

## **ALL-STAR DRILLS FOR EVALUATING PLAYERS**

### **Length**

### **Description of drill**

#### **15 m – Attendance/warm-up throwing, light jog/introductions/overview**

#### **15 m – Base running:**

Players are lined up at home plate and run from home to 1<sup>st</sup>.  
Players are lined up at home plate and run from home to 2<sup>nd</sup>.  
Players are lined up at 2<sup>nd</sup> and run from 2<sup>nd</sup> to home plate.  
Players are timed on their run from 2<sup>nd</sup> to home.

#### **15/20m – Infield Drill:**

Players are grouped equally at all 4 infield positions (1<sup>st</sup>, 2<sup>nd</sup>, SS, 3<sup>rd</sup>). A coach is positioned on the first base line out of play and hits to the groups at 3<sup>rd</sup> and SS. They field the ball and throw to another coach who is standing near the coach that hit them the ball. The same process is taking place on the 3<sup>rd</sup> base line with these two coaches hitting and taking throws from players' and 1<sup>st</sup> and 2<sup>nd</sup>. Each player in the line takes 1 ground ball and then goes to the back of the line. Once each player has received 5-8 ground balls the groups rotate one position in a clockwise direction i.e. 1<sup>st</sup> to 2<sup>nd</sup>, 2<sup>nd</sup> to short, short to 3<sup>rd</sup>, and 3<sup>rd</sup> to 1<sup>st</sup>. The drill is complete when all players have fielded every position. Coaches can hit or throw the players ground balls, but must insure that they reach the players. Players must not charge in on slow ground balls as that might put them in the path of the other groups throws.

#### **15/20m – Outfield Drill:**

Groups of 4 or 5 players are positioned in left, center and right field. 3 additional groups are positioned at the respective cutoff locations for each outfield group. A coach is stationed at each base who throws a fly ball to the players who in turn catch the fly ball and throw either to the cutoff (depending how deep they are) or to the coach at their respective base. Each player takes 5-10 fly balls and then the cut off group switches with the fielding group. Coaches should start with easy fly balls and then throw fly balls that will make the players have to move left, right and back.

#### **30/45m – Hitting/bunting and pitchers and catchers:**

Two coaches are positioned as batting practice pitchers one on the left side of the infield and one on the right. They pitch to a batter who is positioned to the left and to the right of home plate. Coaches take turns throwing to their batters. Two players wait on deck. Pitchers and catchers are taken aside for their evaluation at this time also. The remaining players are scattered in the infield and outfield and are instructed to be ready at all times and roll the balls in if a hit comes to them. Each player bunts 2 and then gets 8 - 10 hits (fouls included). The rotation goes from hitting to outfield, outfield to infield, infield to on deck. Pitchers and catchers will be rotated into the mix when they have completed their evaluation.

**30/45m – “Out’s” game playing drill:**

The players are divided into 2 groups. Each group will have at least one catcher assigned to it (if multiple catchers then they will each catch a portion of the inning). One group is positioned in the field in traditional positions with any extra players going in the outfield. The infield and out field players rotate positions after every few batters. The group of players in the field receives 1 point for every out they make. A coach pitches to the other group who creates a batting order and hits through the line up once. The offensive group is told that they have the green light when on the bases but reminded that every time they get put out they give the other team a point. Batters can only strike out swinging (you may limit the number of pitches all hitters get if the group is large). Stealing of all bases is allowed for the appropriate age groups which will show case the catcher’s abilities in running situations. Coaches must get through the line up at least once for both sides and if time allows can play multiple innings until the session is over.

This is a **FUN** drill and you should allow the players to play and have some fun with it. You should just sit back and watch to see which player’s exhibit game sense and how they interact with others during various game situations.

**5m – Future announcements and closing cheer:**

Thank players and their parents for their efforts and make any announcements pertaining to future events.

**Total time of session should be from 2-2:30 hrs.**