



DRILL DATABASE

BEGINNER





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**



TABLE OF CONTENTS

LETTER TO COACH	2	RUN & GUNS	15
TABLE OF CONTENTS	3	RELAY THROWS	16
STATIC & DYNAMIC STRETCHING ..	4	QUICK HANDS, QUICK FEET	17
RUNNING THROUGH FIRST BASE	5	SOFT TOSS CATCH	18
FIRST BASE DECISION	6	BAREHAND GROUNDERS	19
FIRST TO THIRD	7	BERMUDA TRIANGLE	20
ADVANCING 2 BASES	8	SELF-TOSS CATCH	21
RUN THE BASES	9	WIDE RECEIVER FLY BALLS	22
BASERUNNING CIRCUIT	10	RSF MINI GAME	23
RELAY RACE	11	INTRO TO SWINGING	24
INTRO TO THROWING	12	TEE TARGET PRACTICE	25
PARTNER KNEE THROWS	13	OFF THE BOUNCE SWING	26
ROCKER THROWS	14	SOFT TOSS HITTING	27

ADDITIONAL DRILLS WILL BE ADDED SOON!



Equipment Needed:

- Cones



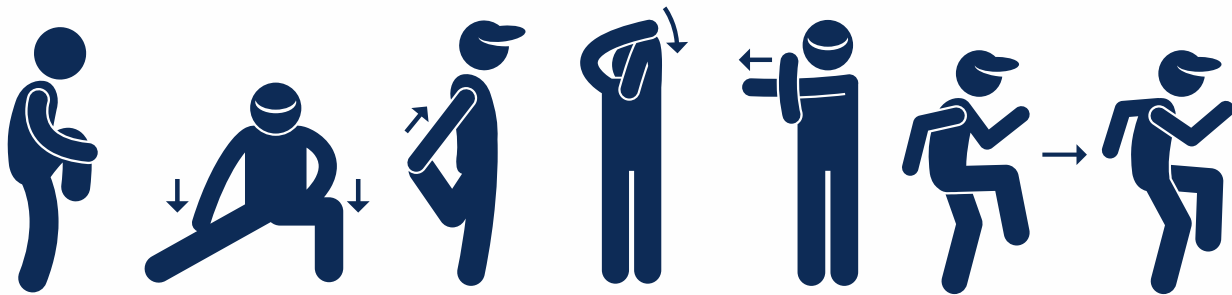
**STATIC & DYNAMIC
STRETCHING**

AGE RANGE: 5-18

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



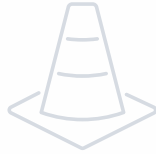
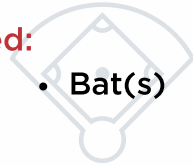
Potential Group Stretches/Activities:

- 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)



Equipment Needed:

- Bases
- Cones



**RUNNING THROUGH
FIRST BASE
AGE RANGE: 5-18**

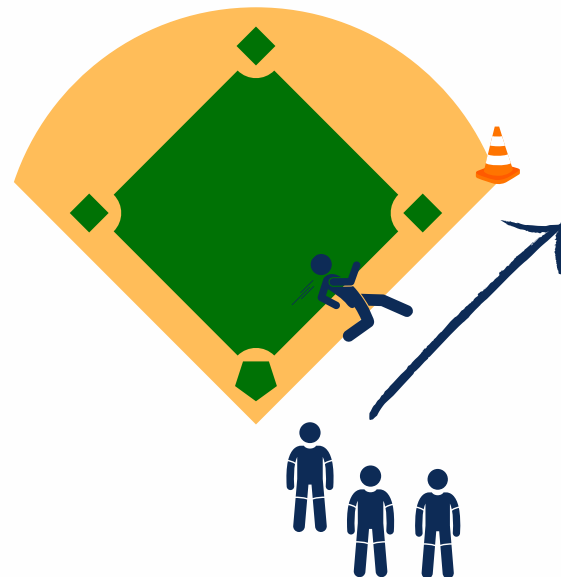
TYPE: BASERUNNING

DIFFICULTY: EASY

DRILL DESCRIPTION

Setup:

- Team lines up at Home Plate
- Cone placed 5 feet after first base
- Player begins in the batters box



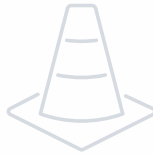
Instructions:

- Batter takes swing, drops bat, and runs hard through 1st base
- Runner should aim to connect with the front, middle to right side of the bag with their foot
- After tagging the bag, the runner should break down at the cone using wide, short choppy steps, and look over their right shoulder to see if there was an errant throw (which they could potentially advance 2nd Base on)
- Once they slow down and look to see where the ball is, they should turn toward foul territory and jog back to 1st base



