

Pitching Drills

Pitcher Covering First Base Drill

Age Appropriate

Grouping 5, ages 10 to 15+

Objective

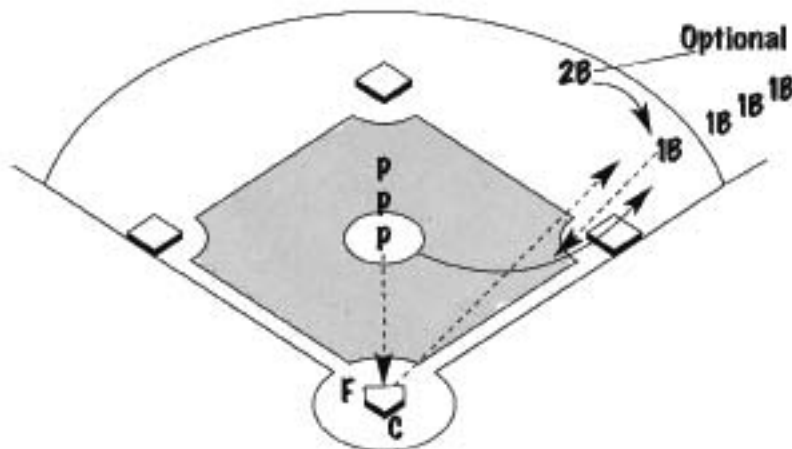
To get pitchers in the habit of covering first on balls hit to the right side and to work on the mechanics and communication involved with this play

Setup

Baseball field, pitching mound (optional), baseballs, pitchers, coach to hit or roll ground balls, catcher, first basemen, second baseman (optional)

Execution

Pitchers line up behind the mound with first basemen lined up at first. First pitcher throws a pitch from the mound to the catcher. Coach is at home plate with a fungo bat and a ball. After the ball crosses the plate, the coach hits or rolls a ball to the first baseman. Pitcher runs hard to a point near the baseline about 10 to 12 feet from the bag, then turns and runs parallel to the line, holding the glove at chest level as a target. First baseman flips to the pitcher as he runs down the line and before he gets to the bag. The ball should be tossed with an underhand flip as early as possible so the pitcher can catch the ball first and then find the bag. Pitcher should stop at the bag and make the play like a first baseman if the first baseman fails to field the ball cleanly. Coach can mix things up and hit comebackers to pitchers to keep them honest. Second basemen can be involved as well to work on communication between them and first basemen.



(continued)

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(continued)



Coaching Keys

Young pitchers tend to jog all the way through this drill and take a path directly toward first base. Use cones to illustrate the proper path, if necessary. Make sure the pitcher sprints to the first cone, then gets under control and runs parallel to the baseline, presenting a target for the first baseman.