



Quickball Stations: **Week-by-Week**

Station 1: Throw-to-Target

WEEK	TARGET LOCATION	DISTANCE	THROWING LOCATION
1	Home Plate Target	10' away	Throw from Mound
2	Home Plate Target	15' away	Throw from Mound
3	Home Plate Target	20' away	Throw from Mound
4	Halfway to 1B Target	20' away	Throw from Mound
5	1st Base Target	25' away	Throw from Mound
6	1st Base Target	30' away	Distance Throw from 2B
7	1st Base Target	40' away	Distance Throw from SS
8	1st Base Target	50' away	Distance Throw from 3B

Station 2: Throwing

WEEK	THROWING STYLE	DISTANCE	THROWING ROTATION
1	Foul Shots	10' away	Typewriter
2	Elephant Trunk Toss	10' away	Typewriter
3	1-Knee Kneel Toss	10' away	Typewriter
4	Scarecrows	15' away	Typewriter
5	Scarecrows	20' away	Typewriter
6	Scarecrows	25' away	Typewriter
7	Step-Catch-Throw	15' away	Typewriter
8	Step-Catch-Throw	20' away	Typewriter

Station 3: Batting Practice

WEEK	THROWING STYLE	DISTANCE	BATTING ROTATION
1	Knee Toss BP	10' away	5 swings
2	Knee Toss BP	10' away	5 swings
3	Knee Toss BP	10' away	5 swings
4	Knee Toss BP	10' away	5 swings
5	Knee Toss BP	15' away	5 swings
6	Knee Toss BP	15' away	5 swings
7	Knee Toss BP	15' away	5 swings
8	Knee Toss BP	15' away	5 swings

Station 4: Fielding (Emphasize "Spider Man Hands" before starting each session)

WEEK	THROWING STYLE	DISTANCE	BALL
1	Step-Catch-Clap (Playing catch)	10' away	Bean Bags
2	Step-Catch-Clap (Soft Line Drives)	12' away	BB & QB Softballs
3	Step-Catch-Clap (Fly Balls, Grounders)	15' away	QB Softballs & Baseballs
4	Review (Fly Balls, Grounders)	15' away	QB Softballs & Baseballs
5	Review (Fly Balls, Grounders)	15' away	QB Softballs & Baseballs
6	Review (Fly Balls, Grounders)	20' away	QB Softballs & Baseballs
7	Review (All)	20' away	QB Baseballs
8	Review (All)	20' away	QB Baseballs

