



OMAHA'S TEAM

PASSION

EXCELLENCE

TEAMWORK

Everyday Drills- Glove Work

No Glove- on knees

Roll ball right at you
Roll ball backhand
Roll ball forehand

Focus on:

Glove- on knees

Roll ball right at you
Roll ball backhand
Roll ball forehand

Focus on:

Glove- on knees

Short hops right at you
Short hops backhand
Short hops forehand

Focus on:

Glove- standing

Roll ball right at you
Roll ball backhand
Roll ball forehand

Focus on:

Glove- standing

Short hops right at you
Short hops backhand
Short hops forehand

Focus on:

Glove- standing

Loopies

Focus on:

.980's Infield

Ground balls or short hops with a short dart throw

Ground balls/ Short hops-

In front
Forehand
Backhand
Backhand no backhand

Add Clips, Ladders, 3 Cones Manning

.980 Outfield

Drop steps (Tennis balls)

1 Knee Do or Dies (pick your hop)

Rolled Do or Dies close the gap



OMAHA'S TEAM

PASSION

EXCELLENCE

TEAMWORK

Hitting Everyday

Knee- One arms (baby bat) and standing

Top hand

Bottom hand

Knee- Insider bat (tennis balls)

Cage-

Up middle Tee

Front Toss- stop at contact

Team-

Tee's

Infield hits to Outfielders at position

Outfielders hits to Infielders at position

NOTES:

