



Youth Baseball Drills

Peter Caliendo

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Coaches know the importance of drills. The cornerstone of most practices, they are essential in developing player skills and team execution. For younger players, however, the best drills go one step further. They engage the player, promote teamwork, and establish a lifelong love of the game.

Youth Baseball Drills is a comprehensive collection of more than 100 of the very best team drills for young players and their coaches. Developed specifically for players aged 6 to 18, the drills teach and reinforce fundamental skills such as these:

- Hitting
- Bunting
- Fielding
- Catching fly balls
- Throwing
- Pitching
- Base running

Easy to understand and easier to implement, each drill is accompanied by step-by-step instructions, equipment needs, field diagrams, and key coaching points. And the ready-to-use 30-, 60-, and 90-minute practice plans help coaches put them to use and create enjoyable and productive practices.

With variations and progressions for difficulty, *Youth Baseball Drills* has something for every coach and every player. It is a must-have guide for anyone wanting to teach youngsters how to play, and enjoy, the game of baseball.

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