



**CALVERT HALL**

**B A S E B A L L**

**MIAA Champions**

**1929, 1933, 1935, 1938, 1955,  
1956, 1957, 1963, 1976, 1984,  
1988, 1989, 1990, 1991, 1993,  
1994, 1995, 1997, 1998, 2000,  
2005, 2006, 2007, 2008, 2009,  
2012, 2013**

**Roland Park Coaching Clinic**

Brooks Kerr  
Calvert Hall Baseball  
Assistant Head Coach  
410-952-8542  
kerrb@calverthall.com

## Practice Plan Tips

### 1. Coaching

- Take responsibility seriously
- Be energetic – show your passion for the game. “I believe this is most important”
- Have fun
- Be positive

### 2. Have a written plan

- Sections with times and objective - “1<sup>st</sup> inning”
- Use a computer template – copy, paste and save
- Print many copies – One for each helper and one to post
- Players will give you better effort and attention – Players & parents see you are taking your responsibility seriously. Make it worth their time

### 3. Organize –Pre-Planning

- What do you need to work on - Previous game, upcoming game
- Innings – position drills, drill series (positions working together), hit, base running, live, I/O, Rap up (announcements, practice performance)

### 4. Ask for help – “A must”

- Ask other parents to help
- Add them to practice plan
- Able to put players in groups – more attention and instruction

### 5. Equipment

- Balls – baseball, tennis balls, whiffle balls
- Stop watch
- Bases
- Cones
- Buckets – “**no shooting ball in bucket**” – pick ball up and place in bucket – use stop watch – “how many balls can you pick up”
- Nets
- Tees
- Screens
- Machine -- BP, GB, Fly balls

### 6. Players help

- Have players pick up and help clean up equipment
- Take accountability – assign duties

### 7. Timing

- Older the players, longer you can practice
- 10 and younger- 1 hour ½ , 11 older 2 hour
- Must keep active
- Time each inning – Try to keep to time limit – **Move on**

Baseball is a great game, yes, it is just a game, and it can get serious real fast. Make it fun. Do not lose them to the other spring sport.