Equipment Needed:

- Bases
- Cones



FIRST BASE DECISION

AGE RANGE: 5-18

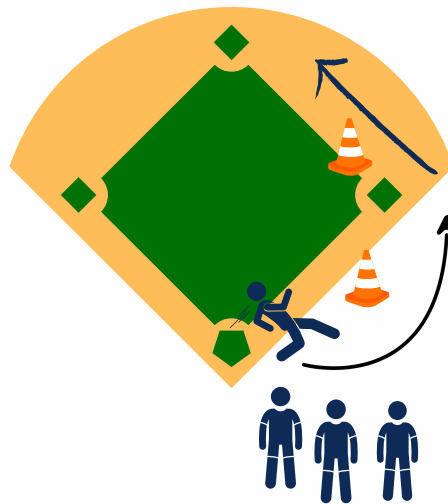
TYPE: BASERUNNING

DIFFICULTY: EASY

DRILL DESCRIPTION

Setup:

- Place a cone 15 feet in front of first base (the location of where players would begin to round the base to head to second base) and another cone 5-10 feet past first base on the way to second base. The coach will stand in the coaches box at first base



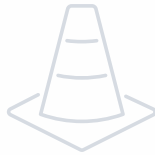
Instructions:

- Player simulates swing from batters box and then sprints to 1st Base
- Before reaching the first cone, coach will say "Round It!" to signal for a potential extra-base hit
- Player will execute a Banana Turn, round 1st Base, and slow up in athletic position at the 2nd cone
- Coaches can either yell, "Go" to signal runner advancing to 2nd Base, or "Come Back" to signal runner returning to 1st Base
- The current runner should return to the end of the line at home plate and the next baserunner can then begin the drill



Equipment Needed:

- Bases
- Cones



FIRST TO THIRD

AGE RANGE: 5-18

TYPE: BASERUNNING

DIFFICULTY: EASY

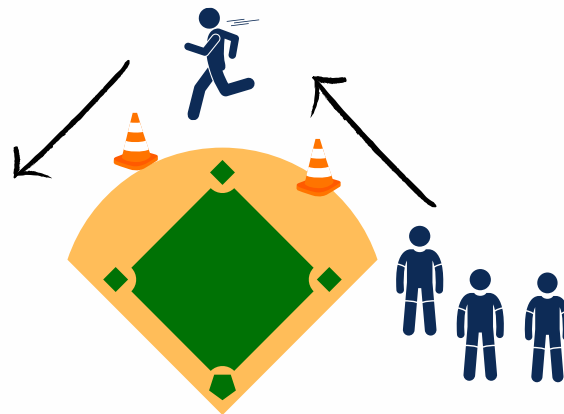
DRILL DESCRIPTION

Setup:

- Place a cone 10 feet in front of second base and another 5 feet past second base, going towards third
- Players line up at first and the coach stands behind third



GO!



Instructions:

- On coach's mark, first player in line takes short lead from first base, then springs towards second
- As they approach 2nd Base, baserunner should look at their coach (located at 3rd Base)
- If the coach signals to stop, baserunner should stop at 2nd Base
- if the coach signals to go to 3rd, then the baserunner will round 2nd Base and slide feet first Into 3rd Base
- Repeat until every player has gone at least once



Equipment Needed:

- Cones
- Bases



ADVANCING 2 BASES

AGE RANGE: 8-18

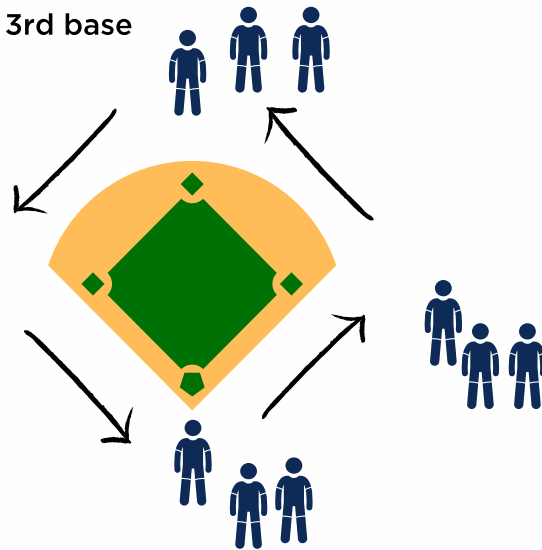
TYPE: BASERUNNING

DIFFICULTY: EASY

DRILL DESCRIPTION

Setup:

- Split the team into 3 separate groups with one group starting at home plate, another starting at 1st base, and the final group starting at 2nd base
- Place a cone 8-10 ft before each bag to show where players should begin their "banana turn"
- Coaches should be located at 1st, 2nd, and 3rd base



