

CHMBA PRACTICE COMPONENTS

Pick 2 - 3 things from each component for each session and change them each session
(* Denotes a particularly important drill)

WARM-UP: 5 - 10 min.

Ballistic exercises (active stretch)

- 1 - 2 min Jog
- Form Running*
- Agilities*
- Stretch
- Sprints

THROWING ROUTINE: 10 - 15 min.

Only about 5 - 10 throws each depending on age.

Experienced players will want more

- Partner Pass*
- Feet Shoulder Width Apart
- On One Knee
- Step & Throw*
- Crow Hop
- Long Toss*
- Quick Hands / 4 Corners
- Relay Races (Teach everyone how to relay and have lines of 5 players, 30' apart and have relay races.)

DEFENSIVE ROUTINE: 10 - 15min

- Ground Balls* (Concentrate on quantity and quality of reps. No big lines of players standing around)
- Fly Balls* (Throw them for younger players, hit them for older)
- Infield Outfield Routine
- Positional Skills:
 - Infielders: Double Plays / Corner Work
 - Outfielders: Find the Fence / Play the Sun
 - Catchers: Blocking, Framing, Throwing
 - Pitchers: Mechanics / Pitches

SITUATIONAL WORK: 10 - 15 min.

- Pitchers Fielding Position (Cover 1st, playing bunts, starting DP)
- Bunt Offense / Defense (Keep it simple for young players, advanced for older)
- 1st and 3rd Offense / Defense
- Pick Offs and Rundowns*
- Base Running Skills*
- Cut Offs and Relays*

BATTING PRACTICE: 15 - 20 min.

- Drill Stations* (T-work, soft toss, wiffle balls)
- Batting Cage
- Full Field BP (Keep everyone active with extra ground balls, fly balls and, base running skills)
- Situational BP (Hit and runs / run and hits / move runner over to 3rd / Score runner from 3rd)
- BP Scrimmage

GAME SIMULATION

- 21 Outs
- Situational Simulations
- Scrimmage - Live BP*

