

Skills Day

Drill #1: Outfield

- 1st ball: Fly ball straight to player (COACH #2)
 - Player throw ball to relay (COACH #3)
- 2nd ball: Fly ball to either left or right of player
 - Player throw ball to relay
- 3rd ball: Fly ball to either left or right (opposite of 2nd ball)
 - Player throw ball to relay

Drill #2: Infield

- 1st ball: Grounder straight at player (COACH #2)
 - Player throw to first base (COACH #3)
- 2nd ball: Grounder to either left or right of player
 - Player throw the ball to first base
- 3rd ball: Grounder to either left or right of player (opposite of 2nd ball)
 - Player throw the ball to first base

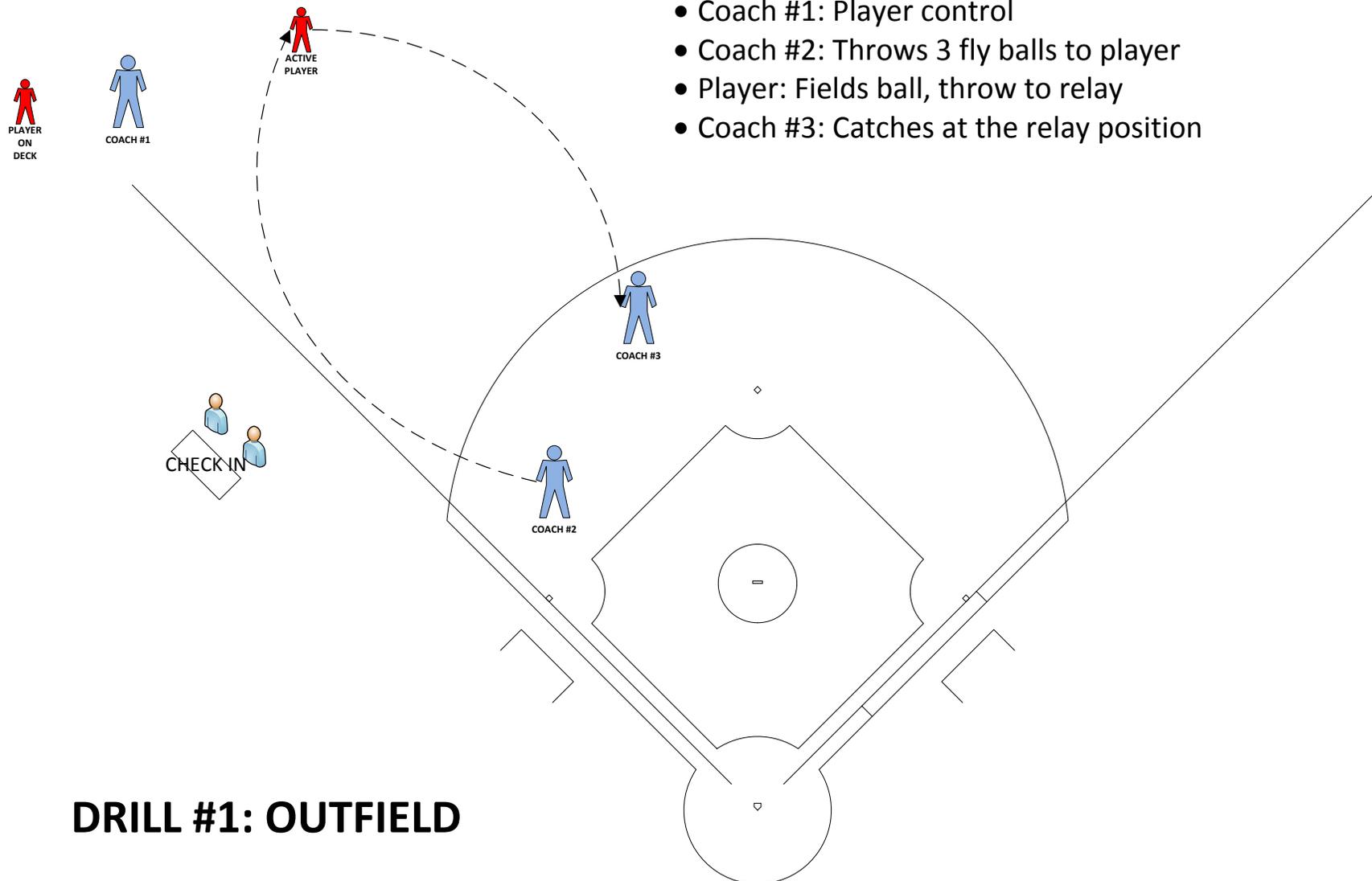
Drill #3: Hitting/Running

- 3 balls off tee (COACH #2)
- 3 balls soft toss to center of plate
 - After 3rd ball player drops bat and runs to first base (COACH #3)

COACH #1: Player control the whole time. Allows coaches evaluating enough time after last skill (running)

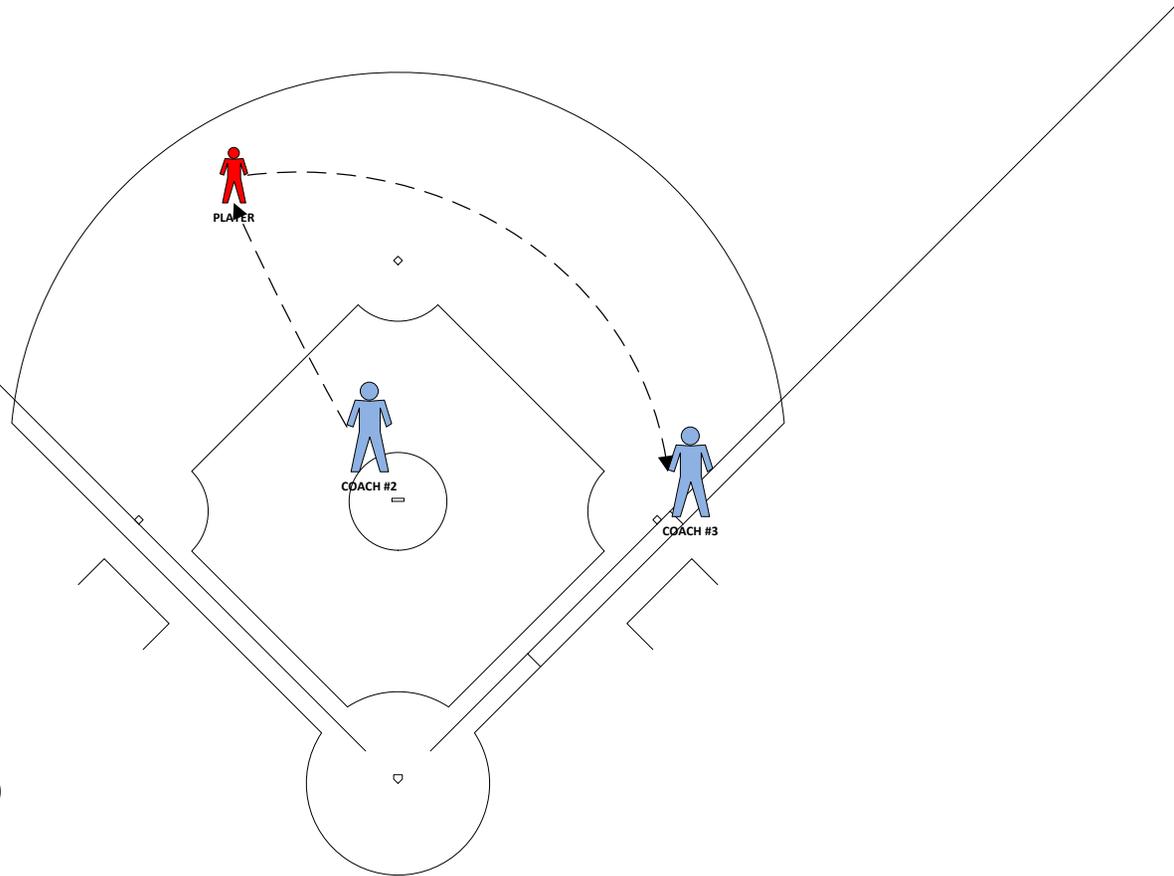
COACH #2: Throws and rolls all balls // Runs batting station // Allows enough time between balls for coaches evaluating