Instructions:

- Players will run and advance 2 bases (Home to 2nd, 1st to 3rd, and 2nd to home)
- Players work on taking wide turn at the cone before touching each base in order to hit the inside of each bag, which creates a more direct path to the next base
- Coaches at bases can kneel and point to inside of base to help show runner where they should be hitting the bag which also helps players to look for their coaches when running the bases



Equipment Needed:

- Cones
- Bases



RUN THE BASES

AGE RANGE: 5-18

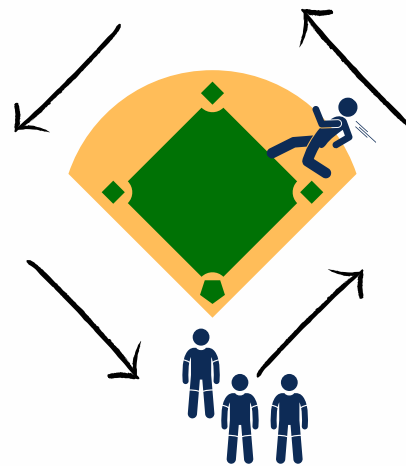
TYPE: BASERUNNING

DIFFICULTY: EASY

DRILL DESCRIPTION

Setup:

- Arrange cones or bases in a diamond
- Younger players (5-12) should have 60 foot bases, older players (13+) can run the full 90 foot base-paths



Instructions:

- Starting at home plate, everyone jogs to 1st, 2nd, 3rd, then home in a line
- Round 2: Line starts at home and on “go” the first player runs to 1st Base and stays there
- On the next “go,” player on 1st advances to 2nd base with new runner ending at first
- Repeat with all players running and all advancing until each player scores at home plate
- One coach should be at home plate to help avoid any collisions and keep players aware of the drill action

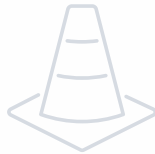


BASERUNNING CIRCUIT

AGE RANGE: 8-18

Equipment Needed:

- Cones
- Bases



TYPE: BASERUNNING

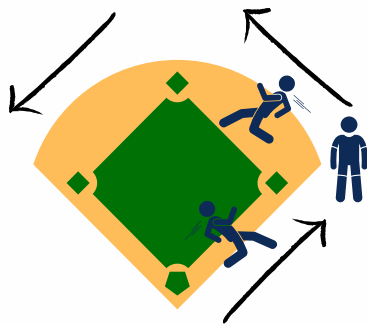
DIFFICULTY: EASY

DRILL DESCRIPTION

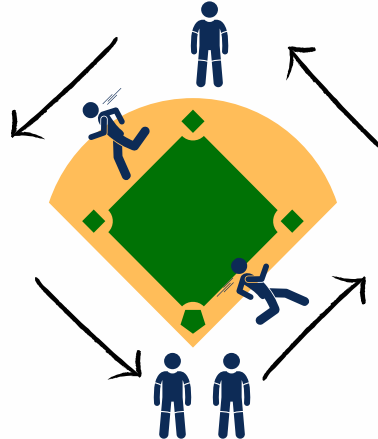
Setup:

- Arrange cones or bases in a diamond
- Younger players (5-12) should have 60 foot bases, older players (13+) can run the full 90 foot base-paths
- Players line-up at home plate to start (single file) for each circuit

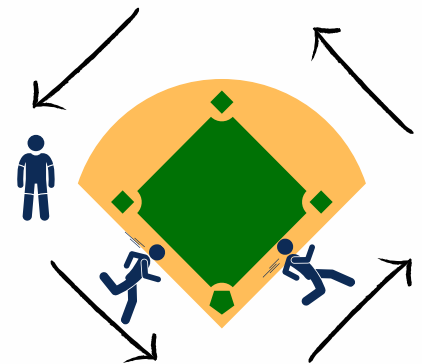
CIRCUIT 1



CIRCUIT 2



CIRCUIT 3



Instructions:

- Circuit 1:
 - Players begin by running in a sprint through 1st base
 - Runners stop at 1st and take a short lead to then run from 1st to 3rd base
- Circuit 2:
 - Players begin by running to 2nd for a double
 - Runners pause briefly, then begin running home as if trying to score on a base hit
- Circuit 3:
 - Players begin by running to 3rd for a triple
 - Runners can pause briefly at 3rd base as they visualize tagging up on a fly ball
- Allow 4-5 seconds between each runner as they work to complete the circuit



Equipment Needed:

- Ball
- Glove
- Target Area (Net, Fence)



