ALL PRO BASEBALL GROUP and The JR. GIANTS DRILLS GUIDE

This is in reference to the revised book 2015

Throwing Station

1. grip drill pg 12 using two fingers or three fingers depending on hand size

2. arm action break drill pg 15

3. Catch, shuffle and how drill pg 16-17

4. One knee throwing drill pg 20

5. Coach catch pg 17

6. Player catch pg 17-18

Outfield station

1. Pop up drill game drill 3  pg 64

2. Drop step dry and live drill. drills 4 and 5 pg 64

3. Communication drill. drill 11 pg 66

4. Football drill game pg 67

Hitting Station

1. Dry hitting drills 5 minutes pg 81 -83 drills 1- 8

a. stance

b. stride

c. pivot

c. step and pivot

e. load and stride

f. forward to down to level

g. shoulder to shoulder

h. balance

Additional drills

2. Grip drill pg 89 drill 1

3. Stride and pivot drill with bat behind their back pg 89 drill 2

If you have tees

Tee work pg 83-84

If you have wiffle balls or a soft toss net

Soft toss work pg 85-87

Catching Station/Receiving Station

1. Receiving the ball pg 26-27 with pictures fundamentals A.- G.

2. High and Low drill pg 28 drill 2

3. Clock drill pg 28 drill 3

4. Quick feet drill pg 28 drill 4

5. Reaction drill pg 29 drill 5

6. Football game drill pg 30 drill 4

Infield Station

1. Triangle drill pg 39 drill 3

2. Dry fielding drill pg 39 drill 4

3. Coach rolls drill  pg 40 drill 5

4. Coach short hop drill pg 40 drill 6

5. Crossover step drill pg 41 drill 9

6. Triangle rotation drill pg 42 drill 11

7. Live fungo drill pg 42 drill 12

Baserunning

1. Home to first base drill pg 139 drill 1

2. Making turn drill pg 139 drill 2

3. Turns reading the play drill pg 139 drill 3

4. Picking up coach drill pg 140 drill 5

5. Reading fly balls drill 6 pg 141