# Sample Practice Plan



**CALVERT HALL**

BASEBALL

<u>Start</u>	<u>Objective</u>
<u>11:30 – Pre game</u>	<u>Early Hitting – Whiffle ball or heavy ball</u>
<u>12:05 – 1<sup>st</sup> Inning</u>	<u>Warm up</u> <ul style="list-style-type: none"> <li>• <b>Dynamic</b> - Back Lung, Forward lunge, Knee Hug, side lunges, high knee, side shuffle, over-under, Jog</li> <li>• <b>Cones</b> - Two feet hop, backward hop, side hop, 180, Over &amp; up, Broad jump, Mt Climbers, Lateral jumps</li> </ul>
<u>12:10 – 2<sup>nd</sup> Inning</u>	<u>Throw</u> – Coach be there <ul style="list-style-type: none"> <li>• Square drill – Short distance, just upper body. Point shoulder, Accuracy, Proper grip (4 seam)</li> <li>• Regular throwing.- All straight Balls “Chest High, Glove Side”</li> </ul>
<u>12:20 – 3<sup>rd</sup> Inning</u>	<u>Defensive drills – 2 Groups</u> <u>OF Drills</u> <ul style="list-style-type: none"> <li>• Toss ball -Glove side foot ( maybe tennis balls)</li> <li>• Running Catches</li> </ul> <u>Infield – 1 or 2 lines</u> <ul style="list-style-type: none"> <li>• Ground ball mechanics – Roll ball</li> <li>• Ground ball Throw to 1B</li> </ul>
<u>12:35 – 4<sup>th</sup> inning</u>	<u>Switch groups</u> <u>OF Drills</u> <ul style="list-style-type: none"> <li>• Toss ball -Glove side foot ( maybe tennis balls)</li> <li>• Running Catches</li> </ul> <u>Infield – 1 or 2 lines</u> <ul style="list-style-type: none"> <li>• Ground ball mechanics – Roll ball</li> <li>• Ground ball Throw to 1B</li> </ul>
<u>12:50 – 5<sup>th</sup> inning</u>	<u>Water Break! - regroup</u>
<u>12:55 – 6<sup>th</sup> inning</u>	<u>5 in 1 base running</u> <ul style="list-style-type: none"> <li>• Runners at each base <span style="float: right;">2B runners - Home to 1B</span></li> <li>• 2 runners at home – Double &amp; Home to 1B <span style="float: right;">3B runners – Home to 2B</span></li> <li>• Runner at 1B - 1B to 3B</li> <li>• Runner at 2B – 2B to home</li> <li>• Runner at 3B – Tag score</li> </ul>
<u>1:00 – 7<sup>th</sup> Inning</u>	<u>Hit – Groups – 4 in a group</u> <ul style="list-style-type: none"> <li>• <u>Shag &amp; fungo</u></li> <li>• <u>Tee - Instruct</u></li> <li>• <u>BP – 3 rounds of 4 – Let them hit</u></li> </ul>
<u>1:30 – 8<sup>th</sup> Inning</u>	<u>Fungo Scrimmage – Coach hits balls</u> <ul style="list-style-type: none"> <li>• Play Live</li> <li>• 4 Runners at a time</li> <li>• Everyone runs &amp; plays field. Move to different positions</li> <li>• Pitcher on mound</li> <li>• Stop play to explain positioning and play</li> </ul>
<u>1:50</u>	<u>Rap up</u> <ul style="list-style-type: none"> <li>• <u>Next practice</u></li> <li>• <u>Announcements</u></li> </ul>

