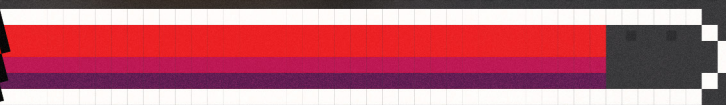
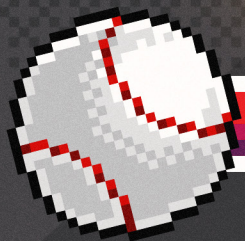


PRACTICE

POWER
UP



DEFENSE WINS CHAMPIONSHIPS



STEP BY STEP PRACTICE PLAN
FOR COACHES



DOWN THE LADDER' WARM-UP

10-15 Minutes

- 100 Jumping Jacks
- 90 Mountain Climbers
- 80 High Knees
- 70 Butt Kickers
- 60 Imaginary Jump Ropes
- 50 Russian Twists
- 40 Squats
- 30 Knee Hugs
- 20 Leg Kicks
- 10 Push-Ups
- 1 Burpee

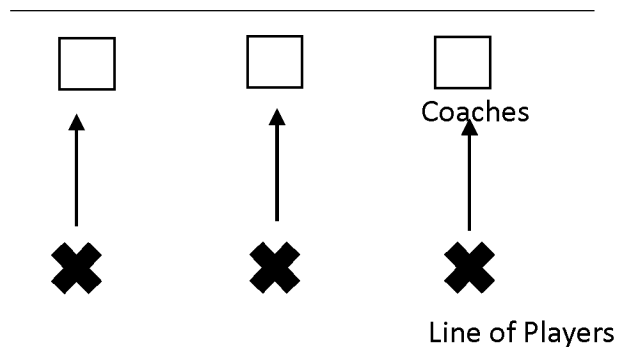
To make it easier: teams can start at any level in the ladder and work downward.

Challenge? Go back up the Ladder, starting with 1 Burpee, all the way to jumping Jacks.

THROWING WARM UP

10-15 Minutes

- 1 Set up 2-4 coaches along the foul line with gloves
- 2 Split your team into 2-4 lines.
- 3 Start the players about 15 feet from each coach, each group in a single file line.
- 4 4 players up at a time will throw to their designated target.
- 5 Rotate through the lines, backing them up along the way, until they are throwing one-hoppers.

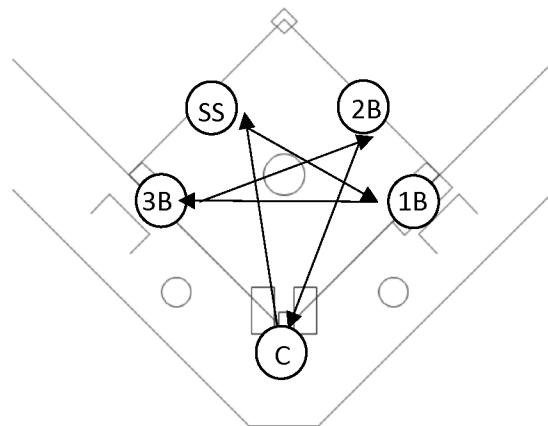


This is a fun yet challenging way to warm up the players' arms. To make it more challenging, tell the coaches to not move their feet so the players can tell when their throw is offline.

STAR THROWING DRILL

10 -15 Minutes (Switch directions ½ way if wanted)

- 1 Split players into 5 groups
- 2 One group at home plate, 1st base, 3rd base, SS (Short Stop), and 2nd base position.
- 3 Where the players go does not matter in this drill, in terms of their normal positions.
- 4 The order of throwing goes as follows: C - SS - 1B - 3B - 2B - C



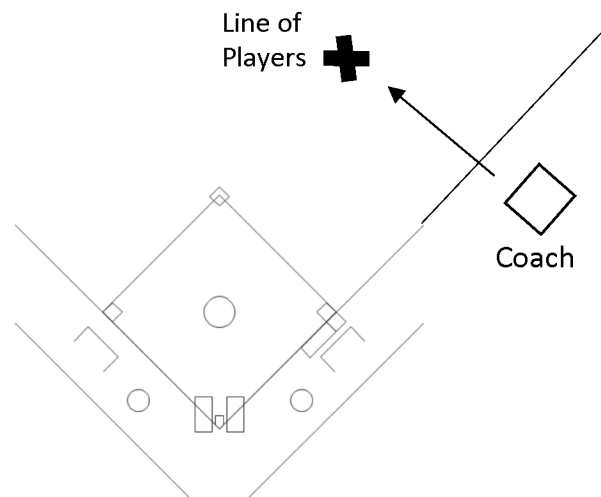
Players rotate at their position after each throw, DO NOT follow your throw in this drill. Have them focus on a strong catch and quick transfer to the throw.

