



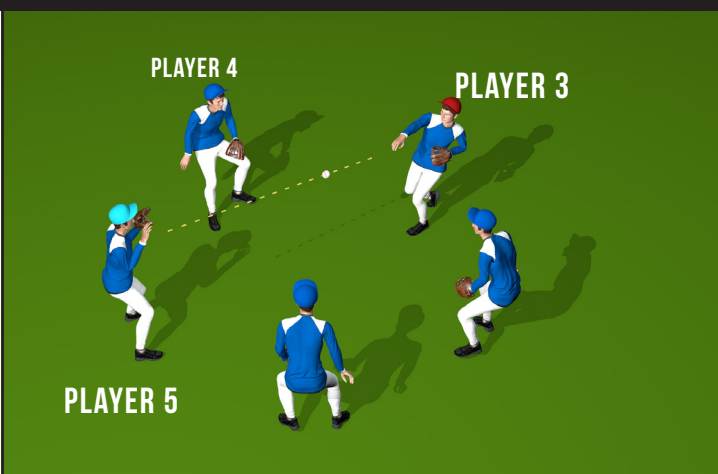
DRILL #1 STAR QUICK HANDS

TARGET SKILL: HAND MECHANICS

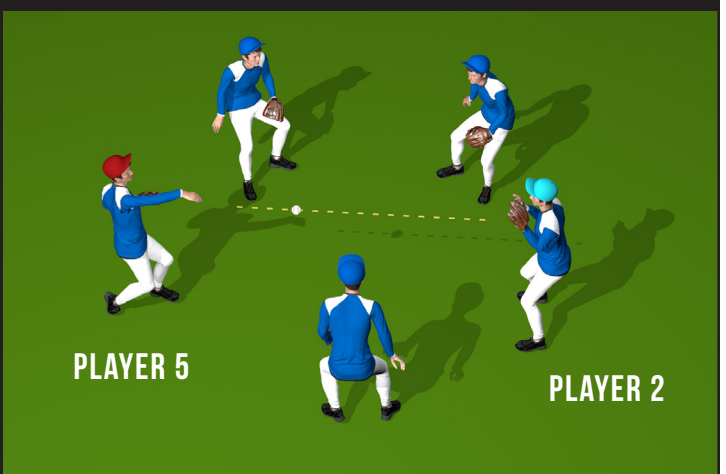
STEP 1. PLACE 5 PLAYERS IN A CIRCLE. START BY PLAYER 1 PASSING TO PLAYER 3. SKIPPING THE NEIGHBORING PLAYER ON THE RIGHT.



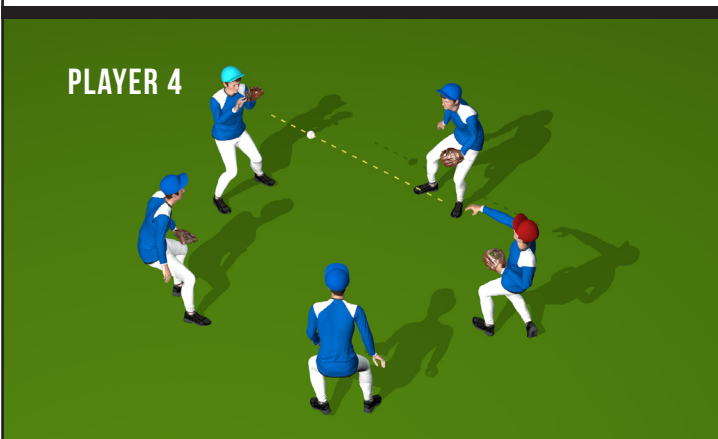
STEP 2. PLAYER 3 THROWS TO PLAYER 5.



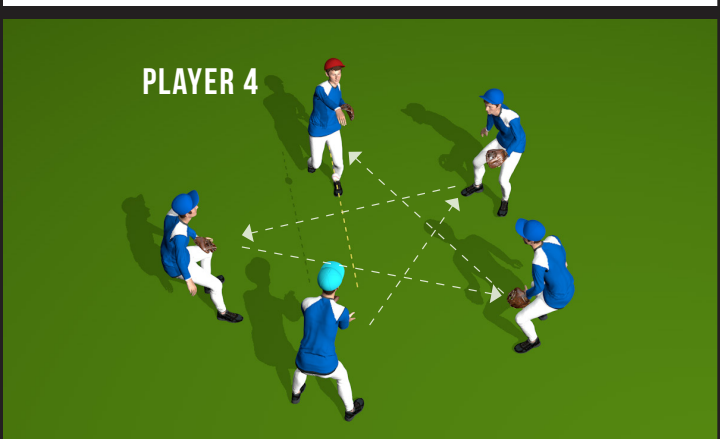
STEP 3. PLAYER 5 THROWS TO PLAYER 2.