# Practice Plan



**CALVERT HALL**

BASEBALL

**Date 3/1/17**

**Start - End**

**Objective**

3:15	<p><b><u>Warm up</u></b> Hip crossover, Hamstring stretch, Back Lung, Forward lunge, Knee Hug lunges, side lunges, high knee, side shuffle, over-under</p>																																
	<p><b>Position Players Throw</b> –Square drill –&amp; Reg.- All straight Balls <b>Pitchers</b> –</p>																																
3:30 1st	<p><b><u>Stations</u></b> <u>Cages</u> – 1B &amp; 3B <u>Drills</u> - LF *OF- Short flyballs &amp; Flyball to throw – C – Receiving (Machine) &amp; Throw to 3B *SS &amp; 2B – slow rollers *1B- Ball in dirt machine &amp; DP, 3B GB in hole throw to 1B <b><u>Outside Tee</u></b> –OF &amp; C <b><u>Catchers &amp; Catchers</u></b> – Warm up</p>																																
4pm 2nd	<p><b><u>Base Running</u></b> 5 &amp; 1 Base running</p>																																
4:10 3rd	<p><b><u>BP &amp; Front Toss( Quick Toss)</u></b></p> <ul style="list-style-type: none"> <li>• Hit by position</li> <li>• BP 3 oppo, 3 reg, 2 Gb, 2 reg</li> </ul> <p>Pitchers fungo to Inf &amp; shag</p>																																
4:45 4th	<p><b><u>Fungo</u></b></p> <ul style="list-style-type: none"> <li>• <b><u>Inf</u></b> – 2 way</li> <li>• <b><u>Of</u></b> – Communication Drill</li> <li>• <b><u>Pitchers</u></b> - Comebackers</li> </ul>																																
5:00 5th	<p><b><u>I/O</u></b> – everyone</p> <ul style="list-style-type: none"> <li>• <b><u>Pitchers work w/ C&amp; 1B</u></b></li> </ul>																																
5:10 6th	<p><b><u>Inf Scrimmage</u></b></p> <ul style="list-style-type: none"> <li>• Pitchers on Mound</li> <li>• OF run</li> </ul>																																
5:20 7th	<p><b><u>Drills Series</u></b></p> <ul style="list-style-type: none"> <li>• <b><u>P,1<sup>st</sup></u></b> - Pitchers cover 1<sup>st</sup>, Combackers, Bunts</li> <li>• <b><u>C, 3<sup>rd</sup></u></b> – Bunt communication, field bunt,C throw to 3<sup>rd</sup>, 3B fake to 1st</li> <li>• <b><u>SS,2B,Of</u></b> – Double Cuts</li> </ul>																																
5:30 8th	<p><b><u>BP Scrimmage</u></b> - Play Live - <b>Pitchers on mound</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 25%;"></th> <th style="width: 25%;"><b><u>Red</u></b></th> <th style="width: 25%;"><b><u>Gold</u></b></th> <th style="width: 25%;"></th> </tr> </thead> <tbody> <tr> <td></td> <td>Elmore</td> <td>Landwehr</td> <td>Olkowski Poling</td> </tr> <tr> <td></td> <td>Frizzerra</td> <td>A. Barranca</td> <td>Chavis Webster</td> </tr> <tr> <td></td> <td>Blair</td> <td>O’Connell</td> <td>Freeburger O’Boyle</td> </tr> <tr> <td></td> <td>Torres</td> <td>Murphy</td> <td>Koster R. Barranca</td> </tr> <tr> <td></td> <td>Nieto</td> <td>Peltz</td> <td>Daugherty Tamberino</td> </tr> <tr> <td></td> <td>Unfried</td> <td>McIlhenney</td> <td>Kerr Matheny</td> </tr> <tr> <td></td> <td>Conroy</td> <td></td> <td>Grueninger</td> </tr> </tbody> </table>		<b><u>Red</u></b>	<b><u>Gold</u></b>			Elmore	Landwehr	Olkowski Poling		Frizzerra	A. Barranca	Chavis Webster		Blair	O’Connell	Freeburger O’Boyle		Torres	Murphy	Koster R. Barranca		Nieto	Peltz	Daugherty Tamberino		Unfried	McIlhenney	Kerr Matheny		Conroy		Grueninger
	<b><u>Red</u></b>	<b><u>Gold</u></b>																															
	Elmore	Landwehr	Olkowski Poling																														
	Frizzerra	A. Barranca	Chavis Webster																														
	Blair	O’Connell	Freeburger O’Boyle																														
	Torres	Murphy	Koster R. Barranca																														
	Nieto	Peltz	Daugherty Tamberino																														
	Unfried	McIlhenney	Kerr Matheny																														
	Conroy		Grueninger																														
	<p><b><u>Reminders</u></b></p> <ul style="list-style-type: none"> <li>• Read across America leave 11am see teacher</li> <li>• Friday 3/3 no school 12pm</li> <li>• Tomorrow Hit 7am –Position players</li> </ul>																																