The 2 drills below are a split-team infield/outfield drill. They will happen simultaneously. Split your team into infielders and outfielders. Outfielders will go with a coach to RF foul line and infielders will go to their infield positions.

OUTFIELD BACK TO THE BALL DRILL

20-25 Minutes

- 1 Coach goes to RF with bat, balls and a catcher/net.
- 2 Players line up perpendicular to foul line
- 3 One player is up at a time and will start facing away from the coach.
- 4 The coach will hit the ball to the player, and it is their teammate's job to yell "ball" right as it is being hit.
- 5 The player will then turn around, react to the ball (can be grounder or pop-up) and come up and make a throw to the catcher or net.

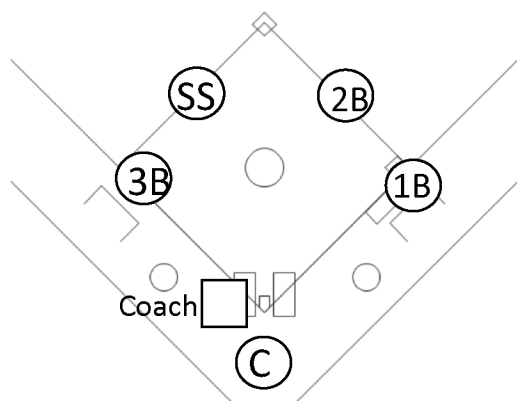


This drill is great for testing the reaction time of your outfielders. Also, it forces communication between the teammates that can help in games.

INFIELD ON-THE-RUN DRILL

20-25 Minutes

- 1 Players go to infield positions.
- 2 Coach hits slow rollers/high choppers to each player.
- 3 Players charge the ball, and throw to 1B, on the run.
- 4 Have a stopwatch to time how long it takes for them to field the ball and complete their throw.
- 5 Aim for 3 seconds; 2.75. is even better.
- 6 Follow the same order you hit each time: 3B → SS → 2B → 1B → Catcher (roll out a bunt)
- 7 Toward the end, switch it so they are throwing to home.
- 8 Throwing off opposite glove-hand foot.



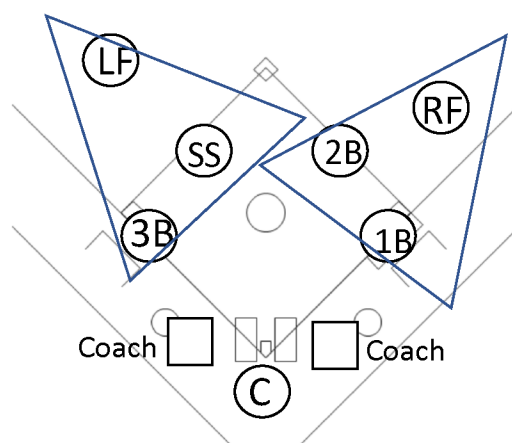
TWEENER DRILL

10-20 Minutes

- 1 Split outfielders into two groups, one goes to LF and the other goes to RF.
- 2 Infielders go to all positions.
- 3 Two coaches at home plate.
- 4 One coach hits pop-ups that fall between LF, SS & 3B.
- 5 Other coach hits pop-ups that fall between RF, 2B, & 1B. -Forms a triangle look
- 6 Every few minutes, hit a ball straight up for the catcher to work on foul-ball pop-fly's,
- 7 Empty buckets on both foul lines for the balls.

Emphasize communication in this drill. In-between pop-ups can be some of the most challenging balls to field. Remember, infielders go hard until they hear the outfielders call them off. Once the outfielders call it, they take precedence,

On the run throws are often looked over in practices but add a game-like pace to practice. Timing them holds them accountable.





DEFENSE WINS CHAMPIONSHIPS

DOWN THE LADDER' WARM-UP

How did the drill go?

☐ ☐ ☐ ☐ ☐ ☐ ☐

Poor OK Amazing

What worked well?

What could be improved?

Notes:

THROWING WARM UP

How did the drill go?

☐ ☐ ☐ ☐ ☐ ☐ ☐

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PRACTICE NOTES