STEP 4. PLAYER 2 THROWS TO PLAYER 4.



STEP 5. PLAYER 4 THROWS TO PLAYER 1.





DRILL #2 5-STEP PITCHING

TARGET SKILL: PITCHING

STEP 1. STARTER PHASE



STEP 2. THE PIVOT PHASE



STEP 3. LIFT PHASE



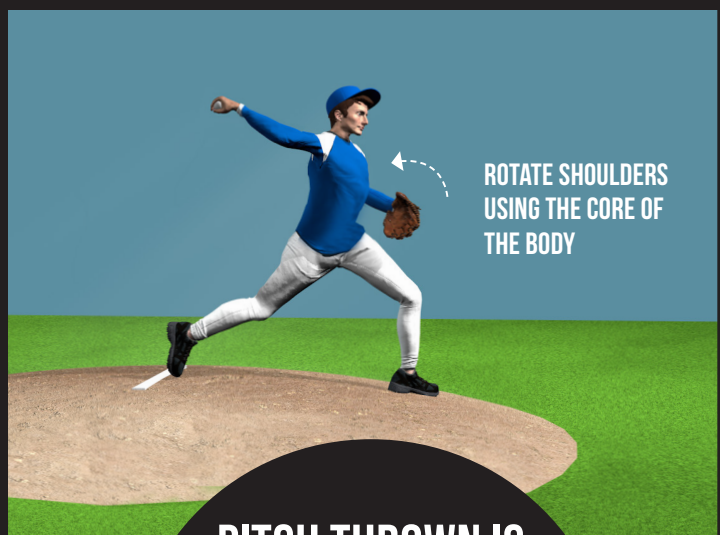
STEP 4. LAUNCH PHASE- START



STEP 4. LAUNCH PHASE - MIDDLE



STEP 4. LAUNCH PHASE - END



PITCHER'S STRIDE LENGTH = 80% TO 100% THE BODY LENGTH

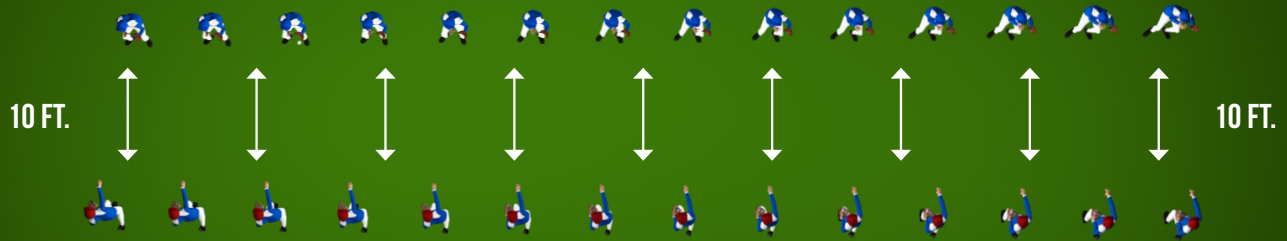
PITCH THROWN IS EFFORTLESS POWER.



DRILL #3 GAME OF 21

TARGET SKILL: ACCURACY

STEP 1. PLACE PLAYERS IN 2 FACING LINES ABOUT 10 FT APART.



STEP 2. PLAYER A THROWS TO PLAYER B AND THE FIRST PERSON TO 21 WINS.

5 POINTS



PLAYER A

12 POINTS



PLAYER B

POINT SYSTEM

3 POINTS



HIT THE CENTER OF THE TARGET.

2 POINTS



OUTSIDE THE TARGET.