## Calvert Hall Baseball Elite Camp

### Day 1

## CALVERT HALL

B A S E B A L L

Things Needed – Ice, Machine in cage, Balls in Cage, Screens ready, Tees,

<u>Start - End</u>	<u>Objective</u>
9:00 –9:15 <u>1<sup>st</sup> Inning</u>	<b>*Warm-up (Kerr)</b> <ul style="list-style-type: none"> <li>• <b>Stretch</b> – Forward lunge, Knee Hug, Knee hug twist stretch, side lunges, high knee, side shuffle, over-under, Backwards (Kriss)</li> <li>• <b>Throw</b> – Elbow Drill, Square Drill, Step &amp; Throw(Point Shoulder) (Kerr )</li> </ul>
9:20-9:35 <u>2<sup>nd</sup> Inning</u>	<b>Position Drills Players go to positions</b> <ul style="list-style-type: none"> <li>• <b>1<sup>st</sup>-Feet</b> Work, Balls in Dirt (Wineke)</li> <li>• <b>2B &amp; SS</b> – DP, Stay low, Flip throw (Kriss, Torres )</li> <li>• <b>3<sup>rd</sup></b> – DP, Slow Rollers throw to 1B (J.Kerr)</li> <li>• <b>C-</b> Stance, Receiving, blocking (B.Kerr, Friedel)</li> <li>• <b>OF-</b> Catch on Glove Side Foot, Drop Step(Both Sides) (Delp)</li> </ul>
9:35- 9:40 <u>3<sup>rd</sup> Inning</u>	<b>Fungo</b> <ul style="list-style-type: none"> <li>• <b>OF</b> – GB - crop hop to throw( Delp,)</li> <li>• <b>INF- 5-way</b> Fungo- stick &amp; Funnel ( Kerr,Kriss, Torres, Wineke, Eckerl )</li> <li>• <b>Catchers-</b> Throw to 2<sup>nd</sup> Dry Feet work( Kerr, Friedel)</li> </ul>
9:45- 9:55 <u>4<sup>th</sup> Inning</u>	<b>Fungo</b> <ul style="list-style-type: none"> <li>• <b>OF –Fungo</b> Running Catches Machine (Delp)</li> <li>• <b>INF-</b> 2-way Fungo (5-3,6-4)(4-6,3-5 field bunts)(6-3,5-4)(4-2,5-2,3-6) (Kerr, Kriss , Delp, )</li> <li>• <b>Catchers-</b> Throw to 2nd ( Torres, Kerr, friedel) – foul territory</li> </ul>
10:00 – 10:10 <u>5<sup>th</sup> Inning</u>	<b>OF Plays At Plate – Kriss Hit</b> <ul style="list-style-type: none"> <li>• <b>OF</b> – Throw home – Runners on 2B, 2<sup>nd</sup> &amp; SS Run</li> <li>• Pitchers on mound – Backup home, Make plays at home</li> <li>• Friedel work w/Catchers</li> <li>• Kerr (3B) , Delp (1B) work w/ cutoff</li> </ul>
10:10-10:20 <u>6<sup>th</sup> Inning</u>	<b>Inf Plays At Plate – Delp Hit</b> <ul style="list-style-type: none"> <li>• <b>INF</b> – GB –Throw Home- Runner on 3<sup>rd</sup> , OF run</li> <li>• Need Runners</li> <li>• Pitchers on mound – Make plays at home</li> <li>• Catcher at plate take throws</li> </ul>
10:20 – 10:30 <u>7<sup>th</sup> Inning</u>	<b>Dirty Ball 1B (J. Kerr throw)</b> <ul style="list-style-type: none"> <li>• 4 Bases at first</li> <li>• Runners at 1B</li> <li>• Work on secondary lead</li> <li>• Run when you think ball is in dirt</li> <li>• Catchers block &amp; recover</li> </ul>

<p>10:35-11:40  10:35-Red  10:47-Gold  11:00-White</p> <p>8<sup>th</sup> Inning</p>	<p><b><u>Hit – 4 Groups – 12 min each station</u></b></p> <ul style="list-style-type: none"> <li>• <b><u>BP</u></b> – 5 swings, 3 Swings, one strike rounds until time is over ( B.Kerr throw) – Short bat behind plate (Wineke) - at cage (Eckerl)</li> <li>• <b><u>Cage Area</u></b> – Pin Point, Hit Bag, High Tee ( J.Kerr, , Torres, Friedel)</li> <li>• <b><u>Shag</u></b> – retrieve balls, <b><u>Fungos</u></b>( Delp )</li> </ul> <p><b><u>Hitting Groups Start – Red- BP, Gold- Cage, White- Shag</u></b></p>
<p>11:30 – 12:25</p> <p>9<sup>th</sup> Inning</p>	<p><b><u>BP Scrimmage – 3 teams – 1-1 Count, Start</u></b>  <b><u>Hit BP- Gold</u></b>  <b><u>Field – Red</u></b>  <b><u>Cages – White (Kerr, Torres, Friedel)</u></b></p> <p>Line up hit, then switch  Kriss– Coach 3<sup>rd</sup>  Delp–Coach 1B  BKerr- Throw  Torres, Kerr– Cages</p>
<p>12:30</p> <p>10<sup>th</sup> Inning</p>	<p><b><u>Run Bases (Kerr)</u></b></p> <ul style="list-style-type: none"> <li>• 5 &amp; 1 drill</li> </ul>
	<p><b><u>Rap up</u></b></p> <ul style="list-style-type: none"> <li>• <b><u>Early hitting Tomorrow – 8:30am</u></b></li> <li>• <b><u>Can leave equipment in club house</u></b></li> </ul>