INTRO TO THROWING

AGE RANGE: 5-12

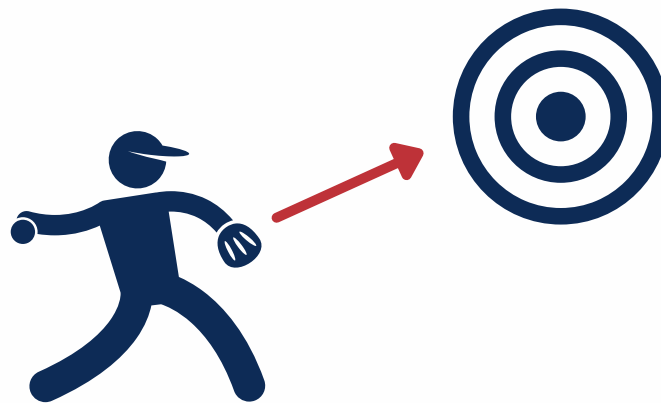
TYPE: THROWING

DIFFICULTY: EASY

DRILL DESCRIPTION

Setup:

- Utilize outfield fence (or net) as a target area
- Line players up in either single file formation or all along the warning track about an arm's length apart



Instructions:

- Show players how to properly grip a baseball/softball (fingers on top of ball and seams, thumb underneath)
- Players pick a spot along the fence (at eye-level or above), then take 6 steps back
- Players should verbally say "ready" once they have their eyes on the target to reinforce looking at your target before throwing
- With eyes on their target, they must attempt to hit their target by throwing the ball into the fence
- Ensure that each player waits to go grab their ball after their teammates around them have thrown



Equipment Needed:

- Ball
- Glove



PARTNER KNEE THROWS

AGE RANGE: 8-18

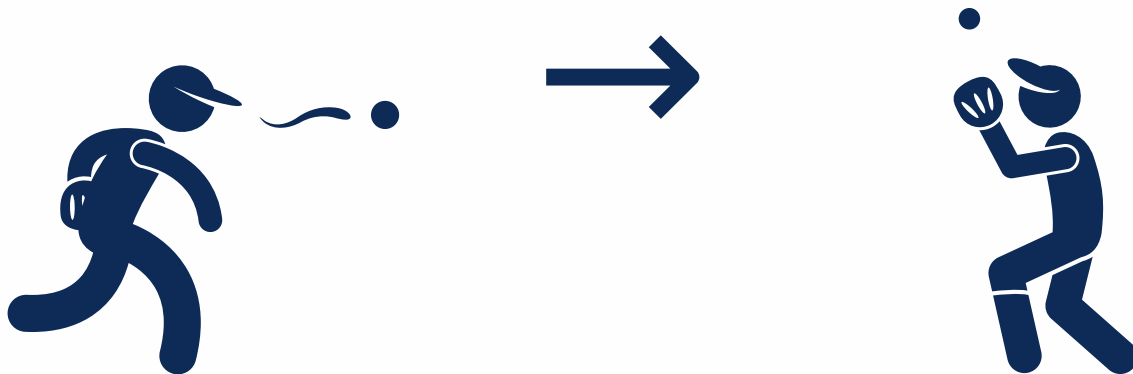
TYPE: WARM UP/THROWING

DIFFICULTY: EASY

DRILL DESCRIPTION

Setup:

- Players pair up based on similar throwing/catching abilities
- Players should make two lines with pairs facing each other about 15 feet apart, although distance can be adjusted based on age/ability of players



Instructions:

- Players will kneel on their dominant knee (throwing side)
- One partner starts with the ball
- Players drive/turn their hips and then throw the ball to each other while focusing on being athletic and hitting their partner in the chest area
- Receiving players should hold out their glove around chest/ shoulder height to help give a good target for their partner to aim for



Equipment Needed:

- Ball
- Glove



ROCKER THROWS

AGE RANGE: 8-12

TYPE: THROWING

DIFFICULTY: EASY

DRILL DESCRIPTION

Setup:

- Players partner up and stand about 10-15 feet apart from each other
- One partner starts with ball



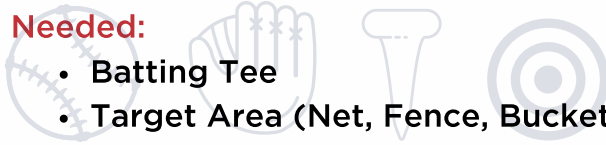
Instructions:

- Thrower will start with their weight centered, feet spread a little wider than shoulder length apart, knees bent, and with their glove side shoulder and leg pointing towards their partner
- Thrower will then rock their weight onto their back leg, and then drive their body (and arm) through their target
- Players should perform this movement at their own pace and work to be athletic in their movements in order to deliver a crisply thrown ball to their partner's chest/glove
- Throw for 10 minutes before increasing distance



Equipment Needed:

- Ball
- Glove
- Batting Tee
- Target Area (Net, Fence, Bucket)



RUN & GUNS

AGE RANGE: 5-12

TYPE: THROWING

DIFFICULTY: EASY

DRILL DESCRIPTION

Setup:

- Set-up target area
- Grab a bucket of balls and place a ball on a batting tee 10-15 feet away from the target area
- Players will go one at a time and start halfway between the target area and tee.