1 POINT



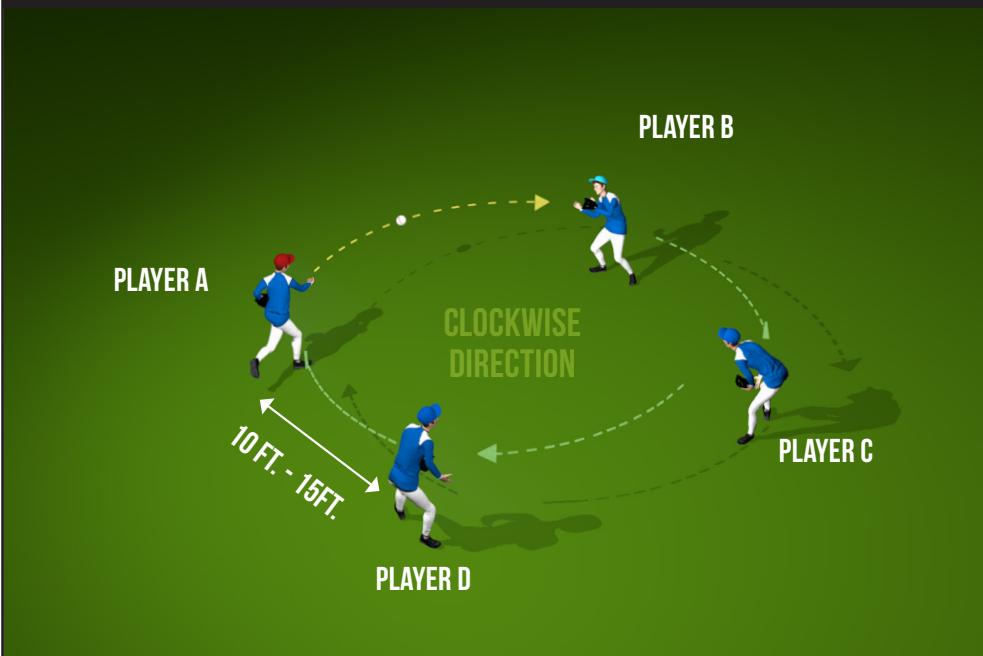
FURTHER OUTSIDE THE TARGET.



DRILL #4 SQUARE DRILL

TARGET SKILL: SOFT HANDS

STEP 1. SET-UP A SQUARE WITH PLAYERS 10-15 FEET APART



PLAYER A
PASSES TO
PLAYER B
AND
CONTINUES IN



STEP 2. PLAYERS MAKE AN UNDERHAND TOSS, LOCKING THE ELBOW, MOVING THEIR FEET, AND MAKING A TOSS TO THE TARGET OF THE PARTNERS ON THEIR LEFT.

THE CATCHER, STAYS IN
A GOOD LOW STANCE.

MOVING THE BALL
TO THE LEFT.



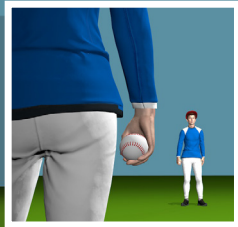
STEP 3. AS THE BALL CONTINUES AROUND THE SQUARE, EACH PLAYER SHOULD MOVE THE BALL AS QUICKLY AS POSSIBLE. TIME THE DRILL FOR COMPETITION BETWEEN GROUPS.



DRILL #5 SAME SIDE TOSS

TARGET SKILL: HANDS/EYE COORDINATION

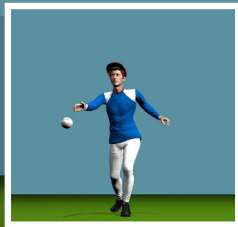
STEP 1. TWO PLAYERS STAND FACING EACH OTHER ABOUT 5-10 FEET APART.



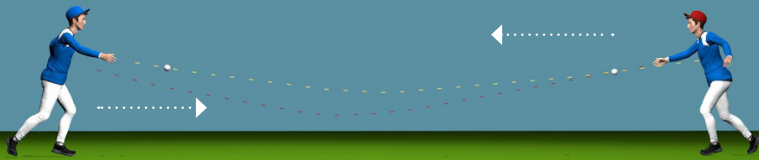
EACH PLAYER HAS A BALL IN THEIR RIGHT HAND



STEP 2. BOTH PLAYERS TOSSES THE BALL AT THE SAME TIME TO EACH OTHER.



PLAYER STEPS INTO THE TOSS



STEP 3. THE BALL IS RECEIVED ON THE LEFT HAND AND GETS TOSSED TO THE RIGHT HAND.



STEP 4. THE TOSS IS RETURNED BACK.