# CALVERT HALL

## B A S E B A L L

### Situations to cover before the season

#### Defense

##### Situations

- Fungo scrimmage
- BP Scrimmage
- Infield Scrimmage

##### Bunts

- Man on 1<sup>st</sup> – Play 1,2,3
- Man on 2<sup>nd</sup> – Play 1,2,3
- Man on 3<sup>rd</sup> – Play 1,2

##### Popup

- Infield
- Outfield
- Communication

##### Rundowns

##### Catchers

- Bunts
- Popups
- Throws to 3<sup>rd</sup>
- Throws to 2<sup>nd</sup>
- Pickoffs

##### 1<sup>st</sup> & 3<sup>rd</sup>

- Reg. Break Play
- Early Break
- Pickoff draw
- Delay

##### Pitchers

- PFP's
- DP
- Pickoffs

##### OF

- Communication
- Hit to Fence – hit Cutoff
- Throw to Bases
- Catch ball at fence
- Catch ball on Track

#### Offensive

##### 1<sup>st</sup> & 3<sup>rd</sup> - Early, Pickoff draw, delay

##### Bunts

- Man on 1B, 2B,
- Suicide
- Safety

##### Hit & Run

##### Slash

##### Run on GB – man at 3B, Rundown



# CALVERT HALL

## B A S E B A L L

### Infield Drills

1. Rolling Ground balls – Have a partner & each rolling ground balls to each other - Proper fielding mechanics
  - Short ups
  - Back hand
  - Charge
  - Absorb
2. Box Drill
  - Exchange – Working quick exchange, do not have to throw hard – Throwing clockwise
  - Inside Exchange – Throw counter clock wise (turn body 180 degrees) – On the third throw, throw across and tag and turn inside and start again.
  - Slow roller – Roll ball to your left and throw across –make fielder come get it
3. Fungo
  - 4 Way -Fungo to each infielder – No throws to bases
  - 2 Way – (6-3, 5-4) (4-3, 6-5) (5-3, 6-4) (4-6 3-5 bunts) (1-6, 5-2, 4-2)
4. Position drills
  - SS & 2B – DP feeds, slow rollers, DP throw, Absorb GB, Relay throws, Steal tags, Popups, Web gems
  - 1B - DP throw, Absorb GB, Relay throws, Throws in dirt, Toss to Pitcher, Popups, Web gems
  - 3B – DP throw, Absorb GB, Relay throws, Slow rollers, Steal tags, Popups, Web gems