Instructions:

- Player runs to the tee, grabs ball with their throwing hand, and then turns to make a throw into the target area
- As players hit the target more frequently, move the tee back to increase the distance, therefore increasing the challenge of the drill
- Be sure to emphasize that players should be focusing 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



RELAY THROWS

AGE RANGE: 8-18

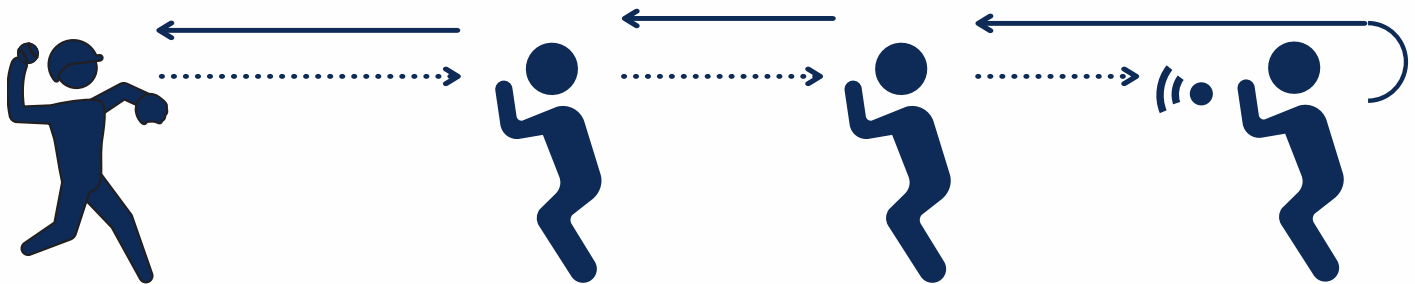
TYPE: WARM UP/FIELDING

DIFFICULTY: EASY

DRILL DESCRIPTION

Setup:

- 3 to 5 players stand in a line 20-40 feet apart from each other
- With 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:

- Ball
- Glove



**QUICK HANDS,
QUICK FEET**

AGE RANGE: 10-18

TYPE: WARM UP/FIELDING

DIFFICULTY: EASY

DRILL DESCRIPTION

Setup:

- Throwing partners stand facing each other about 10-15 feet apart
- 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 and light
- Work to receive ball in center of body, make clean transfer, then complete the throw through target as process repeats back and forth



Equipment Needed:

- Ball (plastic/foam)
- Glove



SOFT TOSS CATCH

AGE RANGE: 5-12

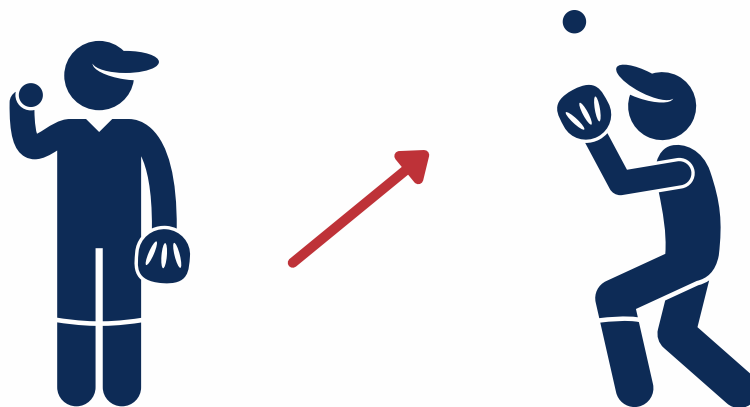
TYPE: FIELDING

DIFFICULTY: EASY

DRILL DESCRIPTION

Setup:

- Players partner up and face each other 4 giant steps apart
- Each pair has a plastic/foam ball to practice throwing and catching with each other
- Emphasize about watching the ball the entire way, catching the ball with two hands and cradling it softly towards their chest



Instructions:

- Player starting without the ball should make eye contact with their partner and should say “ready” to signal that the repetition can begin
- Tossing partner softly tosses the ball in an underhand motion towards their partner
- Catching partner should be watching ball the entire way and working to use both hands to secure it
- After securing the catch, players swap roles and repeat the toss/catch repetition.
- Be sure to remind players to let the ball come to them (so players don't “stab” at the ball) and to bring the ball towards their chest as they secure it



