



PEE WEE & LIONS DRILL GAMES COACHES' CHEATSHEET

Line all the players on the 1st or 3rd base line facing you in fair or foul territory, depending on the terrain.

Have them spread arm's length out.

Have them assume the **ready position** – make adjustments.

Have them make believe they are catching a ground ball and assuming the **T position** – have them hold the T position for adjustments by you and the other coaches.

Then have them throw the imaginary ball, holding the **finish position** – make adjustments.

Then go to the beginning of the line and send each player, one by one, to a cone, but first ask him or her to grip the ball – make adjustments.

Start the drills – using the Bulldog players to roll the ground balls and catch the return throws and your assistant coaches and the Bulldog coaches to make adjustments. Make sure they count out loud and start over when there is a dropped ball or errant throw.

What to say for each Drill:

GROUND BALL DRILL:

begin each cycle with ***“Ready Position”***;
when the ball is caught say ***“hold”*** and remind the player to grip the ball correctly;
then say ***“pop up”*** into the T throwing position;
then, after the parent counts silently to 2, he or she yells ***“hop and throw.”***

Ready Position

Hold

Pop up

Hop and Throw

After each good catch and return throw, make sure they count out loud.

FLY BALL DRILL:

Nothing need be said, just make corrections of positioning and grip. After each good catch, make sure they count out loud.

BASERUNNING:

Have the players run around the bases in the proper direction touching the base with the left foot.