

Going in to the clinic there were a many things I was really looking for in a drill for the level of baseball I coach. I have been looking for a fun drill that could help the players in learning to track and get underneath fly balls. The one drill that caught my eye was BUCKET DRILL.

The image is a screenshot of a presentation slide. At the top, a dark red header contains the text '2023 ABCA Convention' on the left, '11:22 AM CT' in the center, and 'Help' and 'Menu' on the right. Below the header, the slide content is displayed on a light gray background. On the left side of the slide, there is a photograph of a man in a yellow shirt and white pants standing at a podium. The podium has a sign that says 'NASHVILLE' and 'GAMECHANG'. On the right side of the slide, there is a photograph of a baseball player in a maroon uniform and white cap, holding a white bucket. The player is on a grassy field. Above this photograph, the text 'Bucket Drill' is written in large, bold, red letters. At the bottom of the slide, there is a red footer bar containing the text '#ABCA2023' and 'GC GAMECHANGER'.

A problem I always have with Rally Cap/ Mosquito players is getting them to track fly balls and knowing to get their bodies underneath the ball. They are afraid of getting under the baseball as if they don't catch the ball, they will take it off the head or become injured. A simple and easy drill is to get some 5-gallon buckets from Walmart or Home Depot. The players are set up in the outfield or any green space available. They can be put into smaller groups or whole team spread out if space is not an issue. Holding the buckets as in the picture. Starting with soft toss throwing the ball slightly over shoulder height and having the players try to use the bucket to catch the ball. As the players become successful at that height begin tossing the ball to greater heights and in different directions (Front, Back, Left or Right). As the bucket is bigger than a glove the players get a feeling of success earlier and in turn are learning to track balls in the air. Before they know it, the players have acquired the foot work skills to get their bodies in position to catch the ball.

Progression to this is using smaller buckets (ie Ice Cream pails) then moving onto the glove itself.

Coach Ryan,