**WOLFPACK THROWING PROGRESSION**

1. Wrist Flings (Points of Emphasis: more rotation = more velocity!)

 -throwing knee down

 -elbow in glove

 -wrist above elbow

1. Elbow and Wrist

 -same position

 -elbow on top of glove

1. Long Arm w/Pause

 -same position

 -get to full extension, pause and check hand position (must be able to see

 Knuckles! Knuckles above wrist!)

 -follow through low to the ground

1. Quarterbacks

 -both feet pointed toward partner

 -no step

 -work on trunk rotation and follow through

1. Walking Throws/Shuffle -Shuffle

 -take 2 to 3 steps before you throw, always walk or step into your throw!

1. Long Toss

 -strengthen arm

1. Quick Toss

 -quick transfer

 -form not as important, it’s about speed and accuracy

1. Square Drill (infielders)

 -both directions, no spin, then with spin

 -variation = if receiver has knee down, thrower resets and throws diagonally

 -flips (underhand)

 -lock elbow and wrist, low line drive, step toward your throw

 -flips (backhand)

 -thumb down, step toward your throw

**WOLFPACK INFIELDER PROGRESSION**

1. Points of Emphasis (POE’s)

 -chin down

 -two hands

 -fingers point/touch ground

 -glove open and STAYS below the ball!!

 -butt down, flat back

 -field the ball out in front, reach for it!

1. Drills/Progression
2. On both knees w/partner (no glove, then with glove)

 -roll ground ball to partner

 -give partner a one hop

2. On feet w/partner

 - roll ground ball to partner

 -give partner a one hop

3. On feet w/partner

 -one hop forehands

 -one hop backhands

 -one hop in front

4. “Get Around”

 -ball on ground

 -ready= prep steps (right- left), go = get around the outside of the ball

 -right/left/field (pause to check stance, feet, hands and positioning)

 -right/left/field/right/left/throw (pause to check stance)

5. Partner Get Arounds

 -partner rolls ground ball to other partner

6. Rolling Ground balls

 -coach rolls grounds balls at IF

 -IF uses footwork/glove work taught above

 -IF follows his throw and becomes 1B

7. Wall Drill

 -IF 2nd in line throws ball at wall while IF in front fields it

 (work balls right at you, forehands and backhands)

**WOLFPACK OUTFIELDER PROGRESSION**

1. Points of Emphasis (POE’s)

 -drop-step, open up more than less, always keeping the ball in front of you

 -point the lead toe where you want to go, whip the elbow

 -keep eye on ball

 -get the ball in as quickly as possible

1. Drop Steps (no ball, then add ball)

 -all at once, only 1st step, then one at a time running down a fly ball

 -45 degree right/left 3

 -90 degree right/left

 -180 degree glove-side 2 4

1. Star Drill (no ball, then add ball)

 1 OF 5

1. The Trident \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 1 2 3

 OF

1. Find the Ball (back to coach or spin)
2. The Snake (OF turns back or re-opens to change direction)
3. The W
4. 2-ball, 3-ball, 5-ball (coach throws balls at different spots)
5. Dry Quick Hops
6. Ground Balls (no glove, then add glove)

 -attack the ball, get glove down early

 -get it in quick!

 -add the quick hop

1. Communication Drills

**Wolfpack Catcher Progression**

1. STANCE ( relax=no one on/less than 2 strikes, ready= runners on/2 strikes,

 C=blocking position)

 1. stance hops (left, right, forward, back)

 2. mini jumps (balanced when landing)

 3. medicine ball (work on balance)

 4. duck walks (keeps weight on the inside of feet)

 5. see Sal Fasano’s outline for more drills

1. RECEIVING (Relax stance, limit body movement when receiving)

 1. Stick It (no glove)

 -catch the outside of the ball

 -follow top half of steering wheel

 -don’t let the hand drift

 -catch it in pocket

 2. Stick It with ball in palm (no glove)

 -must catch it in the pocket

 3. Stick It (w/glove)

 4. See U of K outline for more drills

1. Blocking (C position= curved spine, forward lean, forearms in high thighs, get knees on

 ground as quickly as possible, glove covers up 5-hole)

1. NO 5-Hole

 -start in C position

1. Half Blocks

 -start in stance w/glove already on ground

 -get to C position/get knees on ground

 -positive movement, closing ground on the ball

1. Full

 -start in ready stance

 -get to C position (lead w/the glove)

 -first no ball, then add a ball

1. Half Blocks Lateral

 -start w/knee already on the ground

 -get to C position angled toward the plate

1. Full Lateral

 -lead w/the opposite knee

 -first no ball, then add ball

1. 3 Ball Drill

 -3 balls are put in front of catcher (inside , middle, outside)

 -coach points to one ball simulating a ball in the dirt

 -catcher reacts

1. Mirror Drill

 -work w/partner mirroring his movements

**Wolfpack Batting Tee Progession**

1. Dry Swings

 -Stance > Load (Stride happens simultaneously) > Hips > Hands

 -first take dry swings on a line

 -second take dry swings at a belly button length from a net/wall

1. Tee Work

 -always work with a partner or 2

 -take 4 swings > evaluate, then take another 4 swings > rotate

 -put ball on tee w/2 seams facing hitter, tell hitter to hit front inside seam

1. High Tee (up the middle)
2. Belt high tee (up the middle)
3. Knee high tee (up the middle)
4. Outer Half (let the ball travel, contact deep in the zone)
5. Inner Half (contact must happen out in front of the plate)
6. Two Tee Drill (back tee is higher, forcing bat to stay on top!)
7. Tunnel Tee (goal= hit the back of the net on the other end of batting cage)
8. Fastest bat competition (2 hitters on a tee, coach says, “ready”= load, go=swing!)

**Hitting Stations**

1. Soft Toss
2. Soft Toss w/fungo
3. Soft Toss w/volleyballs
4. Soft Toss w/small balls

-use hit stick/small bat

1. Soft Toss Top/Bottom Hand (one hand only)
2. Two ball Soft Toss
3. Back Toss
4. Top Toss
5. Quick Swing
6. 2/3 Plates Drill

**Front Toss Focuses**

1. Up the middle/hit the L-screen
2. Oppo (let the ball travel deep in the strike zone)
3. Go w/the pitch (inside, outside, up the middle)
4. Exaggerate Head down (eyes open on contact)
5. Balance or Weight Back (off speed)
6. 2 Strike hitting
7. Bounce Toss