



Jr. Coach Pitch Drills

Warm Up

It is important to take the players through a dynamic warm up before practice drills begin. Players at this age can get away with not warming up, but it is important to build a good habit of warming up and making sure the body is loose before practice begins.

Some good warmup stretches may include:

- High Knee Run
- Butt-Kickers
- Touching toes
- Arm across your chest and pull
- Arm overhead and pull

Throwing and Catching

DRILL 1: Players will partner up and start 10 ft. from each other, throwing the baseball and progressively working their way back until they reach around 60 ft. They will then throw until they feel loose and work their way back into their partner.

DRILL 2: Players will play a game with their partner while playing catch. Each pair will stand 30-40 ft. apart and will throw 10 throws each. Each completed catch is worth 1 point. Each pair can score up to 20 points. The pair with the most amount of points at the end wins.

DRILL 3: Players will line up 10 ft. away from their coach, the coach will throw the ball up in the air in front of him, and the player will have to run up and make the catch. This will help their ability to field a ball on the run.

Fielding

DRILL 1: Players are partnered up, standing 10 feet apart. They will roll groundballs to each other. Players will practice staying down on the ball and fielding it correctly. Coaches should emphasize bending the knees and keeping your glove on the ground while the ball is coming.

DRILL 2: Players will line up at an infield position while a coach stands on first base. The players will be rolled ground balls and attempting to field the ball and throw it to first base.

DRILL 3: Players will partner up, standing 5-10 feet away from each other. They will take turns throwing pop ups to each other, while the other tries to catch the ball. Coaches should make sure players are using both hands to catch the ball, with their throwing hand closing the mitt tight.

DRILL 4: Roll baseballs into the outfield and have the players field the ball and throw it to the cutoff man. Explain that either second base or shortstop should be the player the outfielders throw it to when it comes to them. Coaches can be used as the cutoff in this drill.

DRILL 5: Have the players gather at the bases and have them throw a baseball around the diamond, rotating each throw. This will help them practice their throwing accuracy as well as their arm strength.

Hitting

DRILL 1: Players will hit off of a tee into the fence behind home plate. While this is not tee ball, this drill is important to build hand-eye coordination and keeping your eye on the ball through the swing. This can be done with a coach or through partners.

DRILL 2: Coaches will throw soft toss to the players from behind a screen. Soft toss is an underhand toss up in the air. Players will hit the ball into one of the fences. This will help the players develop their hand-eye coordination and being able to hit a moving target.

DRILL 3: Live batting practice is important for the players to get used to the pitching they will see in the games. Coaches should stand where they would during the game and throw to the hitters. Have 3-4 players come in at a time while other team members play the field and try to make plays.

DRILL 4: Use miniature wiffle balls to soft toss to the players. This will increase their hand-eye coordination and help them when trying to hit an actual sized baseball.

Base Running

DRILL 1: Have the players start at home plate, and run through first base. Once everyone completes this, have them run to second base, but explain this time, they have to stay on the base, or they may be tagged out. Do this all the way around the bases.

DRILL 2: Players will practice sliding into a base while running from first to second. Coaches should make sure their form is correct so they don't get hurt in the future.

DRILL 3: Players will play a game of tag where the baseline and the bases are the only places you can go. The person who is "it" can go throughout the entire infield. The bases are safe and players must run the correct way around the diamond.

Tips

1. Make sure the players are having fun and enjoying the game. It is important for them to have a good experience, especially at a young age.
2. At this age, their attention may be hard to keep at times, make sure you have a game or two built into each practice to keep them engaged.
3. Make sure they understand that this is a game where mistakes are going to happen a lot. Failure is a part of the game and nobody should be upset when they happen to fail.