

BIG SWING WIFFLE BALL SKILLS & DRILLS

1. THROWING AND FIELDING GROUNDBALLS

- **THROWING SKILL –**

- Bring arm back in circular motion.
- Step with opposite leg forward.
- Glove points towards target.
- At top of circular motion, L shape is created with throwing arm.
- When releasing ball, throwing arm should go down across their body, and back leg brought forward.

- **FIELDING GROUNDBALLS SKILL –**

- Be on toes with hands to the ground.
- Butt down, knees bent, and body behind the ball.
- Wiffleball reaches glove, take other hand and use it to clamp the ball into the hand on the ground.

DRILL – THE LOOP (Fielding Groundball Stacks)

Equipment Needed: Balls

Set Up: Create single file lines with line leaders facing each other.

How To:

1. First player rolls ball to opposite line and runs to the back of the opposite line
2. First player in opposite line fields grounder then rolls back to opposite line and runs to the back of opposite line
3. Repeat for every player to get a turn.
4. If this does not work the Instructor throws grounders, each player taking a turn fielding one.

2. CATCHING AND FIELDING FLY BALLS

- **CATCHING SKILL –**

- Hold hands out in front, chest high.
- Use two hands to catch ball.
- Keep eye on the ball.
- When ball hits hands, squeeze hands closed.

- **FIELDING FLY BALLS –**

- Keep eyes on the ball.
- When judging a fly ball, players should always move back before moving forward.
- Two hands to catch ball in front and overhead

DRILL – Partner Practice (Face to Face)

Equipment Needed: Balls

Set Up: Set up cones in two lines for partners to stand at (should be facing each other)

How To:

1. Place players into partners
2. Put one partner facing the other (using cones as guidelines)
3. Have them throw and catch back and forth.
4. Make sure they focus on keeping their eye on ball.
5. Incorporate making the proper throw.
6. Once they are comfortable have them throw Pop-Ups to each other.
7. One player throws the ball up in the air and the second player tries to catch it.
8. If this does not work the Instructor throws Pop-Ups, each player taking a turn catching one.

3. HITTING

SKILL –

- Grip bat with hands together.
- Stance shoulder width apart, knees bent, and hands shoulder high, elbow bent straight out.
- Instruct players on the three swing positions:
 - First swing position** is to keep hands back while striding forward.
 - Second swing position** is to keep eye on the ball while bringing bat head through the zone. Belly button should be facing pitcher at this point.
 - Third swing position** is to follow through keeping your front foot as closed as possible while turning your back foot on the ball of your foot.

DRILL – BP Stacks

Equipment Needed: Balls, Bats

Set Up: No set up needed.

How To:

1. Place the group into different stacks.
2. Each player comes out to take soft toss.

4. BASE RUNNING

SKILL –

- Run through first base.
- Rounding bases.
- Stealing bases: two-step lead, never cross feet, run with head down.
- Home Run Trot.

DRILL – Running Tree

Equipment Needed: Bases

Set Up: Set up playing field with cones

How To:

1. Players should run single, double, triple, homerun.
2. Instructor should pretend to be a pitcher, while a player is on first trying to steal a base.
3. Instructor should pretend to come to stretch, pick players off, or throw home.

5. SLIDING

SKILL –

- Feet first slide: one leg is bent and tucked under slide.
- Head first slide: on stomach with arms stretched out in front.

DRILL – Theeeeirrr Safe!

Equipment Needed: Bases

Set Up: Have a baseball diamond set up if there is not one available.

How To:

1. Place players into stacks.
2. Each player slides into a base. (If indoor make sure the kids keep upper body straight up when sliding so they don't hit their head on floor).

6. PITCHING

SKILL –

- Review the fundamentals of throwing.
- Difference between pitching from the stretch and windup (Leg Kick).
- Hitting target (catcher's mitt).

DRILL – Cy Pitching

Equipment Needed: Balls

Set Up: No set up needed.

How to Play:

1. Place players into pairs.
2. Have stacks pitch to the Instructor.
3. Or have a players pitch to the wall or partners.