



**Fall Ball Workouts
Week 1 - 10U-12U**

Indoor Practice

First 30 Minutes	<p>Throwing - 8 minutes per group station Drillset 1 - 10 Toes with fastball grip review. Head stays on line, 180* rotation, thumb to thigh Drillset 2 - Hookems - lead with the hip to the target. Slight tilt up at foot strike Drillset 3 - Picks to 1B - sign, coming set, set positions. Jump turns without step off</p> <p>Focus on maintaining direction to the target with the front hip leading. Head, shoulders, feet stay on target line. Get comfortable picking as frequently as possible.</p>
Second 30 Minutes	<p>Fielding - 10 minutes per drill set Drillset 1 - Discuss the 3 hops - Short, Tweener, Long - Pick the hop drills Drillset 2 - 2 Knee Daily Work - No glove/Glove out front transfers, short hops middle Drillset 3 - Fielding in the circle - Right Left Field - out front, stop in fielding position</p> <p>Focus on picking the right hop and getting body into the correct position approaching the ball fielding the ball out front in center of the body. Move through the ball.</p>
Third 30 Minutes	<p>Hitting - 8 minutes per drill Drill 1 - Leads off 1B. Left/Right/Shuffle/Shuffle. Teach secondary when front leg lifts. Steal starts when front leg lifts. Discuss timing - get the foot up on time to get it down on time. Down to start the swing. Drill 2 - Tees - 8 stations - Verbal Load/Push. Slow early load and explosive swing. Drill 3 - Front Toss - 4 stations - Start load when arm goes back, foot down around release.</p> <p>Focus on timing. If the load is fast/late, you'll struggle being on time. Start early and slow and land 50/50 ready to rotate fast and crush baseballs.</p>

Outdoor Practice

60 Minutes to Game Time - 20 Total	<p>Dynamic Warmup & Throwing Progression Flips, 10 Toes, Step to Throw, QB throws, GB/FB throws, long toss - high out, pull down in</p>
40 Minutes to Game Time - 10 Total	<p>Leads at 1B - Eyes on pitcher all the time. Right/Left/Shuffle/Shuffle. Work on secondary leads - shuffle shuffle shuffle sprint back to base. Work on steal start as soon as he lifts.</p>
30 Minutes to Game Time - 10 Total	<p>Relays Fundies - TEACH footwork - Get in line to target, arms up square to thrower, as ball comes, turn to catch with glove side shoulder to target, catch with momentum to target. VERBAL - HIT ME, HIT ME, HIT ME.</p>
20 Minutes of Game Time - 10 Total	<p>Fly Ball Priorities & Communication - TEACH priorities for each position & area on the field. Player with priority verbal is "Clear Out". All other players will verbal "Ball". CF priority over everyone, RF/LF priority over infield, SS/2B priority over corners, 3B/1B priority over C/P.</p>
10 Minutes to Game Time	<p>Starting pitcher starts getting loose with starting catcher. 1/2 of team is taking ground balls off fungo. 1/2 of team is taking dry swings visualizing a pitcher throwing a pitch. Switch.</p>

Game Focuses

Pitchers need to throw strikes and force hitters to swing. We can't defend walks. Defensive focus is on communication between players between pitches and making the routine play. Offensively, we are not looking to take strikes. Need to be ready to hit every pitch. Don't steal first pitch - make them take a proper lead 1-3 times before stealing.