

## **Major Conditioning #2**

10 minutes warm up  
Break into stations

### **Station 1: Throwing Station (15 minutes) 1 or more leaders**

**Review** (coach verbally explain to players):

- 4 seam grip
- Do not throw until you see your partner's two eyes looking at you
- Start glove should to partner, ball in throwing hand, glove at waist. Split
- Launch position (knuckles facing partner, four-seam grip)
- Delivery: stay behind ball, hand passes ear, snap wrist
- Arm follow through (seat belt)
- Reminder receivers P2P and T2T

**Drill** (2 sets of this station going at once)

- Line players up, 2 at a time they come forward for: [Back-Up Throwing Challenge](#)

### **Station 2: Batting (15 minutes) 2 leaders**

**Station 2A:**

**Review** (coach verbally explain to players):

- Timing (see the ball, when should front foot come up)
- Load (hinge the hip, weight toward back)

Have player slow-mo swing and provide feedback. Several swings without ball, then ball.

**Station 2B: Batting Wiffle Balls**

**Review** (coach verbally explain to players):

- Timing (see the ball, when should front foot come up)
- Load (hinge the hip, weight toward back)

Side toss wifflee balls, provide correction.

### **Station 2: Grounders (15 minutes) 2 leaders**

[Coach to Player Practice Fielding Within 4 cone grounders](#)

*2 sets of coaches going at once, players lined up off to side or behind coach*

- Start with grounders straight on
- If successful, challenge with side to side grounders, fore hand, backhand

Leader: remind players of ready position, to push toward ball (not across), teach forehand, [backhand](#), "Alligator"

## CATCHING

- **Two-Hand Target (2HT)** When playing catch, the thrower should not deliver the ball until the receiver shows the thrower a two-hand target.

The 2HT is when the player receiving the ball has both arms extended straight out from their body with a little flex in the elbow. Hands straight up, with thumbs towards each other, once the thrower sees this, they may deliver the ball. This is the 2HT. (See Fig. 2.1)

- **Thumb-to-Thumb (T2T)** When receiving the ball above the waist the receiver should show a 2HT and catch the ball thumb-to-thumb.

This is important because it emphasizes using two hands to catch the ball. This will allow the receiver to quickly make the transition from their glove to their throwing hand, while using the four-seam grip. (see Fig. 2.2)

- **Pinky-to-Pinky (P2P)** When receiving the ball below the waist the receiver should show a 2HT and catch the ball pinky-to-pinky.

Just like T2T this is equally important because it stresses using two hands and teaches the proper way to catch a ball below the waist. (See Fig. 2.3 & 2.4)