

# **INSTRUCTIONAL DRILLS FOR YOUTH BASEBALL**

## **1<sup>st</sup> STATION FIELDING / CATCHING**

- (1) FIELDING POSITION
- (2) CATCHING THE BALL

### **1. Fielding Position:**

- Have kids spread their legs a little more than shoulder width.
- Bend knees and keep bottom down.
- Be comfortable and balanced.
- Fully extend hands together out in front as though you were carrying a tray of “hot tea” (don’t drop it).
- Keep glove open and be ready for the ball.
- Keep your eyes on the pitcher and batter.

### **2. Catching the Ball:**

- ***Balls thrown below the belt.***
  - ❖ Demonstrate by placing hands out in front of you with your pinkies together.
- ***Balls thrown above the belt.***
  - ❖ Demonstrate by placing hands out in front of you with your thumbs together.
- ***Drills:*** Have a catch with the kids and throw the ball below and above their belt. Make the kids yell out loud either pinkies or thumbs depending on the location below or above the belt.
- Switching your hands is a difficult task for the kids so the coaches with have to repeatedly remind the kids to switch their hands depending on the ball location.
- Practice repeatedly!

# **INSTRUCTIONAL DRILLS FOR YOUTH BASEBALL**

## **2<sup>nd</sup> STATION FIELDING / THROWING**

- (1) FIELDING THE BALL
- (2) FIELDING / THROWING
- (3) OTHER IMPORTANT FACTS

1. **Fielding the ball**: Every boy wants to field a grounder and throw out the runner. Think about how perfect the play has to be made in order for a young player to field a grounder clean, throw the ball accurately and then the 1<sup>st</sup> baseman catching the ball before the base runner gets to 1<sup>st</sup> base.

- Put the fielders in a ready position. Teach kids as they approach the ball, they need to “brace” with their right leg and “stretch” with their left leg.
- Demonstration: From your ready position, extend your right leg and “brace” it on the ground. Follow by extending your left leg and “stretching” as you field the baseball.
- Extend you hands out in front of you like you are carrying a tray of “hot tea” and you have to set it on the ground without it dropping.
- Use the following commands: **Brace, Stretch, Field!**
- Roll the balls to the fielders and have them call out loud their actions: Brace, Stretch, Field. Once the ball is fielded, give them the command of “jump on your skateboard” and finally, “throw the ball hard”.

2. **Fielding & Throwing**: After the kids appear comfortable, you will to run them through the full drill. I suggest the following commands:

**A. READY POSITION**

**B. BRACE**

**C. STRETCH**

**D. FIELD**

**E. JUMP ON THE SKATEBOARD**

**F. POINT FRONT SHOULDER “SCOPE” AND RAISE  
THROWING ARM UP**

**G. THROW THE BALL HARD**

**3. Other Important Facts:**

- A. Teach kids the bases and the process of running after the ball is hit. Believe it or not, many kids are not sure the direction to run and which base is which.
- B. Teach kids the positions on the field. Many kids believe that playing 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> base is actually on the base.
- C. Teach the kids that baseball is fun and whether you win or lose you, always shake hands and keep you heads up high.
- D. Encourage kids to have confidence in themselves and have them understand that the best players in the world make errors and strike out with the bases loaded. ***It’s all part of the GAME.***
- E. Encourage kids to hustle on and off the field and support and cheer for each other. Especially after a good hit or a good play.
- F. Discourage kids from acting out or becoming upset or angry while on the field.
- G. Explain the meaning behind the word **TEAM**.