COACH #3: Receives all throws (relay and 1st base) // Coaches player to hustle down the line



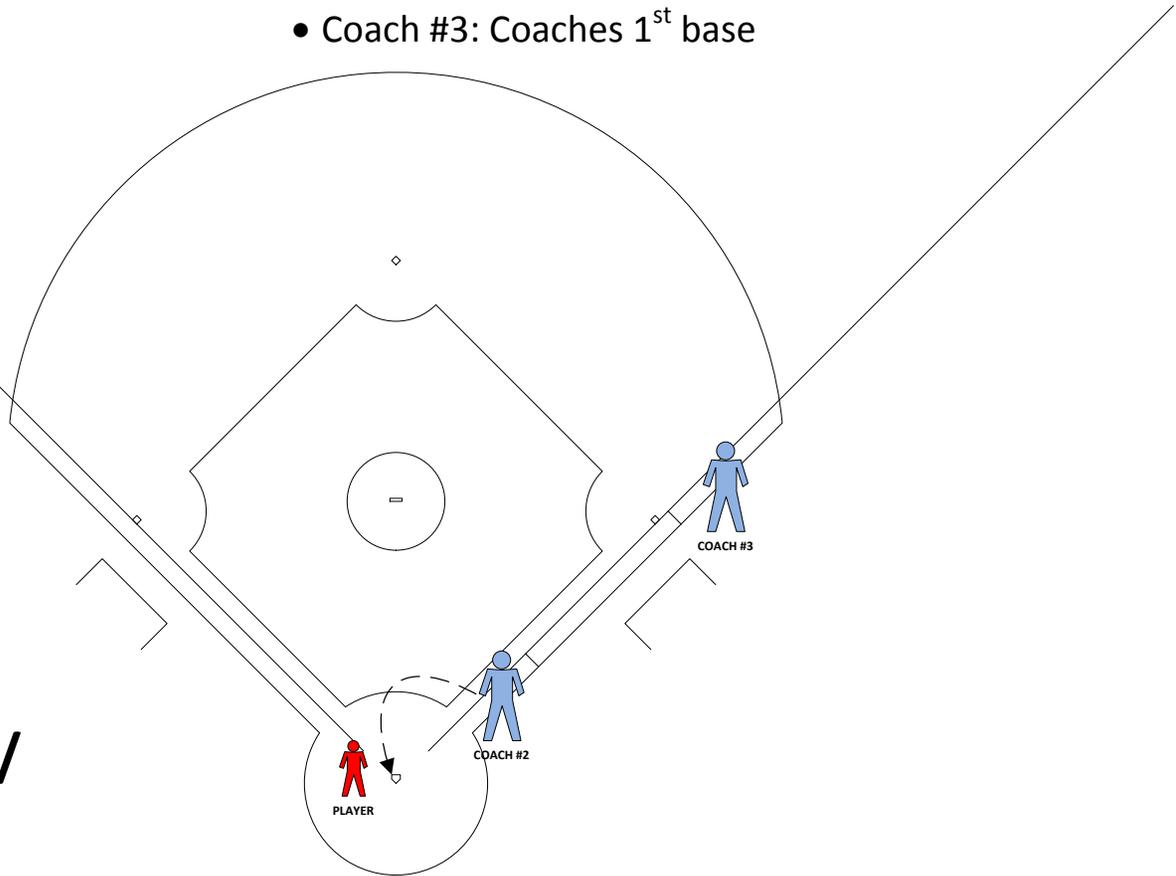
DRILL #1: OUTFIELD

- Coach #1: Player control
- Coach #2: Rolls 3 ground balls to player
- Player: Fields ball, throw to 1st
- Coach #3: Catches at 1st base



DRILL #2: INFIELD

- Coach #1: Player control
- Coach #2: Sets ball on tee for 3 pitches // Moves tee // Soft toss to center of the plate for 3 pitches
- Player: Hits 3 ball off tee // Hits 3 ball soft toss // runs to 1st after last ball
- Coach #3: Coaches 1st base



DRILL #3: HITTING/ RUNNING