



60 Minute Practice - Defensive Practice

Required: 2 coaches, balls, bats, helmets, tees, bases, cones

Difficulty Level: Beginner/Intermediate

Warm-Ups: 15 Minutes (Full-Team)

Dynamic Warm-Up Relays: 7 minutes



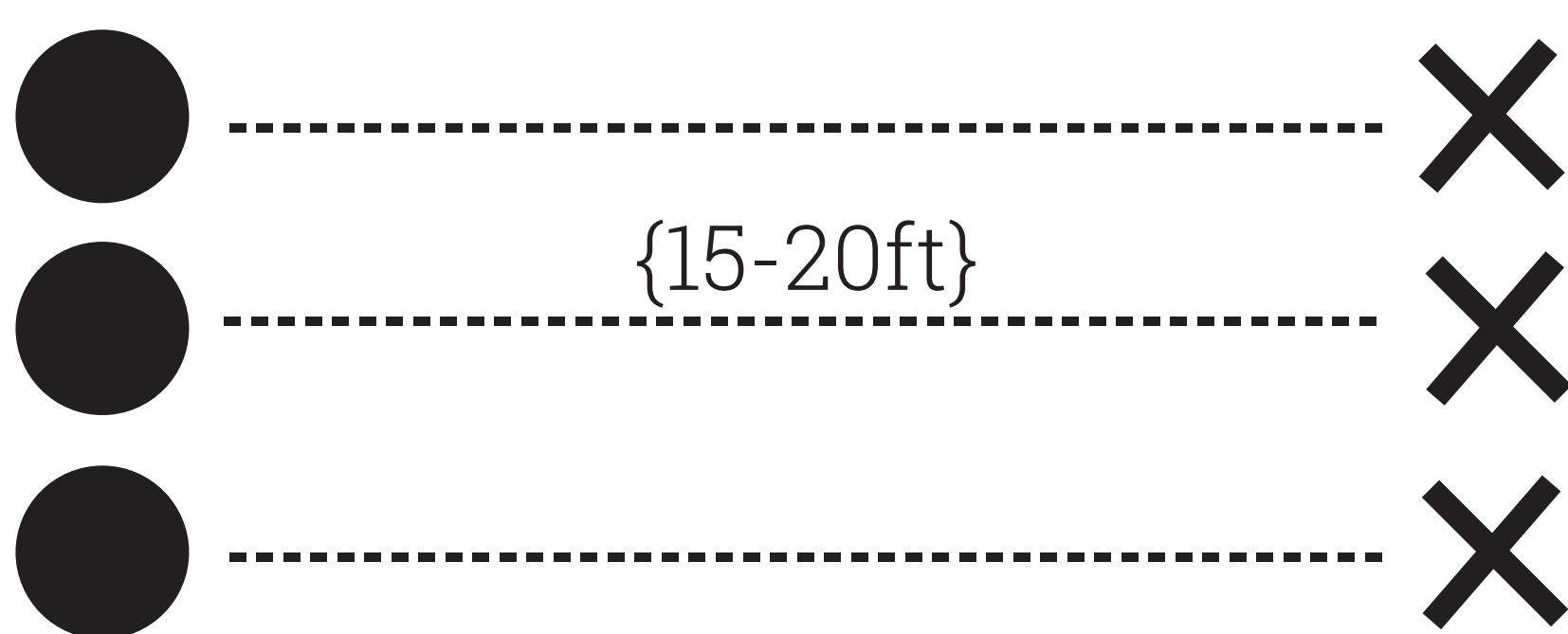
Round 1

1. Run
2. Back Peddle
3. Side Shuffle
4. High Knees

Round 2

1. Butt Kicks
2. Skips
3. Frog jump
4. Lunges

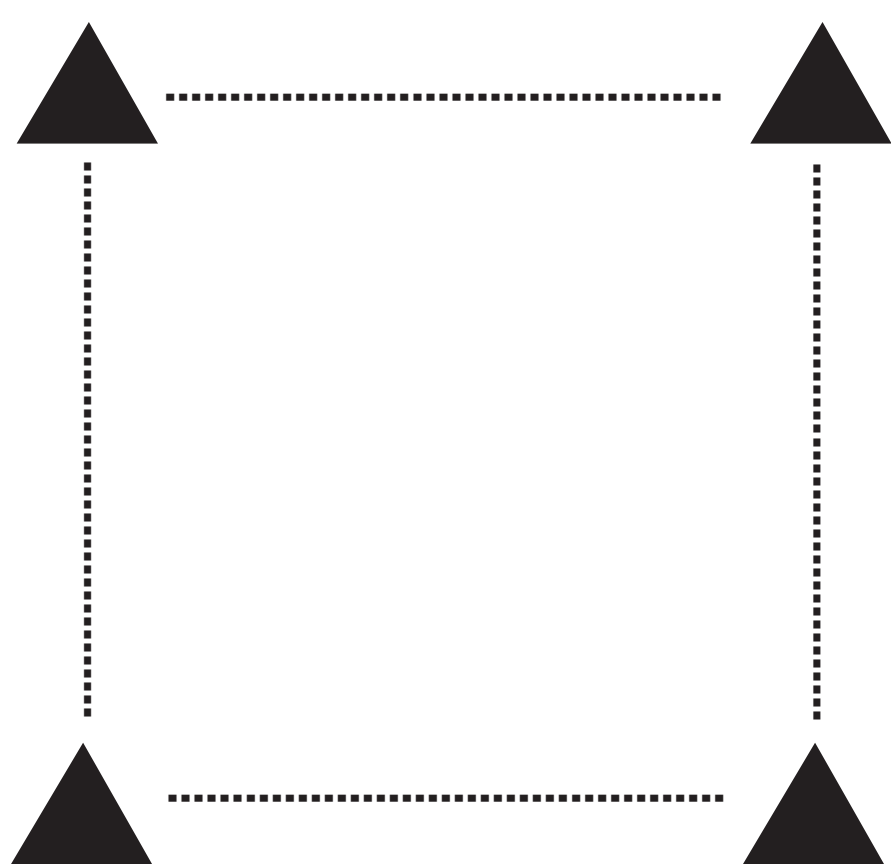
Partner Knee Throws: 8 minutes



1. Players pair up, kneeling 15-20 ft apart
2. Glove side knee is down
3. Play catch from the kneeling position
4. Increase the distance apart after 2-3 catches

Stations: 20 Minutes (Split team into two groups and rotate through each drill)

4-Corners Throwing and Catching



Setup: Divide your players equally amongst the four cones

Round 1: Start the cones at 15-20ft. Hand the ball to one of the cones. Underhand feeds.

1. Player uses the opposite hand, opposite foot and tosses it to the cone to their left hand side
 - A. If they're left handed, it will be a QB option pass
2. Tosser will follow their toss
3. Player who recieves it, repeats action.
4. 5-10 reps each player
5. Reverse the toss to the right hand side of the tosser. This will be a QB option pass.
 - A. Left handed tossers will toss with opposite hand and opposite foot.

Round 2: Start the cones at 90-100ft. Hand the ball to one of the cones. Overhand throws.

1. Thrower takes two shuffles and throw to their left hand side and then follows their throw.
 - A. 5-10 throws for each player
2. Thrower takes one shuffle and throw to their left hand side and then follows their throw.
 - A. 5-10 throws for each player
3. Thrower take no shuffles and throws (quick hands)
 - A. 5-10 throws for each player

Pick-off and Run-downs



Setup: Divide players into four lines. Pitcher starts with the ball.

1. Pitcher picks off runner and follows his throw
2. Run-down insues
3. Once play is over
 - A. Pitcher goes to player-line 2
 - B. Player line-2 becomes runner
 - C. Runner goes to player line-4 (fielder)
4. The goal is to get the run-down complete in 2-3 throws
5. Bonus: switch station for second and third.
6. Bonus 2: switch station for third and home

Game Preparation: 20 Minutes (Full-Team)

Full infield and outfield defense with runners

Setup: Divide your players into four infielders, a catcher, three outfielders, pitcher, and runners. If you don't have a full infield, setup cones like and infield

This is a defensive scrimmage. Work on the situations that your defense needs to work on. Put your runners in different positions with various scenarios. Your goal is to see how your defense moves and shifts with each play. Be conscious of the players who are not involved with the play. Are they moving? Where are they moving? Is it correct or incorrect?