

(Drill for Baseball Sask from Craig Blechinger)

2023 Convention session: Jordan Bischel (Northern Baseball): Preparing Indoors for an Outdoor Sport

This is more of a thought process than a specific drill, but for us in cold climate Sask this pertains to our teams:

- Need the team to buy in to the PROCESS more than the results since you can't scrimmage, can't play games.
- On the flip side, once we get outdoors, embrace using the indoor facility during those stretches of bad weather days in the middle of the season or when you can't get going in the early part of the season.
- Make the sessions challenging, keep it simple, add rewards to the drills to make them competitive (points system for success, etc)
- If you have a smaller area (school gym) break the drills into different areas so there is small groups and move players through the stations (whiffle ball hitting station, bunting station, steals to second station, fielding station)

Example of focused, challenging and reward drill for Hitting

- Use targets (for launch angle if that is your thing)
- Measure Exit Velo (Can use your pocket radar)
- Round of 10, Score each AB from 0-4 or can give point if it is "hard hit"
- Value Live ABs
- Can add in bunting competition
- If don't have the room for real balls use whiffle balls is completely fine, good for batters to get reads on pitcher and if you can hit a whiffle you had a good read.