

2023 ABCA Convention Drill

1)From speaker: Jason Mills- Little things create great throwing habits.

Flip Drill- Helps a player eliminate the shot-put throwing arm action.

Player stands with glove shoulder pointing towards target. They hold a ball at waste height with fingertips pointing up. Player flips ball up and catches it with the fingertips down and they go right into the throw all in one fluid motion with rhythm.

2)From speaker: Zach Castro- OF play with the 6 fundamentals of outfield play.

Bucket drill- A fun drill to help a player to judge where a fly ball is going to land.

Player has a bucket (5 gallon pale). Coach throws a fly ball up and player tries to place the bucket where they think the ball is going to land into the bucket. Make a little game out of it where you keep score and create a competition with the players.