

PRE-GAME WARM UP ROUTINE

Start by having your "starters" take the field at their positions, including outfielders too. Extra players take the field and simply line up 15 feet behind them and await their turn.

Start by hitting fly balls and rolling "gapers" to outfield, practicing calling cuts to the infielders ("Cut 2, cut 3, cut 4"). Be sure to coach kids into proper cut off responsibility, including the pitcher backing up bases or home on "Cut 4". After they've all had a chance to field a few, they go to center field for individual work with another coach.

Pitchers should be playing catch and your starter warming up with a coach or extra catcher.

Now you've got your infielders (including catcher(s)). Work on game situations by telling them the situation and calling for the play (e.g. "Go 1, Twist it" etc.). You can also incorporate the "1 and Cover" drill ... a little more complicated, but it essentially has everyone involved and gets the arms loose too. Here's how to do it: First ball hit to 3rd base, 3rd throws to 1st, 1st to Home, home to 3rd and back home. That's round 1. Then hit ball to 1st, he throws home, home back to 1st, 1st to 2nd (SS has the bag), 2nd over to 3rd and 3rd to Home. That's Round 2. Next hit ball to SS, he throws to 1st and "covers" his bag (2nd base), 1st back to 2nd (SS has the bag), 2nd to 3rd, 3rd to Home. That's Round 3. Last ball to 2nd baseman. He throws to 1st and "covers" his bag (2nd base), 1st back to 2nd (2nd baseman has bag), 2nd to 3rd, 3rd to Home. That's the "1 and Cover" drill.

Now we get the catcher more involved by doing a "Rapid Fire" drill wherein he'll throw to each infielder and they throw right back to him. Players are in normal fielding positions, not on bases. Home to 3rd, back Home, Home to SS, back Home, Home to 2nd baseman, back Home, Home to 1st baseman, back Home.

Afterwards, a "4 and Follow" drill to practice fielding bunts ... catcher has an extra ball in his hand (not his glove) ... start by hitting to 3rd baseman, he fields it and throws home. While the ball is in the air he's charging and catcher rolls one to mimic a bunt ... he fields it and throws over to 1st and comes in to dugout. (1st baseman returns the ball to the catcher). Do this for all infielders from 3rd to 2nd baseman. Last ball hit to 1st baseman, he simply throws home and covers first for a throw right back from the catcher. He then stays on first for some final drills with the catcher(s).

You can bring the pitcher out too for a few grounders and bunts at this point having the 1st baseman field and the pitcher cover 1st.

Do a few "Catcher rolls," again mimicking a bunt situation. Catcher gets instance, coach rolls a few balls from behind him down 1st base line, straight and down 3rd base line. Catcher plays the ball and throws to first. Once done with drill, 1st baseman comes in to the dugout.

Finish with foul pop ups to catcher .. again from stance behind the plate, throw a few high in the air and say "UP!" Catcher should turn towards backstop, ID the ball and catch above head. All of this can be done in about 15 – 20 minutes with practice.

✂ Cut off bottom portion here ✂

Pre-Game Routine

1. Outfield (Cut 2, 3 4)
 - a. To CF for fly balls
2. Infield (Go 1, Twist it, 1 'n Cover)
3. Rapid Fire
4. 4 'n Follow
5. Catcher Rolls
6. Pop Ups