knees

Side shuffle facing same direction

Karaoke’s back facing same direction

Sumo’s

Super Mario’s

**Stretch 5 mins**

Arms: Tri’s, deltoids, Goal post’s, arm circles both directions

Legs: groin, quad’s, hammy’s

**Throw Progression 10-15 mins**

Wrist flicks from elbow

Power T Trunk twists

Side: weight transfer’s

Step, turn, throw

**Station 1: 2 groups**

**Past ball/goalie:**

2 cones about 10 feet apart, player on the line in between them.

Taking turns, player has to stop the rolled or bounced ball from getting past imaginary line.

Most stops in a row wins. Cycle through players, changing after each past ball/goal.

**Target Throwing game with cone obstacles 2 groups**

Divide players into equal lines. Have one player in ready position at one cone with another cone 5 feet in front. Throw or hit grounders to first in line, player must come forward and field ball in front of the second cone and throw ball to hit target using proper technique. Rotate through line of players, one point for hitting target, first group to ten points wins.

**Bucket/Cricket Game 25 mins**

Separate kids in to two teams, coach pitches to batter, fielders have to get the ball back to the coach/bucket before players reach base. Can be multiple runners on one base. Baserunners don’t have to run.

If runner off base when ball gets back to coach/bucket, those runners are out.

Switch offense/defense after 3 outs.