



www.YouthBaseballSchool.com/Bob

www.BaseballByTheYard.com/NP

Coach Bob McCreary

<p>27 Lessons</p> <p>Practice Plan: Plus The Perfect Fielding Drill...</p> <p> Doug Bernier</p> <p>Downloadable 27-page hitting and fielding practice plan for youth baseball.</p>	<p>10 Lessons</p> <p>Catching Mechanics 101</p> <p> Rob Bowen</p> <p>Learn the basics of the catching position from Baseball Hall of Famer Bob Bowen.</p>	<p>10 Lessons</p> <p>Infield For Beginners</p> <p> Doug Bernier</p> <p>Five weeks of infield drills for youth baseball players.</p>	<p>12 Lessons</p> <p>The Off Season</p> <p> Bob McCreary</p> <p>12 weeks of off-season training drills and other resources for players.</p>
<p>GET ACCESS</p>	<p>GET ACCESS</p>	<p>GET ACCESS</p>	<p>GET ACCESS</p>
<p>14 Lessons</p> <p>Off Season Pitching Guide</p> <p> Bob McCreary</p> <p>A 14-week off-season pitching guide for youth baseball players.</p>	<p>26 Lessons</p> <p>25 Outfield Drills</p> <p> Bob McCreary</p> <p>25 drills to help you learn to catch the ball in the outfield.</p>	<p>20 Lessons</p> <p>50 Infield Drills</p> <p> Bob McCreary</p> <p>50 drills to help you learn to play in the infield.</p>	<p>19 Lessons</p> <p>50 Drills To Improve Hitting</p> <p> Bob McCreary</p> <p>A comprehensive collection of hitting drills designed for players and coaches alike.</p>
<p>GET ACCESS</p>	<p>GET ACCESS</p>		
<p>30 Lessons</p> <p>Swing Basics</p> <p> Tim Elliott</p> <p>30 lessons on the fundamentals of the baseball swing.</p>	<p>3 Lessons</p> <p>Start Here</p> <p> youthbaseballschool</p> <p>Learn more about the resources at YBS.</p>		

Baseball BY THE YARD .COM

Moving from good to great one inch at a time

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Welcome North Penn Area Coaches!

Below you will find a link that will take you to the curriculum I mentioned in my seminar. Best of luck to all of you!
Coach Bob McCreary

Baseball Curriculum (FREE! – Tee Ball through High School)
Practice Organization Templates for coaches (FREE! – Youth levels through High School)

2018 NP Coaches & Parent Clinic
Opening Address by Coach Kevin Manero

2018 NP Coaches Clinic - Opening Address

THANK YOU!

Are you a Baseball By The Yard member?
Enter your email address below and click Subscribe to receive site updates, news, events, and products! Your email will NEVER be shared! Honest... or my son will forever hit .209

Looking for something specific on the site?

Search for:

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- Extra work and prescription drills
- Your baseball at its best

Mastering the 60 Minute Practice

General Tips & Suggestions

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Tip	Why?
Plan out your practices to the minute	This helps you organize well and prioritize your needs. Kids will know when you are trying to wing it. We tell them to think ahead so we need to model that behavior too.
Use Functional / Compound activities whenever possible	Functional warm-ups incorporate baseball movements into your pre-practice routine to make them more effective. Compound activities allow to work on multiple things at the same time which saves time.
Tell your coaches & players the practice plan in advance	Text or email your practice plan to your coaches prior to practice so they have a better idea of what their role will be. Posting a copy of the plan in the dugout allows players to see what they will be doing. This helps to cut down transition time between activities since players already have an idea of what is coming next.
Stick to the times	This forces you to look for ways to cut out wasted time. It also is respectful of the schedules of your families. If you say practice ends at 7pm, players should be walking off the field at 7pm.
Target all phases of the game - Hitting, Catching/Throwing, Fielding, and Base running (pitching too if needed)	This ensures that players are developing in all areas of the game during most practices. Can help with planning stations as well. One for each.
Keep them moving!	Baseball is boring for many modern kids. Think like an elementary school gym teacher and get them moving! <i>"There is no walking in baseball!"</i>
Teach them how to practice	Explain to them early on what you expect from them during practice. (on-time, uniform, energy level, pace, etc.)

