



DRILL DATABASE

ADVANCED





LETTER TO COACH

DEAR COACH,

THANK YOU FOR YOUR DEDICATION AND COMMITMENT TO YOUTH IN YOUR COMMUNITY. WITHOUT YOU, TOO MANY MAY NOT HAVE THE OPPORTUNITY TO ACCESS AND ENJOY THE SPORT THAT'S AT THE HEART OF WHAT WE DO.

WHETHER YOU ARE JUST PICKING UP A CLIPBOARD FOR THE FIRST TIME OR YOU'VE LOST COUNT OF THE NUMBER OF YEARS YOU HAVE BEEN INVOLVED, THE RED SOX FOUNDATION COACHES BOX PRESENTED BY NIKE HAS BEEN BUILT WITH YOU IN MIND.

WE KNOW THAT YOUR TIME IS VALUABLE SO OUR GOAL IS TO GIVE YOU THE INFORMATION YOU NEED TO HELP YOU RUN A GREAT PRACTICE AND CONTINUE TO UPDATE WITH NEW AND EXCITING DRILLS. WE INTENTIONALLY KEPT OUR PLANS DIRECT AND TO THE POINT. HOWEVER, SOME DRILLS MAY REQUIRE ADDITIONAL EXPLANATIONS FOR SOME.

IN ADDITION, YOU CAN SWAP DRILLS INTO PRACTICE PLANS TO ULTIMATELY CREATE YOUR OWN PRACTICE! THE OPPORTUNITIES ARE ENDLESS.

**BEST OF LUCK, COACH!
RED SOX FOUNDATION**



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ADDITIONAL DRILLS WILL BE ADDED SOON!



Equipment Needed:

- Cones



GROUP WARM UP

AGE RANGE: 8-18

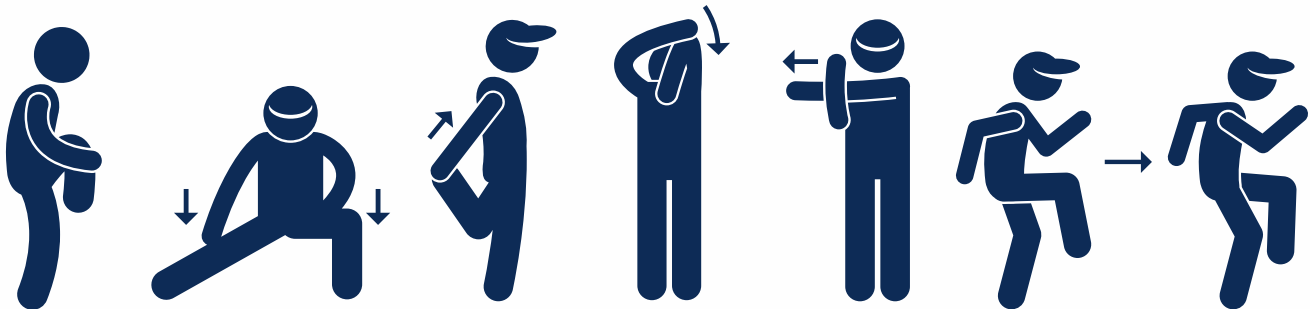
TYPE: WARM-UP

DIFFICULTY: ADVANCED

DRILL DESCRIPTION

Setup:

- Participants should be split up into lines of an equal number (or close to equal).
- The entire stretching routine should take around 15 minutes, but can be modified to be shorter or longer length depending on need. Stretches can be modified if the ground is wet or not suitable to sit or lie down.



Instructions:

- Jumping jacks (count of 10-15)
- High Knees (5-10 seconds)
- Arm circles gradually increasing from small to large (forward and backward)
- Posterior Shoulder Stretch (10-15 seconds and switch arms)
- Reverse shoulder stretch (15-20 seconds)
- Assisted triceps stretch (10-15 seconds and switch arms)
- Trunk twists (5-10 seconds)
- Standing quad stretch (10-15 seconds and switch legs)
- Standing hamstring stretch (10-15 seconds)
- Leaning thigh stretch (10-15 seconds and switch legs)
- Sitting butterfly (5-10 seconds)
- Lying down knee to chest (5-10 seconds and switch legs)
- Karaoke's - Knee Thrusts - Lead Sprints (Up and Back 60 ft)



Equipment Needed:

- Balls
- Bats
- Bases



LIVE BP ROTATIONS

AGE RANGE: 15-18

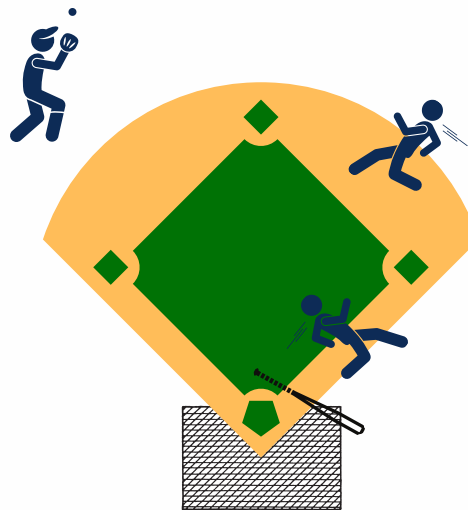
TYPE: BP & BASERUNNING

DIFFICULTY: ADVANCED

DRILL DESCRIPTION

Setup:

- Set-up for Batting Practice and break team into hitting groups of 3 or 4 players
- Group 1 begins hitting while other groups take field at positions
- Hitting groups go through hitting progressions (i.e. bunt, opposite field, move the runner, etc.)