Equipment Needed:

- Ball



BAREHAND GROUNDERS

AGE RANGE: 5-18

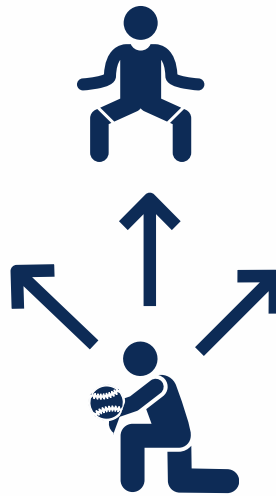
TYPE: FIELDING

DIFFICULTY: EASY

DRILL DESCRIPTION

Setup:

- Infielders partner up and face each other 5 feet apart
- One partner starts with the ball and kneels while rolling the ball to their partner



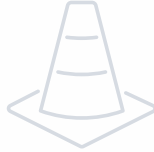
Instructions:

- Fielders will receive nine repetitions a turn (3 balls rolled out front, 3 rolled to their left, 3 rolled to their right)
- Fielder works to cleanly field the ground ball, secure it towards their chest, and then toss it back to their partner so they can receive the next ball
- After receiving nine ground balls, the partners can switch roles
- Remind players that they can open their stance on balls rolled to their left & right and balls rolled to their throwing arm side should be fielded backhand
- Balls should be rolled slowly at first, but can be more varied as players get more experience.



Equipment Needed:

- Ball
- Cones
- Glove



BERMUDA TRIANGLE

AGE RANGE: 5-18

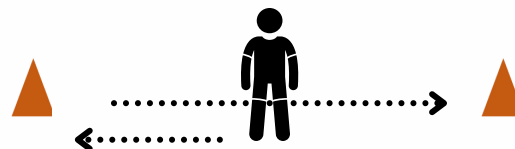
TYPE: FIELDING

DIFFICULTY: EASY

DRILL DESCRIPTION

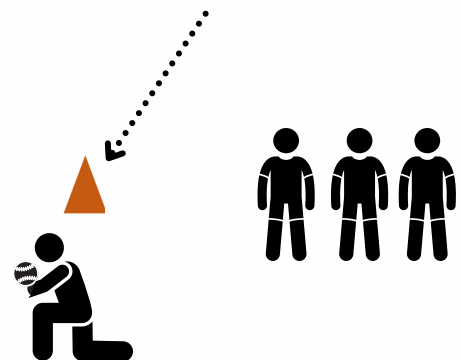
Setup:

- Set up 4 cones in a diamond pattern about 8-10 feet away from each other.
- One player starts in the middle of the diamond while the coach will be facing the middle of the diamond with a few balls a couple of feet away



Instructions:

- When ready, the coach will roll a ground ball directly where the player is standing
- The fielding player should field the ball cleanly with two hands, toss the ball back to the coach, and then head to the first cone (righty throwers head to their right, lefty throwers head to their left)
- The player will next receive a backhand ground-ball and toss it back to the coach
- The player then fields to their glove side going to the next cone
- Players will end on a slow rolling ground-ball that they field cleanly and toss back to their coach before heading to the back of the line





Equipment Needed:

- Ball (tennis or regular)
- Glove



SELF-TOSS CATCH

AGE RANGE: 5-18

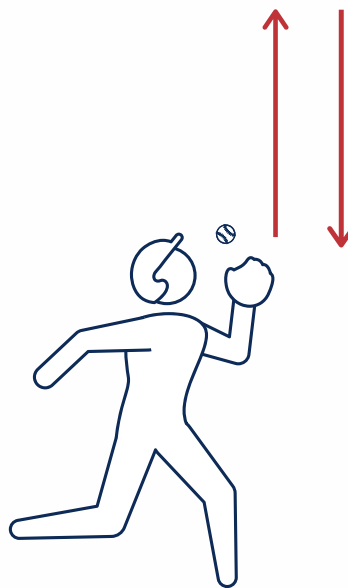
TYPE: FIELDING

DIFFICULTY: EASY

DRILL DESCRIPTION

Setup:

- Players get their gloves and spread out from each other. Each gets a Tennis Ball



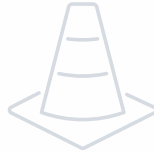
Instructions:

- Each player “challenges” themselves to toss the tennis ball up in the air and cleanly catch it as it comes back down
- Emphasize to your players that they should have their eyes on the ball, and should be moving their feet to get underneath the ball
- Players should be working to catch the ball with two hands (throwing hand secures the catch)
- After players have practiced for a few minutes, challenge them to see how many catches they can make in a row



