

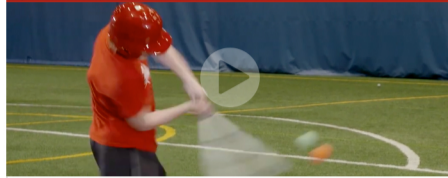
### HITTING

#### BARRY LARKIN DRILL



This video presents a drill forcing the hitter to focus on proper balance when hitting.

#### TWO BALLS TOSS DRILL



The goal outlined in this video is about hitter's concentration as two balls are tossed while the focus is only on one.

#### WALKING DRILL



The drill presented in this video is to help the batter control the lower part of his/her body in order to create more power when hitting the ball.

#### CATCH AND SWING DRILL



In this video, a drill is demonstrated for hitters who do not have necessary equipment for practice.

### CATCHING

#### CATCHER - T DRILL



The goal of this drill presented in this video is to ensure the catcher's footwork is done properly so it is aligned with 2nd base for a throw during a stolen base attempt.

#### CATCHER BLOCKING DRILL



In this video, key elements are showed in order to optimize blocking skills for the catcher.

#### CATCHER REACTION TIME DRILL



The drill presented in this video is focusing on the importance for the catcher to remain relaxed while receiving balls coming from various directions and at different speed.

#### OUTFIELDER - TRACKING THE BALL DRILL



This video offers various drills to recover the ball quickly while staying under control and in good athletic position.

### PITCHING

#### TOWEL DRILL



This video shows proper pitching mechanics using a towel as a tool. Useful for warm-up and for teaching mechanics.



### DEFENSE

#### FIELDING GROUND BALLS 2 X 2 ON KNEES NO GLOVE



Here is a drill covering all important aspects to consider when fielding a ground ball without the use of a glove.

#### 3 X 3 DRILL



This video highlights some of the most important elements to master by an infielder.

#### FIELDING GROUND BALLS 2 X 2 ON KNEES WITH GLOVE



Here is a drill covering all important aspects to consider when fielding a ground ball with the use of the glove.

#### FIELDING AND AGILITY DRILL



This drill is physically demanding and combine agility and fielding techniques for infielders.

#### FIELDING 1 2 3 4 DRILL



This drill combines footwork and concentration when a ball is thrown in his direction.

#### FIELDING - 4 CORNERS DRILL



This video offers a drill where the player focuses on footwork, positioning and reception of various types of thrown balls.

#### FIELDING GROUND BALLS 2 X 2 ON KNEES PROGRESSING TO THE TRANSFER



In this video, a progression is offered so player learns how to transfer from glove to hand.

#### OUTFIELDER BALL ON HEAD DRILL



In this drill, players learn how to quickly position themselves underneath the ball thrown in the air by the coach.

#### OUTFIELDER - RECTANGLE DRILL



This video focuses on the importance of the first step and proper concentration for outfielders.

#### FIELDING - RAPID FIRE DRILL



The emphasis of this drill is on quick transfer from glove to hand for the shortstop and second base player.

#### FIELDING SHUFFLE DRILL



This drill uses a line and some key elements for guiding the shuffle steps of infielders.

#### FIELDING TEAM CATCH RUNDOWN DRILL



This video shows important aspects related to the rundown.

#### FIELDING - CIRCLING THE BALL



This video shows the infielder the key elements of his/her footwork when a ground ball is hit towards him/her.

#### FIELDING - 2 X 2 RUNNING THROWS



This video shows different situations when a fielder has to throw the ball using different arm angles while in movement.