Instructions:

- On the last round of each hitting group, hitters play the last ball they hit as a live ball
- Fielders attempt to make the play and react as they would in a game scenario
- Batter stays on last base reached so they can run on the next live ball (next hitter's live batted ball)
- When approaching home, runners peel off about 20-30 feet before reaching the plate to avoid any potential contact at home



Equipment Needed:

- Bases
- Glove
- Ball



STEALING 2ND BASE

AGE RANGE: 12-18

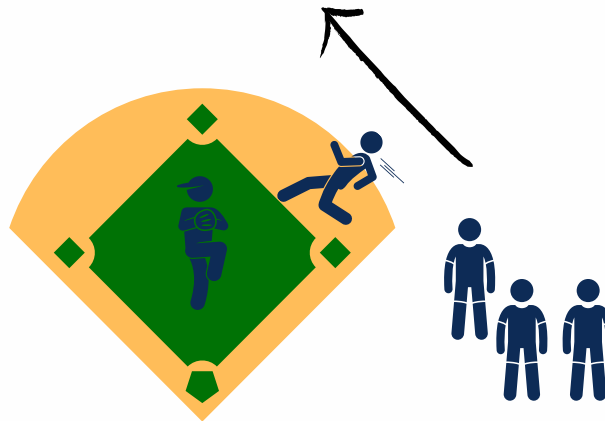
TYPE: BASERUNNING

DIFFICULTY: ADVANCED

DRILL DESCRIPTION

Setup:

- Athletes line up behind 1st Base in a single file line, one baserunner is up at a time
- Place a pitcher on the mound and 1st Basemen cover 1st Base



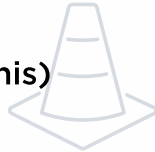
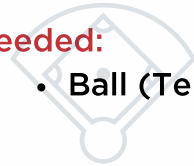
Instructions:

- Baserunner takes lead off of 1st Base while Pitcher comes to set position with 1st Baseman covering the bag
- The pitcher can decide to either:
 - 1) Make a pickoff throw to 1st Base
 - 2) Deliver the ball to home plate (dry wind-up, ball doesn't have to be thrown)
- Baserunner must read pitcher and successfully steal 2nd Base, or safely return to 1st Base if the pitcher decides to throw over
- Baserunners should watch heel of the pitcher's stride foot to begin running when the heel goes towards home plate



Equipment Needed:

- Bases
- Ball (Tennis)
- Cones



TENNIS BALL DROP

AGE RANGE: 12-18

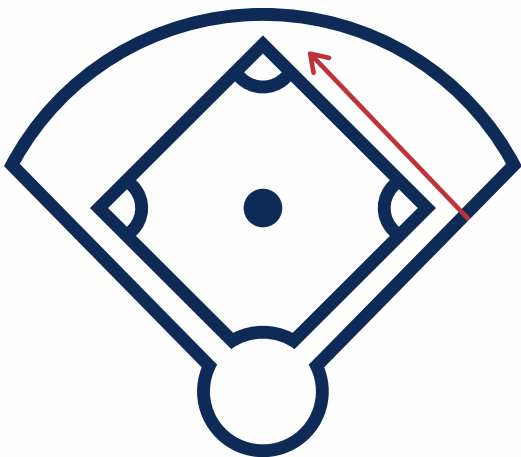
TYPE: BASERUNNING

DIFFICULTY: ADVANCED

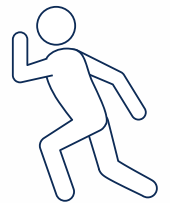
DRILL DESCRIPTION

Setup:

- Players line up at 1st Base - one at a time
- A coach will stand about 10-20 feet ahead of the runner directly towards 2nd Base holding a tennis ball at chest height



GO!



Instructions:

- Runner takes lead off base (or ready position for softball)
- Coach will drop the ball and let it bounce on their mark
- The runner explodes towards 2nd base and attempts to grab the ball before it bounces twice off the ground
- Adjust distance between coach and players or height of release point depending on athlete's level of quickness



Equipment Needed:

- Ball
- Glove



ROCKER THROWS

AGE RANGE: 12-18

TYPE: THROWING

DIFFICULTY: ADVANCED

DRILL DESCRIPTION

Setup:

- Players partner up and stretch out to long toss, then work back in to 45-60 feet distance
- Athletes start with feet spread a little wider than shoulder length apart, knees bent, and glove side shoulder and leg pointing towards partner



Instructions:

- Starting with weight centered, thrower rocks weight onto back leg, and then drives body (and arm) through their target
- Players continue at their own pace and work to be athletic in their movements
- Players aim to deliver a crisply thrown ball to their partner's chest/glove by fully engaging their lower half



Equipment Needed:

- Balls
- Glove



RUN & GUNS

AGE RANGE: 12-18

TYPE: THROWING

DIFFICULTY: ADVANCED

DRILL DESCRIPTION

Setup:

- Set-up target area for player's to aim for and grab a few balls
- Players stand 10-15 feet away from target area with coach nearby
- Players will go one at a time



Instructions:

- Coach tosses ball lightly in the air near player
- Player runs to spot of the ball, grabs the ball with their throwing hand, and then turn to make a throw into the target area
- Player aims to complete the motion and throw as smoothly as possible with a strong accurate throw
- Players should focus on:
 - Being athletic
 - Grabbing the ball in a 4-Seam/Fastball grip
 - Using their body to deliver the ball to the target area



Equipment Needed:

- Ball
- Glove



LOAD & FIRE THROWS

AGE RANGE: 12-18

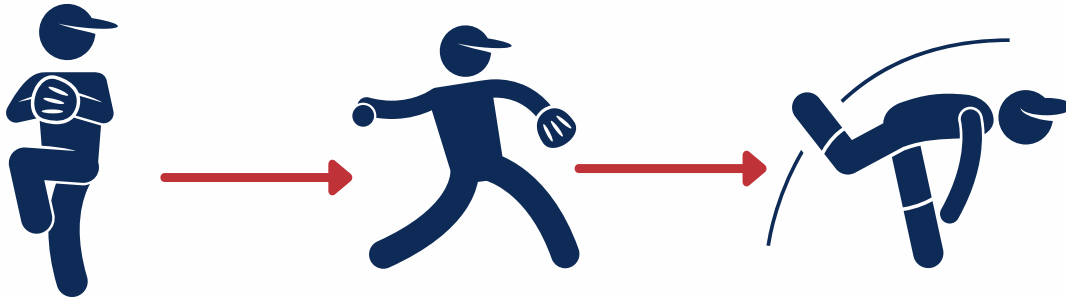
TYPE: THROWING/WARM UP

DIFFICULTY: ADVANCED

DRILL DESCRIPTION

Setup:

- Drill done after stretching out in long toss
- Players, with partners, should set up 50-60 feet apart from each other with one partner starting with the ball



Instructions:

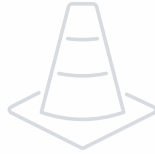
- From comfortable set position with ball in their glove and a 4-Seam grip, athlete athletically hops onto their back leg, loads up their weight, drives their momentum and body through target delivering the ball on crisp line to partner's chest
- Players should aim to engage their lower half, which will help provide more power and more stability in their throws
- Pitchers can add variation by starting in a set position, lifting their leg up to balance point, and then slowly bringing lead foot back down to tap the ground, repeating toe taps 3 times to the ground before coming to the balance point and driving momentum through the target



Equipment Needed:

- Balls
- Glove

- Cones



AROUND THE WORLD 2

AGE RANGE: 12-18

TYPE: FIELDING

DIFFICULTY: ADVANCED

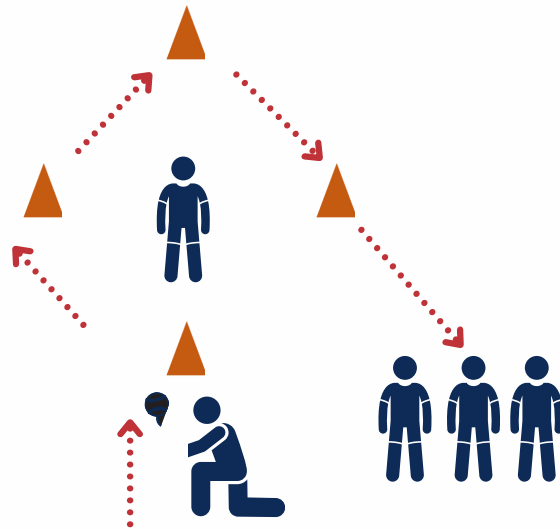
DRILL DESCRIPTION

Setup:

- Set up 4 cones in diamond pattern about 10-15 feet away from each other
- One player starts in middle of diamond while coach will be facing the middle of the diamond with a few balls a couple of feet away

Instructions:

- Coach rolls ground-ball to closest cone (straight ahead)
- Fielding player fields ball cleanly with two hands, tosses ball back to the coach, then heads to next cone, leading with dominate hand (righty throwers head to their right, lefty throwers head to their left)
- 2nd Cone: Player receives backhand ground-ball, tosses It back
- 3rd Cone: Player receives glove side ground-ball, tosses It back
- 4th Cone: Player receives slow rolling ground-ball, tosses It back, goes to back of line





Equipment Needed:

- Ball
- Glove



**QUICK HANDS,
QUICK FEET**

AGE RANGE: 12-18

TYPE: WARM UP/FIELDING

DIFFICULTY: ADVANCED

DRILL DESCRIPTION

Setup:

- Throwing partners stand facing each other about 10-15 feet apart as one partner starts with ball



Instructions:

- With feet shoulder width apart and in athletic position, partners will take turns receiving the ball, transferring it to their throwing hand and making an athletic throw to partner
- Fielders should have their glove and throwing hands out in front of them (about chest height), keeping their feet active (light and bouncing like a boxer in the ring)
- Work to receive ball in center of body, make clean transfer, then complete the throw through target as process repeats back and forth and as quickly as possible
- Added Challenge: Both players start with ball. Throw, catch, transfer cleanly.



Equipment Needed:

- Bases
- Bucket of balls
- Glove



DOUBLE PLAY FEEDS

AGE RANGE: 12-18

TYPE: FIELDING

DIFFICULTY: ADVANCED

DRILL DESCRIPTION

Setup:

- Middle Infielders (SS, 2B) form lines at respective positions with one player at each spot performing the drill at a time
- Players are in Double Play depth (see large X's below)
- Place balls in line with the pitcher's mound and about 5-10 feet away from the mound, towards the 2nd Base side of diamond
- Place empty bucket behind 2nd Base



Instructions:

- Roll a ground ball to SS and have them flip, or throw the ball to 2B covering the bag
- The 2B should catch ball cleanly and then drop ball in the empty bucket
- After completing play, player fielding the ground ball should follow their throw and migrate to the other line (SS goes to 2B, 2B goes to SS)
- Once everyone has fielded a ground ball from the SS position, switch to rolling ground balls to the 2B position following the same format as before



Equipment Needed:

- Ball
- Glove



RELAY THROWS

AGE RANGE: 12-18

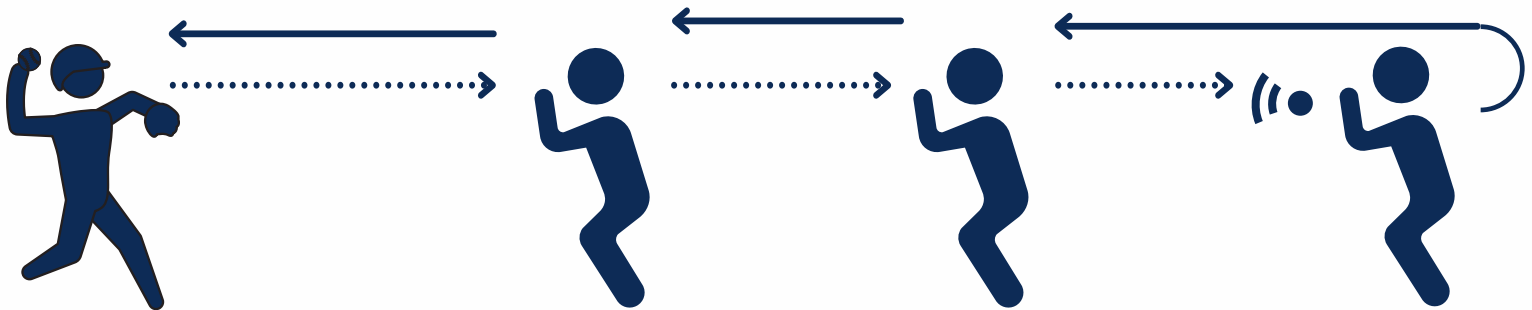
TYPE: WARM UP/FIELDING

DIFFICULTY: ADVANCED

DRILL DESCRIPTION

Setup:

- 3 to 5 players stand in a line 40-60 feet apart from each other
- Multiple lines, teams should be close to equal number of players as possible



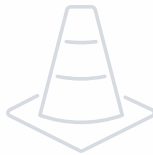
Instructions:

- First player at one end of the line starts with the ball and throws to the closest partner
- Player receiving the throw has hands in the air to mark themselves as target as they would in a game situation
- Player will catch ball and quickly turn glove side to throw it to the next partner using soft hands and quick feet
- Once end player catches ball, player will return the ball to the next partner reversing the direction the ball was originally traveling until ball has reached original starting player



Equipment Needed:

- Glove
- Bucket of balls
- Cones



WIDE RECEIVER
FLY-BALLS

AGE RANGE: 12-18

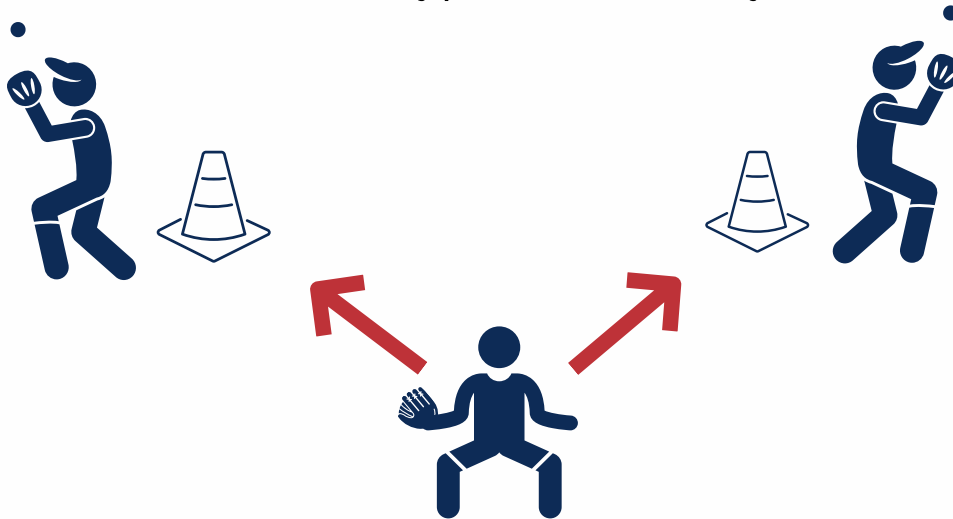
TYPE: FIELDING

DIFFICULTY: ADVANCED

DRILL DESCRIPTION

Setup:

- Mark spot for player and set up two cones diagonally to the player's right and left 30 feet away
- The coach and player should be facing each other about 8-10 feet apart
- Player should be in an athletic ready position and be ready to react



Instructions:

- Player (1 at a time) watches the ball in the coach's hand held above head
- Coach drops arm, pointing left or right, signaling which cone the player should run towards
- Coach throws a fly-ball to the cone when the player is halfway to the cone
- Player looks over shoulder to track ball, locates ball, and runs to the spot where the ball will land aiming to be under the ball and catch with 2 hands
- Repeat the drill with the next player



Equipment Needed:

- Bases
- Glove
- Ball



**IN A PICKLE
(RUNDOWN DRILL)**

AGE RANGE: 12-18

TYPE: FIELDING

DIFFICULTY: ADVANCED

DRILL DESCRIPTION

Setup:

- Outfielders, with batting helmets on, are runners while infielders form two lines at bases
- Baserunner takes a slight lead off of the starting base
- Both bases Involved In the drill should be covered by a fielder



Instructions:

- Runner take off towards the next base with the Intention of getting the fielders to pursue them In a rundown
- Fielders work to chase down the runner and tag them out, or push them back to the previous base they occupied
- Fielders follow their throw, exiting to the right to avoid collisions, and advance to next line to jump In again when needed.
- Infielders should run with ball In their throwing hand and follow the rule of:
 - Throw It to the next fielder If the runner takes off In full sprint
 - Engage the runner (try to run and tag them) If they slow up or try to evade the fielders.



Equipment Needed:

- Balls
- Catchers Gear
- Bases



CATCHER CIRCUITS

AGE RANGE: 12-18

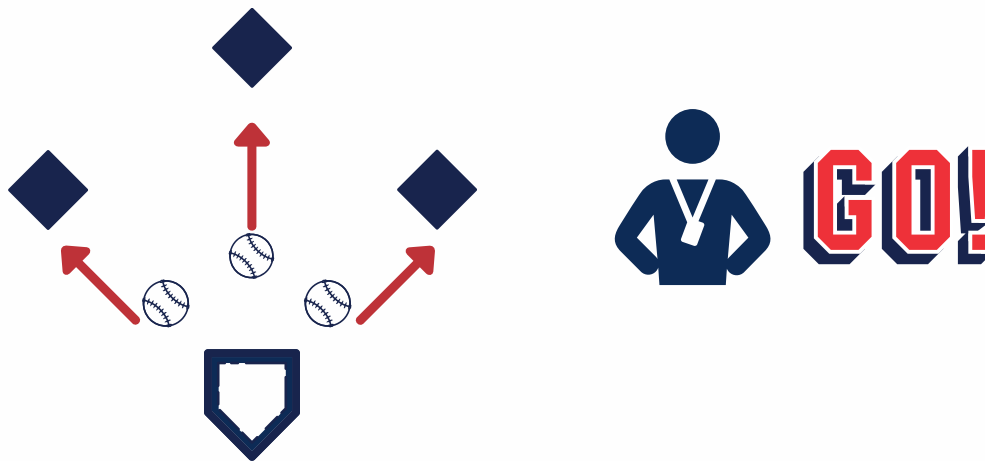
TYPE: FIELDING

DIFFICULTY: ADVANCED

DRILL DESCRIPTION

Setup:

- Grab 4 balls and lay 3 of them out on the field about 3 feet away from home plate; one near the 3rd base line, one near the first base line, and one in front of home plate in line with 2nd base
- Catcher sets up in their stance behind home plate and fielders cover 1st, 2nd, and 3rd Base



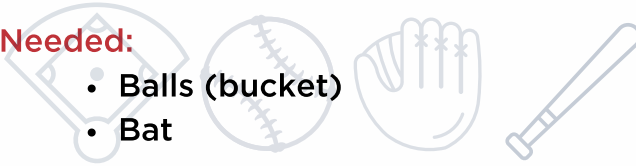
Instructions:

- On your mark, catcher pops up from stance keeping weight low and momentum through 3rd base
- Catcher will field ball with their barehand, set their feet and complete the throw
- Return to stance at home plate and repeat process with the balls in line with 2nd Base and 1st Base
- To finish, catcher receives pitch at moderate speed and fires ball to 2nd Base



Equipment Needed:

- Glove
- Balls (bucket)
- Bases
- Bat



21 OUTS

AGE RANGE: 12-18

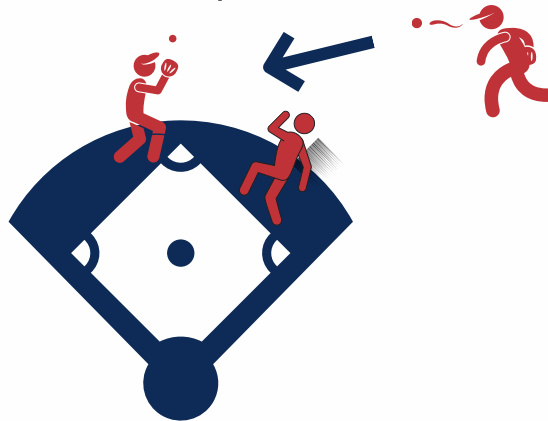
TYPE: FIELDING

DIFFICULTY: ADVANCED

DRILL DESCRIPTION

Setup:

- Coach sets up near home plate with bucket of balls
- Fielders are in every position with extra players grabbing helmets to be runners
- One baserunner will start at home plate



Instructions:

- Hit a ball to any player or section of the field (Get creative!)
- Baserunner starting at home will take off to run the bases once ball is hit
- Players on field must react and work to make an out if possible
- Any baserunner(s) who reach safely will stay on and continue to run unless they get forced/tagged out
- When reaching home plate, runners peel off to avoid any full speed collisions
- Count outs until defense gets to 21
- Hits or runs do not change out total, errors subtract an out



Equipment Needed:

- Bases
- Glove
- Ball



FOUR CORNERS

AGE RANGE: 12-18

TYPE: FIELDING

DIFFICULTY: ADVANCED

DRILL DESCRIPTION

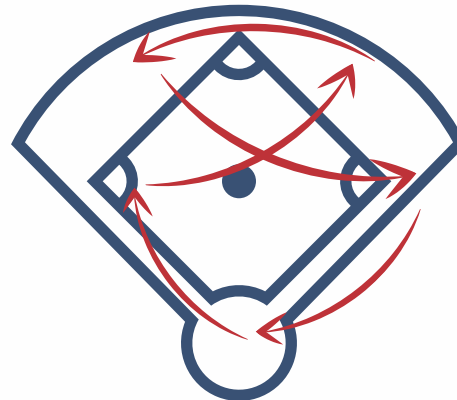
Setup:

- Divide into groups of 4, each standing 30-40 feet away from each other mimicking their positions on the diamond
- Catcher begins with the ball



The Four Corners Pattern:

Home to 3rd - 3rd to 2nd
Base - 2nd Base to SS - SS
to 1st Base - 1st Base to
Home -End



Instructions:

- Players will see how many times they can cleanly catch and throw ball around all four corners in a minute
- Players should have hands up and ready while waiting to help give their teammate a good target
- Any dropped ball or errant throw will reset the tally
- Emphasize clean throws and constant communication between athletes as they must work together to successfully get the ball cleanly around all four corners
- For an added challenge, add in multiple balls.



Equipment Needed:

- Bases
- Balls (soft & hard)
- Glove
- Bat



HOLD THE LINE

AGE RANGE: 12-18

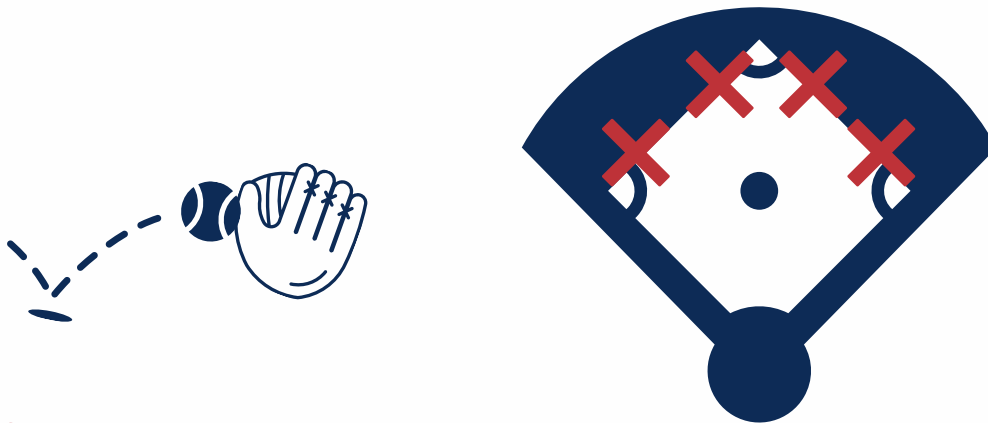
TYPE: FIELDING

DIFFICULTY: ADVANCED

DRILL DESCRIPTION

Setup:

- Coach at home plate with bucket of balls ready to hit to infielders
- Infielders take respective positions and play in on the edge of Infield grass
- Infielders must work from their knees to field ball without standing to force them to use their body and hands efficiently to field



Instructions:

- Hit ground-ball softly to any spot of the Infield with soft baseball or hard baseball depending on age
- Infielders must do whatever they can to field the ball including laying out, diving, and rolling to keep the ball in the infield
- Players use athleticism to make tough plays and put themselves in the best position to field any ball hit their way
- Added Challenge: See how many balls can field cleanly In a row



Equipment Needed:

- Balls (bucket)
- Targets (Nets/Buckets)
- Gloves

OUTFIELD ACCURACY

AGE RANGE: 12-18

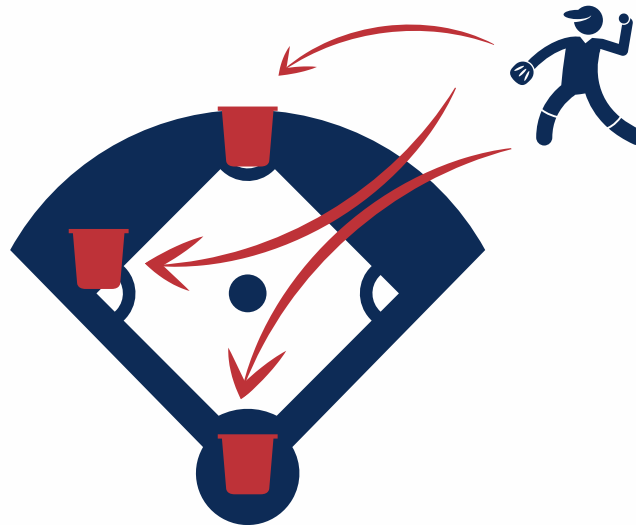
TYPE: FIELDING

DIFFICULTY: ADVANCED

DRILL DESCRIPTION

Setup:

- Set up target areas at 2nd, 3rd, and Home Plate
- Outfielders start In LF, then move to CF, then finish In RF
- Position to hit balls from home plate, and grab an Infielder to help reset buckets and clean up thrown balls



Instructions:

- Hit a mix of fly-balls, grounders, and line drives to outfielders and call out which base to throw to as the fielder is fielding the ball
- Every outfielder should complete a throw to 3rd, 2nd, and Home from each outfield position
- Every thrown ball that hits a target is worth 5 points, most points wins



Equipment Needed:

- Balls (bucket)
- Gloves
- Target Area (Net/Wall/Fence)
- Cones



GOALIE STOPS

AGE RANGE: 12-18

TYPE: FIELDING

DIFFICULTY: ADVANCED

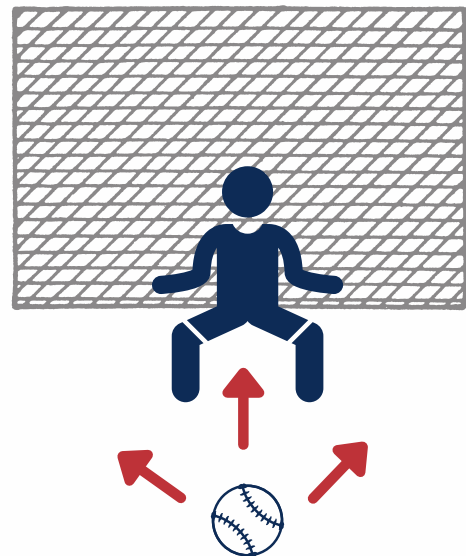
DRILL DESCRIPTION

Setup:

- Find a target area to use as a backstop or "Goalie Net"
- The target area should span about 10-12 feet across and use cones to mark off the ends of the goal area
- Player stands in front of goal area in ready fielding position

Instructions:

- Roll (or hit) a ground ball to the right, left, or center of the player currently in goal area
- Player has 3 attempts to field a ball cleanly
- If a player fields at least one, they go to the next round while failing to field any results in elimination
- Increase the difficulty of the ground balls (higher speed, tougher bounces) as the game progresses to really challenge your players
- When down to two final players, they'll only get one ball to try and field cleanly until one misses and the other fields it cleanly





Equipment Needed:

- Balls (bucket)
- Gloves



OUTFIELD GROUNDERS

AGE RANGE: 12-18

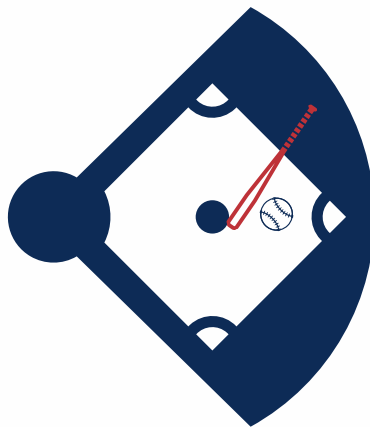
TYPE: FIELDING

DIFFICULTY: ADVANCED

DRILL DESCRIPTION

Setup:

- Grab bucket of balls and find a large open spot on a field (or Outfield)
- Place outfielders In 3 groups (LF, CF, RF)
- Place the bucket of balls around 2nd Base and have an Infielder stand-by to help receive throws back from the outfield



Instructions:

- Hit a mix of ground balls, line drives and fly-balls to outfielders with the focus on hitting them In outfield gaps
- Outfielders must communicate and field the ball but also back up their teammates If the ball Is not hit their way In case a ball gets past them
- Outfielders swap every time after the ball is hit



Equipment Needed:

- Ball
- Batting Tee
- Bat



TURN THE BARREL
DRILL

AGE RANGE: 12-18

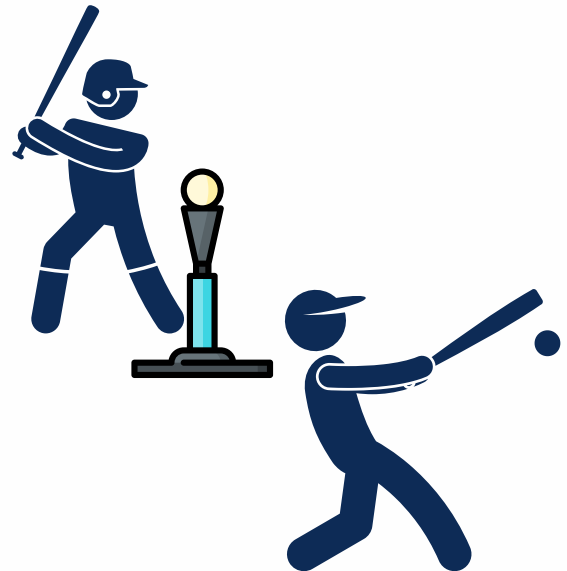
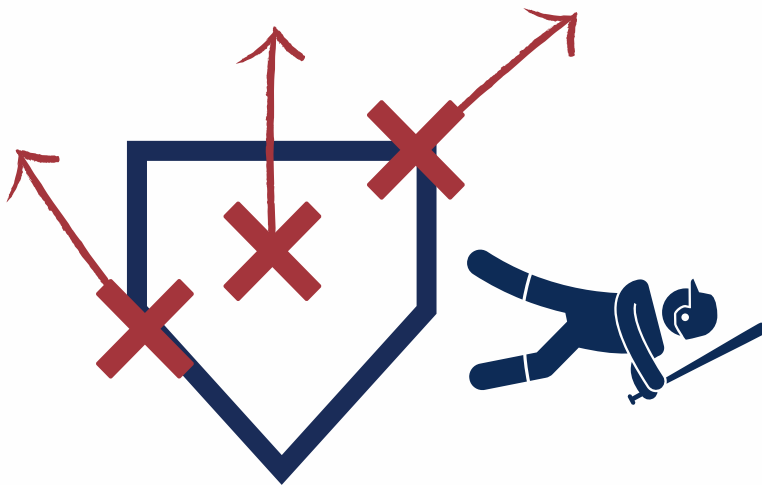
TYPE: HITTING

DIFFICULTY: ADVANCED

DRILL DESCRIPTION

Setup:

- Players start at the tee and get into comfortable batting stance
- Tee can be moved to various parts of the plate to simulate different pitch locations



Instructions:

- Batter shifts weight to their backside with both feet staying on the ground
- Players with a leg kick may allow their front heel lifting slightly
- Once hitter is ready to swing, they can do so and work to hit line drives to the field depending on where the tee is placed



Equipment Needed:

- Ball
- Batting Tee
- Bat



STEP-BACK SWINGS

AGE RANGE: 12-18

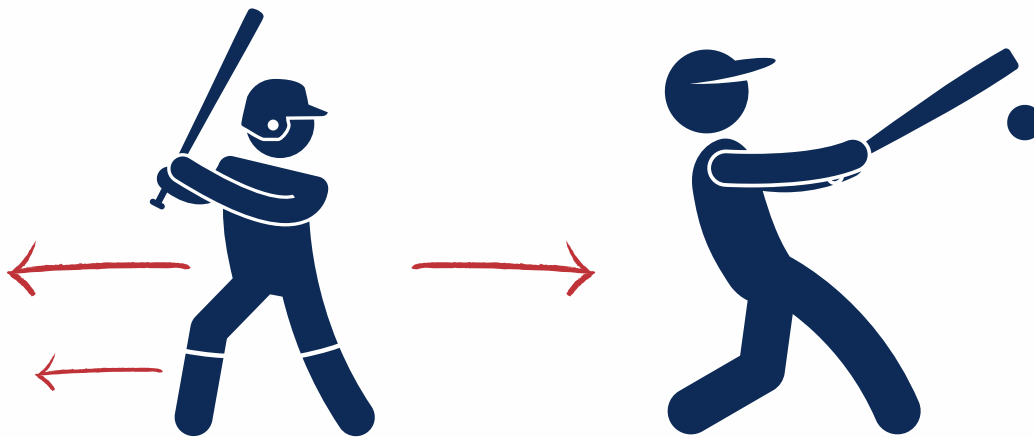
TYPE: HITTING

DIFFICULTY: ADVANCED

DRILL DESCRIPTION

Setup:

- Hitters hit into a net, fence, or open field
- Hitters will start in comfortable stance at the tee with their front knee in line with the center of the tee



Instructions:

- Hitter takes an athletic small step backwards (think towards the backstop) and lets their weight shift back to their back leg/backside allowing their front foot to come off the ground slightly
- After a short pause, the hitter puts their front foot down and explodes through the ball
- A line drive with solid hard contact is accomplished through good rhythm, staying smooth, and engaging the lower half to generate power and stability in their swing



Equipment Needed:

- Ball
- Batting Tee
- Bat



HIGH TEE/LOW TEE

AGE RANGE: 12-18

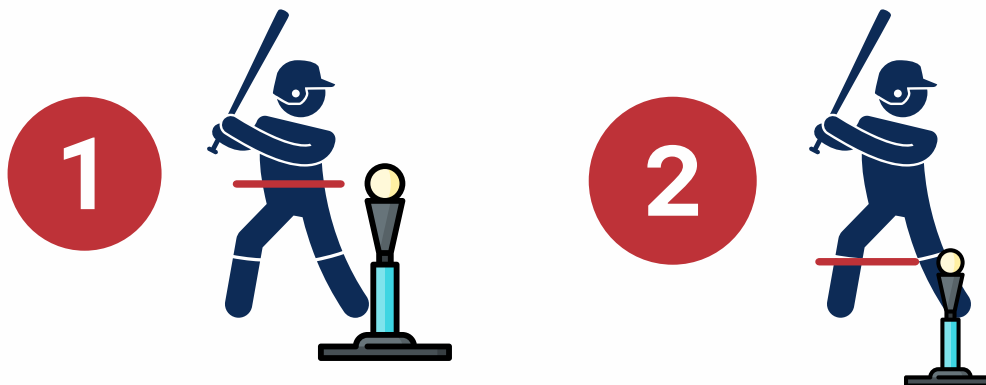
TYPE: HITTING

DIFFICULTY: ADVANCED

DRILL DESCRIPTION

Setup:

- Hitters start in a comfortable stance at the tee in front of a net, fence, or open field
- High-Tee reps should be taken at chest height (think jersey letters) with the player's front knee close to in line with the center of the tee
- Low-Tee reps can be taken at knee height with the tee placed just behind batter's front knee



Instructions:

- Hitters will take 10 swings with the High-Tee, and 10 swings with the Low-Tee
- Hitters should aim for line drives with hard solid contact to the middle part of the field, as well as opposite field for the Low-Tee round
- Players should focus on staying through the ball as long as possible and keeping their hands inside the ball



Equipment Needed:

- Balls (bucket)
- Targets (spare buckets)
- Bats



**BUNTING TARGET
PRATICE**

AGE RANGE: 12-18

TYPE: HITTING

DIFFICULTY: ADVANCED

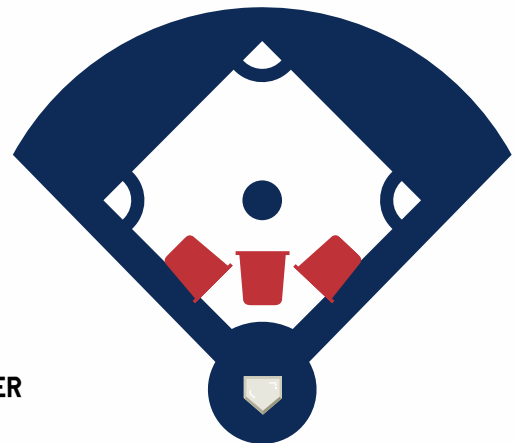
DRILL DESCRIPTION

Setup:

- Bucket of balls placed in line with Home Plate, around 10-15 feet away
- Two empty buckets placed down the foul lines on their side with the open end facing home plate approximately 15-20 feet away
- Players waiting to hit are spread out on the field and help clear field after each hitter



- +5** BUNT INSIDE 1ST/3RD BASE BUCKET
- +4** HITTING 1ST/3RD BASE BUCKET
- +3** SUCCESSFUL BUNT TO 1ST/3RD BASE SIDE
- +1** SUCCESSFUL BUNT HIT IN FRONT OF THE CATCHER
- +0** BUNT HIT DIRECTLY TO PITCHER OR FOUL



Instructions:

- Hitters get set in batters box to receive 5 pitches from the coach
- Hitters aim to bunt the ball in play to score points based on where their bunt goes
- The player, or team, with the highest total after 3 rounds wins



Equipment Needed:

- Frisbee
- Target Area (Net, Partner, Fence, Open Field)



FRISBEE TOSSES

AGE RANGE: 12-18

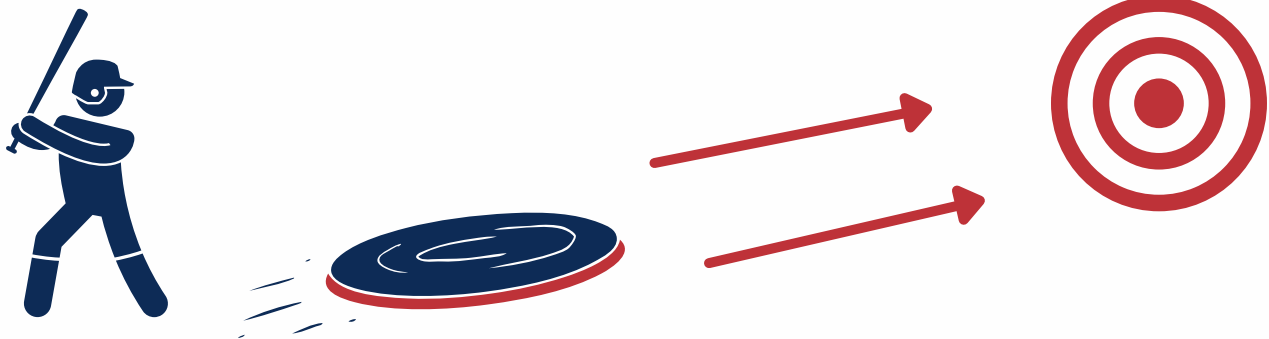
TYPE: HITTING

DIFFICULTY: ADVANCED

DRILL DESCRIPTION

Setup:

- Find Frisbee and a target area (or partner) to throw to
- Set up in comfortable batting stance with one hand placed on one side of the Frisbee, and the other hand placed on the other side
- Hands will be pressed together like giving yourself a high-five and should be positioned right where they would be normally in your stance.



Instructions:

- Fire hips and use lower half to turn arms through the hitting zone as you throw the frisbee towards your target area
- Throwing the Frisbee with two hands will help simulate keeping bat on the same path as ball which is crucial in making consistent hard contact
- Players should focus on staying on a level path (not flat) through the zone and hitting the target area on a solid line
- Players should keep bottom hand "Palm Up" through the hitting zone