# CALVERT HALL

## B A S E B A L L

### Outfield Drills

1. Wall Ball Drill –Coach throws ball toward fence
  - Find ball with throwing hand
  - Do not rest back to the fence – can not jump has high
  - Ball off the wall –pick up in middle of body, scoop with two hands
2. Drop step Drill – Coach throws ball to glove side & non glove side
  - Outfielder takes a drop step & make sure it is not to the side
  - Drop step enables fielder to get proper angel to catch the ball
3. Catch ball, Glove side foot Drill – Coach will throw a looping fly ball to enable the outfielder to practice catching the ball on his glove side foot
  - Catch with two hands
  - Catching on glove side foot enables the outfielder to go into crow hop
  - Feet work will be catch on glove side foot, jump to non glove side foot, release ball
4. Football throw Drill – Coach throws a football pass – working on running catches
  - Practice catching back hand & open glove
  - Work on running on your toes to prevent the ball from looking like it is bouncing in the air – glide to the ball
5. Ground ball work Drill - Coach can either hit or throw a ground ball
  - No man on catch the ball in middle of your body
    - Can use Knee glove technique – Glove side knee on the ground
    - Can do with no glove
  - Man on – field ball outside of glove side foot
    - Jump to non glove side foot & release
    - Keep head down on the ball – head stays down then glove will stay down
6. Inside/Outside Route Drill – Line drive hit between outfielders – Coach will or hit line drives between the outfielders
  - Right hand hitter
    - Ball hit to right-center – Right fielder will cut in front and center fielder will backup
    - Ball hit to left center – Center fielder will cut in front and left fielder will back up
  - Left hand hitter

- Ball hit to left center - Left fielder will cut in front and center fielder will backup
- Ball hit to right center - Center fielder will cut in front and right fielder will back up

7. Communication Drill –Coach throws or hit fly ball between the outfielders

- Outfielders need to talk – “I got it”, “You”, help
- Center fielder has preference over both left& right fielder
- Can throw multiple balls

8. Wave Drill – Similar to a football defensive back drill – Coach will have outfielder drop step and then wave him to turn hips to change direction and then catch the ball.

- Good practice for balls in the wind changing direction

9. Relay drill – Coach throws or hit fly ball or ground ball to outfielder, he will field and throw and hit the cutoff man in the head

10. Line drive or shoe string catch drill – have outfielder run towards coach who will throw a ball low to practice catching the shoe string or line drive hit



# CALVERT HALL

## B A S E B A L L

Brooks Kerr  
Assistant Head Coach  
kerrb@calverthall.com

**MIAA Champions**  
**1929, 1933, 1935, 1938, 1955,**  
**1956, 1957, 1963, 1976, 1984,**  
**1988, 1989, 1990, 1991, 1993,**  
**1994, 1995, 1997, 1998, 2000,**  
**2005, 2006, 2007, 2008, 2009,**  
**2012, 2013**

### Base Running

1. Home to First
  - a. After swing, first step is with back foot
  - b. Ground ball
    - a. Run straight down line
    - b. Anticipate bad throw, do not get tag out
    - c. Hit front of bag
    - d. Second step after hitting bag, wide base to stop
    - e. Look to right to see if you can advance
  - c. Ground ball to Outfield
    - a. Run like a ground ball hit to infielder until the ball gets to outfield
    - b. Start question mark turn when ball gets to outfield
    - c. Make loop big enough to run in straight line to second base
    - d. Hit inside corner of base with either foot
    - e. Do not break stride
  - d. Hit to Outfield
    - a. Get to second ASAP
    - b. Start turn now
    - c. Hit inside of bag
    - d. Hit bag with either foot, do not break stride
    - e. Put pressure on defense
2. Things to think about when you are on base
  - a. Find the ball, be aware of the hidden ball trick.
  - b. Know how many outs
  - c. Check for signs. Look at your coach until he gives you the release sign.
  - d. Check the defensive alignment. See if the defense is playing up or back.
  - e. Speed of players who are ahead of you. Do not run them off the base.
  - f. Run with head up – see runner in front
3. Leads at First Base
  - a. One-Way Lead
    - a. See pitchers move
    - b. Slight lean to first base
    - c. Go back on first movement
  - b. Two way lead or steal lead
    - a. Can go back to base, secondary lead or steal
    - b. Secondary lead- taken after pitch is throw. Two shuffle steps
4. Leads at Second Base
  - a. Walking Lead or Steal Lead
    - a. Take lead behind bag
    - b. Two steps to outfield from corner of back, two or three step towards third base
    - c. Walk on angle to pitcher and third base
    - d. If pitcher does not stop you, steal
    - e. Keep eye on pitcher, listen to coach, coach has SS & second baseman
    - f. Have green light signal
  - b. Score lead or two-out lead
    - a. Take lead behind bag
    - b. Two steps to outfield from corner back corner of bag, two or three steps towards third base
    - c. Creates turn to home
    - d. Secondary lead, parallel to baseline
5. Lead at Third Base
  - a. Take lead in foul territory
  - b. Walking lead
    - a. Down in foul, back in fair
    - b. Aggressive Right, Left, Right
    - c. Right foot hits when ball is in strike zone
6. Scoring
  - a. Contact Down, one out or another runner
  - b. Ball up, tag
7. Pass Ball
  - a. Aggressive lead
  - b. Start & Stop
  - c. Runner makes decision
  - d. More aggressive with two outs
8. Take lead on foul line when a steal play is on or bunt



