



**UNIVERSITY OF ST. THOMAS**  
**COACH JOHN TSCHIDA**



**DRILLS: HOW TO MAXIMIZE PRACTICE & SPACE**

**Hitting**

- Partner Competition Tee
- Find Hitters Best Location (Pitch Location charted by Bomb, line drive, pop up, swing miss, etc.)
- Deer Netting w/ Cats Yarn
- Japanese Contact or Run Bases
- Target Hitting (Batting, Pitching, Throwing) You may call Ground Ball, Line Drive then Bomb
- Long Tee Team Contest

**Infield**

- Foot Speed Prior to Fielding
- 2.7 Second Ground Ball Fielding

**Catchers**

- Kettle Bell Bungee Catchers Throws/ IF throws
- Catchers Balance Beam

**Throwing**

- Glove Slaps
- Below Waist & Oppo.
- Various Short Throws
- 4 Corner Catch

**Pitching**

- Wood Block Pitchers Spinner
- Major Miss and then Minor Miss
- Radar Gun working Speed & High End Speed – Break Record, Call your speed drop (1,2,3,4,5,6,7,8= Kendra)
- Human Video Game Dots
- Game –like intensity, # of pitches, rest, talking
- Guess your velocity, how many points are you off?
- Competitive Radar (1 pt for each mile mph above your working speed)
- Verbal/ physical heckler
- 1<sup>st</sup> to execute Sequence of “3”: Rise In, Rise In, Curve Out
- Up & In, Down In Bullpen with Screen
- Break the Flow Bullpen (Bunts, Back Ups, Intentional Walk)
- Greg Maddux Game
- 1-1 Game or 3 Pitch Hit & Run Game
- Tee Ball Game or Backwards Softball Game
- Opposite Hand Day
- Imitate Marta Day
- Situational Scrimmage
- Around the Horn Game
- Whistle Lead Offs

**Various**

- Mini Bands: OF, IF, C, Hit, Pitch
- Concentration Grid: quiet, announce, music
- “Champion on Deck” – Go for it! Panic or choke when you make the game too big.
- Theme Days: Two Tuesdays – 2 of everything; Senior work together, juniors together, etc.
- Zero Station – not punishment. They do nothing here.
- Time Out – gather yourself – check your arousal level
- Individual Drill
- 10 minutes to work on anything you feel you need more work on
- CLASSROOM trivial pursuit – SB IQ & Stacking