

# Practice Absolutes

**WBSL Coaches Clinic – 4/6/05**  
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- ➔ **Throwing** – Organized Warm-up before practice
  - Start drill with – Feet planted, Shoulder to Shoulder
    - Good – Front Shoulder points to target while loading
      - Back shoulder points to target after release
    - Better – Ball 'hidden' in backswing
    - Best – Glove actively pulled into armpit during explosion
  - End drill with – Crow-hopping
    - Good – Throwing side foot initiates delivery
    - Best – Player executes smoothly, fluidly.
  
- ➔ **Fielding** – Ground Balls, Fly Balls
  - **Ground Balls**
    - Good – Charge ball and get down
    - Better – Glove extended out front
    - Best – Glove never goes above knee and proper crow-hopping footwork to initiate throw
    - **Drills:**
      - Gattling Gun – Infield
        - ◆ Ball in bucket
        - ◆ Throw to First
        - ◆ Throw to Second, Third, Home
  
  - **Fly Balls**
    - Good – Catch two-hands
    - Better – Catch above either shoulder
    - Best – Get to where ball will fall and wait AND use proper crow-hopping footwork to initiate throw
    - **Drills:**
      - Fungo Flies – Outfield
        - ◆ Catch, transfer, throw
  
- ➔ **Situations- IF/OF Routine**
  - Standard Drills –
    - Infield
      - GB each position – throw to 1B
      - GB each position – throw to 2B, 3B, Home
      - One and cover
    - Outfield
      - Field and throw to 2B, 3B, Home – With CUTOFF IN PLACE
  
- ➔ **Hitting** – Stations and live
  - **Soft Toss/Tees into fence or tarp**
  
- ➔ **Pitching** – Approx 40 pitches (2 sets of 20) (not including 7 warm ups per set) per pitcher off to the side