# CALVERT HALL

B A S E B A L L

## Tee Drills

Basis- Take control swings, working on the form,  
Do not over swing  
The ball should be hit even or blow the tee --Line drives  
After ball is hit off the tee, head remains on the tee  
Hold finish to see if you balance  
Small Seams facing catcher position

1. Single Tee
  - Inside Tee
  - Middle Tee
  - Outside Tee
2. Double Tee
  - Middle
  - Inside/Outside
3. Long Tee
  - Hit into net 10 feet away- stay on pitch, drive up middle
4. Walking Tee (Happy Gilmore)
  - Take two steps and have front foot even with tee. Back foot then front foot
5. Knee lift Tee
  - Lift front Knee to feel load position
6. Mound Tee
  - Forces hands to fight gravity & hit through the ball
  - Batter stand on mound, tee on ground
  - Also good for low ball
7. Feet together Tee
  - Feet together to swing
  - Create separation & torque
8. Pinch Tee – Fire lower body, upper body stays still.
  - Sling shot effect
  - Fire lower body
  - Upper body, good posture
  - Core tightens
9. Contact to hit Tee
  - Slow down hitting process
  - Bat to contact
  - Create muscle memory



# CALVERT HALL

B A S E B A L L

## Toss drills

**Basis-** Take control swings, working on the form,  
Do not over swing  
Hold finish to see if you balance  
Must toss the ball correctly

1. Regular Soft Toss – 45 degree
  - Need good toss – shove ball in strike zone – Track ball to bat,
2. Top Hand
  - Hit with just top hand
3. Bottom hand
  - Hit with just bottom on bat
4. Drop Drill
  - Hold arm out drop ball, increase bat speed
5. Quick Toss
  - Three quick toss, but let hitter get set before tossing ball
6. Bounce Drill
  - Instead of tossing ball, Bounce ball, simulates off speed and you can do low pitch
7. Colored ball toss
  - Hitter calls out the color of the ball he hits
8. Self Toss
  - Batter throws ball up and hits like fungo into a net



## CALVERT HALL

B A S E B A L L

### Cage Drills

**Basis-** More Aggressive Swings

Throw closer to regular distance

More live

Still work on hitting different spots

1. Regular BP – Oppo, hit & Run, 2 strikes, slash, power GB
2. Reg. BP no Stride  
Already have stride – Work on bat path and quick to ball
3. Thunder Stick  
Reg. BP thin bat – Work Hand eye coordination
4. Sweet Spot Bat  
Reg BP – Hand eye coordination
5. Short Bat  
Reg. BP – Bat path & keep hand close to body, quick hands
6. Bounce Drill  
Instead of tossing ball, Bounce ball, simulates off speed and you can do low pitch
7. Colored ball  
Hitter calls out the color of the ball he hits
8. Net Drill  
Batter stands bat length from side of cage – Work on bat path and getting hand thru the strike zone