

Bat Taps

How many consecutive bat taps can you do?

Equipment: Bat and Ball

Hold the bat with 2 hands and bounce the ball on the bat, see how many in a row you can do

Coaching Tip

Eye on the ball and use soft hands

Wall Toss

50 times

Equipment: Tennis ball and a wall

Stand 3 big steps away from a wall. Face the wall. Underarm toss the ball at the wall and catch it with your bare hand. Use the hand you would normally have your glove on.

Coaching Tip

If the ball is above your waist fingers up and if the ball is below your waist fingers down. Soft hands

Slide

20 times

Equipment: Nil

Sit with your legs in a sliding position. Raise your arms above your head. Lay back keeping your arms off the ground. Sit back up and go again

Coaching Tip

Sit cross legged. Straighten the leg that is on top. Your legs should be in the figure 4 position

Bat Swings

Equipment: Bat (batting gloves if you want)

Swing the bat 20 times at chest height
Swing the bat 20 times at belly button height
Swing the bat 20 times at knee height

Coaching Tip

Hands together on the bat and keep the swing flat.

Fly Ball Toss

50 times

Equipment: Ball and Glove

Throw the ball in the air and catch it.

Coaching Tip

Catch with 2 hands with your fingers pointing back over your head. Catch the ball above your head

Fielding drill

Equipment: Glove and 2 balls or markers

Place one ball/marker on the ground then place another marker 4 big steps away. Stand in the middle of the balls/markers and slightly behind. Stand in the set/ready position. Move to your right to the ball/marker and field the ball/marker as a ground ball. Move back to the centre and repeat then to the left. Repeat 20 to the right and 20 to the left.

Coaching Tip

Stay low move like a crab from right to left.