

First Practice: All-stars

Infield: Whole team

Four stations- first base, second base, third base, shortstop

Each player will field a ball at each position making a throw to first base. After fielding the ball each player will rotate to the next position. 1B to 2B, 2B to SS, SS to 3B, and 3B to 1B sprinting behind home plate to get there. Give all players a number in order (index card in pocket). Numbers allow you to know at the end of the group who made a mistake mentally following directions. This will test physical ability as well as ability to listen and process instructions.

Outfield: Whole team

Two stations- LF & RF

Group in LF fields balls (fly balls and ground balls) then makes throws to 3B. Group in RF fields balls and throws to 2B. Switch groups every ball. Players should sprint along outfield fence to change groups. All players have sequential numbers so you can see if anyone has made a mental error following directions.

Make team "A" and team "B" based on performance during individual drills.

Team Defense:

Team "B" takes positions. Use extra players as runners. Run situational defense for six to nine outs. Have a coach hitting with soft toss to get a better feel for players ability to move on pitch and range in the field.

Replace team "B" with team "A". Run the drill again.

This will give you an idea of how your initial thoughts translate to gameplay. Running team "B" first will also show you who your front runners are and who your scrappy players are. Some kids will give up some if they are not picked to play shortstop first. You need to access your team's mental makeup as well as physical all the time.

Base running:

The whole team does situational base running drill. Tell the team to run 3 different situations and split them into 3 groups. Do not address the team again until the drill is complete.

See if players can remember what comes next without coach intervention.