Equipment Needed:

- Balls (Tennis)
- Cones
- Glove



**WIDE RECEIVER
FLY-BALLS**

AGE RANGE: 5-18

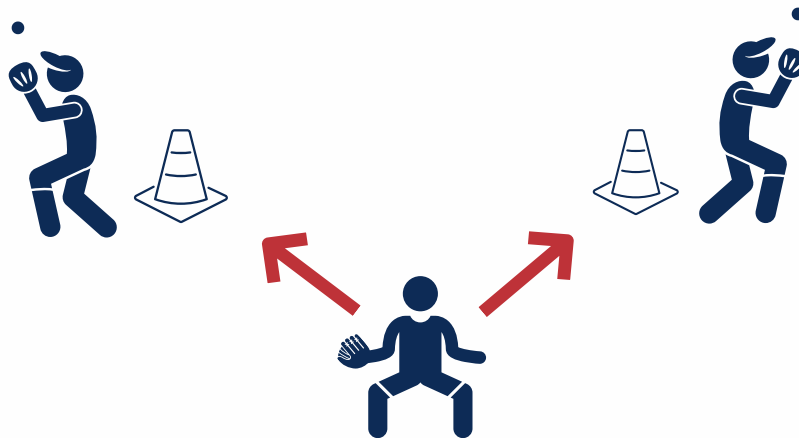
TYPE: FIELDING

DIFFICULTY: EASY

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:

- Ball (Plastic or Foam)
- Bat (Plastic/Foam)
- Bucket
- Bases (throw down)



RSF MINI-GAME

AGE RANGE: 5-18

TYPE: HITTING/FIELDING

DIFFICULTY: EASY

DRILL DESCRIPTION

Setup:

- Grab a bat, a ball, and a bucket
- Mark out bases about 25 feet apart from each other
- Split players into two teams
- One team plays defense and the other is on offense with the coach pitching
- Have defense line up in normal positions with majority of youth in the outfield
- Place a bucket for the balls directly behind 2nd base
- Cones can also be used to show where younger players can position themselves in the field



Instructions:

- Each batter gets 3-5 swings and runs to 2nd base (regardless of where the ball is hit) on the last pitch
- Batter's goal is to get to 2nd Base before the defense can field the ball, and get the ball into the bucket
- If the ball reaches the bucket before the batter, the batter moves back into the field to play defense
- If the batter is safe, they stay on 2nd and run to 3rd Base on the next live ball. Upon reaching 3rd Base, they should then head out to the field to grab a defensive position



Equipment Needed:

- Ball
- Bat



- Batting Tee



INTRO TO SWINGING

AGE RANGE: 5-18

TYPE: HITTING

DIFFICULTY: EASY

DRILL DESCRIPTION

Setup:

- Grab a bucket of balls and set hitter up at a home plate area
- Make sure they have a bat they can comfortably hold, and you know whether they swing right or left handed
- Set up batting tee on home plate
- Make sure It's a comfortable height for each player



Instructions:

- Spread their feet slightly wider than shoulder-width apart in an athletic position with their knees slightly flexed. Position them around the center of the plate. Non-dominant hand goes towards the knob of the bat, while dominant hand goes directly above it. Make sure they have a relaxed grip and their knuckles are close to lined up
- Help hitter find a comfortable ready position where their hands are in line with their back shoulder and their eyes are focused ahead on the pitcher. Bat can be held more vertical, or more horizontal depending on player's comfort, avoid un-athletic or awkward positions
- Encourage them to swing hard and focus on simply hitting the ball to a certain spot. This will help them focus on achieving a simple task and let their natural athleticism take over



Equipment Needed:

- Ball
- Bat
- Target Area (Net, Hula Hoop, etc.)



TEE TARGET PRACTICE

AGE RANGE: 5-18

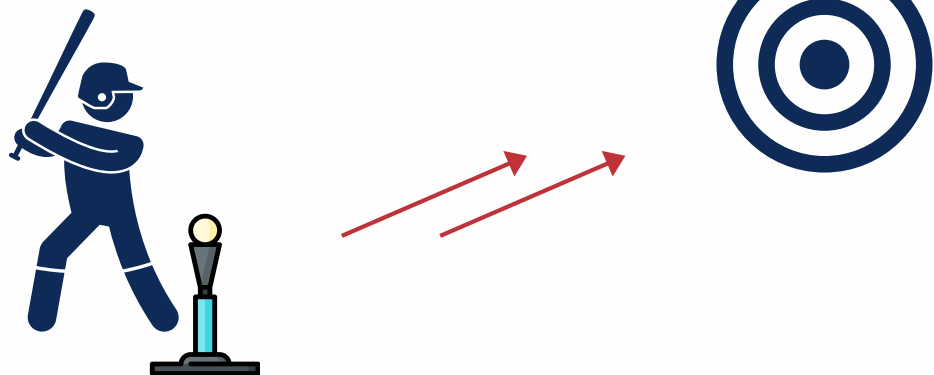
TYPE: HITTING

DIFFICULTY: EASY

DRILL DESCRIPTION

Setup:

- Players split into 3 or 4 groups
- Set up batting tee on home plate and lay out a target area (net or hula hoop) in either LF, CF, RF
- Distance of the target area can vary depending on the experience level and age of your athletes
- Place a bucket of balls around home plate



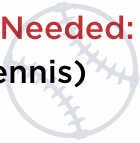
Instructions:

- One team goes at a time with each hitter getting 3 swings to try and hit the target area. You can use this point system to score your players.
 - Hitting a target area = 10 Points
 - Line Drive/Hard Hit Ball to any area of the field = 5 Points
 - Solid Contact = 1 Point
- After 3 rounds, whichever team has the most points is the winner. After each team has gone, be sure to move the target area to help your hitters learn how to hit to all fields.



Equipment Needed:

- Balls (Tennis)
- Bat



**OFF THE BOUNCE
SWINGS**

AGE RANGE: 5-18

TYPE: HITTING

DIFFICULTY: EASY

DRILL DESCRIPTION

Setup:

- Grab Tennis Balls and find a flat spot (Home Plate often works) where hitter can comfortably swing. Separate into teams for a competitive aspect.
- Hitter gets into comfortable batting stance sets up to be hitting into a field of play or a net
- Coach stands in other batters box with a ball in hand



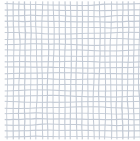
Instructions:

- Bounce a ball straight up and down on the plate or flat surface. Aim to bounce the ball around the middle of the plate (a little left to right is ok) and just off the inside of the player's leading foot (so the ball isn't too deep or far forward in the player's stance)
 - The player's goal is simple, hit the ball hard as it returns to the ground after its first bounce
 - Challenge your hitter's to hit the ball to a certain part of the field or as far as they can



Equipment Needed:

- Bat
- Net/Fence
- Balls



SOFT TOSS HITTING

AGE RANGE: 5-18

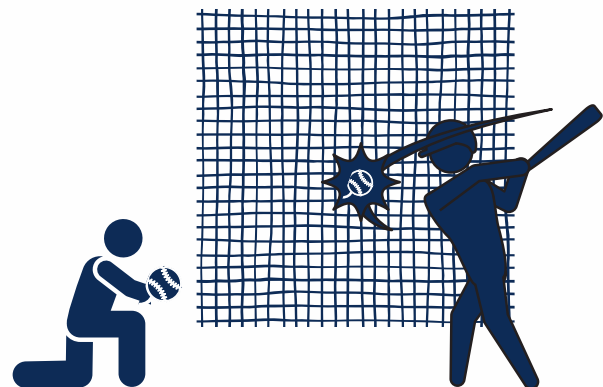
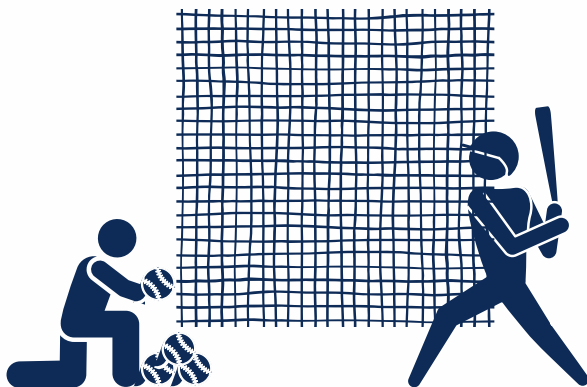
TYPE: HITTING

DIFFICULTY: EASY

DRILL DESCRIPTION

Setup:

- Players partner up and grab 5-10 balls. Set-up to hit in the direction of a net, screen, or fence
- One player will kneel a short distance away from the hitter, who will be set-up in a comfortable batting stance. The tosser should try to angle themselves directly across from the hitter's belt buckle and work to toss each ball towards the hitter's front hip (so the ball stays in front of the hitter).



Instructions:

- Kneeling partner tosses the ball into the strike zone of the hitter. Hitters should have their eyes focused ahead as much as possible (to avoid twisting in their swing)
- After making contact, the hitter resets in their batting stance and the kneeling partner tosses another ball into the strike zone. The hitter should be aiming for a line drive back into the net, screen, or fence
- After set of 5-10 tosses, the partners switch roles and repeat until time is up