Functional Warm-up Drills and Competitions

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Purposes:

- Warm their bodies up AND do it in a way that ADDS to their baseball skills.
- “Killing multiple birds with one stone” makes your practices run more efficiently
- Can be used as “filler drills” during or at the end of practice as well.
- Competitions can be created for better engagement and pressure

Drill	Works on ...	How to ...
Basketball Hands	Quick hands, transitions, glove work, grip	Round the back - both directions Round a leg - both directions Alt legs - both directions
Rundowns	Rundown play, catching & throwing while moving, accuracy	Two groups - base distance apart with base or marker on the ground. Player runs towards other group with ball up. When he gets halfway he tosses to player who catches it, holds the ball up, and runs to other group. Process repeats in a relay manner back and forth. No base runners needed
Football pass	Catching while moving, fly balls, keeping head still, running technique, eye/hand coordination	Every player gets a ball. Player hands ball to coach and “goes out for a pass.” Coach tosses ball and catch is made. Can use gloves or not and different types of balls. Change directions/angles to work on catching over both shoulders.
Zig-Zag run	Running with eyes up, running / fly ball technique, legs warmed up, running straight while looking in another direction	Player in front of coach takes off running in straight line away from coach. Player looks over shoulder at coach. When coach signals (visual or verbal) the player whips head around to look back over opposite shoulder. Process continues a few times.
Shuffle and dive	Secondary leads off bases, quick returns to bases, safe diving technique	Players shuffle off the line twice and then return to the line with a low run and head-first (arms out) dive as if returning to a base
Square drills	Full body warm-up, throwing accuracy, footwork, timing, transitions, grip, glove work, catching	Clockwise, counter clockwise, overhand, underhand, stay put or move up to next corner. Use bases or markers. Gloves, bare hands, or paddles.. Hard balls or softer balls.
Goalie partners	Low fielding stance, hands out, quick hands	Players partner up and stand arm-length apart. No gloves. Players try to get the ball between opponents legs by ROLLING the ball on ground UNDERHAND. No throwing or bouncing.
Sliding	Legs loose, base running, and sliding	Multiple lines. Players run to a base/marker and slide correctly. TIPS: use the grass, find a decline, no cleats

“Multi-Vitamin” Drills

Drills that are effective for every player, everyday!

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Throwing / Pitching		
Drill	How to	Variations
Lean & Throw	Hands at chest, feet wide and on-line, player leans back-separates-and throws to target	Lean forward-back-forward to throw; finish like a pitcher, throw to catcher
X - Drill	Feet apart & on-line, arms crossed at the chest (ball in front), unravel hands and throw	Finish like a pitcher, add a knee kick, throw to catcher, add a crow-hop for distance
QB Drill	Hands at chest, hops back on-line, plants, hops forward on-line, and throws	Add distance, X-drill, finish like a pitcher, throw to catcher
* Short Box	Normal bullpen session but at a shorter distance (5-15 ft shorter); focus is on mechanics and accuracy	On mound, flat ground, standing catcher, squatting catcher, net, Stand-ins
Hitting		
Drill	How to	Variations
Tee	Set feet before tee/ball, adjust height, adjust in/out	Net, backstop, knee kick, close & go, pull/center/opposite
Soft toss	Front angle, show the ball, smooth-slow rhythm, aim at front hip, little-no arc	Small balls, Smush/Weighted balls, play live, inside-outside-middle
Short toss	Use a safe screen! Sit-stand-kneel, underhand or overhand, firm and straight, show and throw in a smooth full motion	Inside-middle-outside, arc = curveballs or change-ups, HBP
* Stand in	Batters with helmets stand in on bullpen/short box sessions. Batter mimics an actual at-bat without the swing	Situations, counts, bunt mechanics and footwork
Fielding / Catching		
Drill	How to	Variations
Knee Drill	Player on wide knees, butt up, hands out front	Bare hands, forehand-backhand
Round-Abouts	Straddle feet, object in-front, move around to field, put ball in bucket	Ball to the right, freeze at catch, add throws
Catch n Throw	Athletic start w/thumbs up, catch a toss, set feet, & throw to target	Adjust target location & distance, add grounders or fly balls
* Rotations	These are position specific. Go to BaseballByTheYard.com/NP	Vary for time, needs, & abilities

Date : _____ Practice Time: _____ Location: _____

60 Minute Practice

2-3 Minutes: Pre-Start Meeting - Today's Points to Emphasize:

8-10 minutes: Functional Warm-Ups, Throwing, and/or Base Running

Warm-Up activity #1: _____

Warm-Up activity #2: _____

Warm-Up activity #3: _____

Warm-Up activity #4: _____

3-4 Minutes: Group meet – Explain Throwing and Hitting Stations and divide players

10 Minutes: Throwing / Hitting Stations

Throwing Station

Throwing Drill / Activity #1: _____

Throwing Drill / Activity #2: _____

Hitting Station

Hitting Drill / Activity #1: _____

Hitting Drill / Activity #2: _____

3-4 Minutes: Group meet – Review previous stations and explain Fielding and Hitting Stations

Fielding Station

Fielding Drill / Activity #1: _____

Fielding Drill / Activity #2: _____

Hitting Station

Hitting Drill / Activity #1: _____

Hitting Drill / Activity #2: _____

Tip of the Day: _____

Info to pass on before dismissal: _____