**Defense**

## Catching

[Catcher - Squat](http://www.qcbaseball.com/skills/catching-squat-position.aspx)

[Catcher – Giving Signs](http://www.qcbaseball.com/skills/catching-giving-signs.aspx)

[Catcher - Receiving the Ball](http://www.qcbaseball.com/drills/catcher_receiving.aspx)

[Catcher - Framing](http://www.qcbaseball.com/skills/catching-framing-the-pitch.aspx)

[Catcher - Blocking](http://www.qcbaseball.com/skills/catching-blocking-a-pitch.aspx)  
[Catcher - Blocking Drill](http://www.qcbaseball.com/drills/catcher_blocking.aspx)  
[Catcher - Hockey Goalie (Blocking Drill)](http://www.qcbaseball.com/drills/catcher_goalie.aspx)  
[Catcher - Fielding Bunts](http://www.qcbaseball.com/drills/catcher_fieldingbunts.aspx)  
[Catcher - Blinking & Flinching](http://www.qcbaseball.com/drills/catcher_blink.aspx)  
[Catcher - Sway and Frame - 5 to 1](http://www.qcbaseball.com/drills/catcher_frame.aspx)  
[Throwing to Second](http://www.qcbaseball.com/drills/catcher_throw2nd.aspx)  
[Blocking - Pitch Trajectory](http://www.qcbaseball.com/drills/baserunning_pitchtrajectory.aspx)

## Infield

[First Base – Fundamentals 1](https://www.youtube.com/watch?v=b-NuHbW38vc)

[First Base – Fundamentals 2](https://www.youtube.com/watch?v=QR2QWQTHp-s)

[First Base – Fundamentals 3](https://www.youtube.com/watch?v=5eT4HTfgV98&t=1s)

[First Base – Fundamentals 4](https://www.youtube.com/watch?v=U0NEYy3A8K8)

[Playing First Base with Sean Casey](https://www.youtube.com/watch?v=vq7iUp4Bbzw)

[Playing First Base with Don Mattingly](https://www.youtube.com/watch?v=lgXM8sk7P6c)

[First Base – How to Pick a Ball](https://www.youtube.com/watch?v=iIO03eCbofA)

[First Base – Footwork Positioning](https://www.youtube.com/watch?v=K6GqSQLhCXM)

[First Base – Mix of MLB Demos](https://www.youtube.com/watch?v=v4E4qqUxBl0)

[First Base – Footwork when Holding Runners](https://www.youtube.com/watch?v=xLRkPOGfhps)

[First Baseman - Covering First](http://www.qcbaseball.com/drills/firstbaseman_cover.aspx)  
[First Baseman - Bad Throw](http://www.qcbaseball.com/drills/firstbaseman_bad.aspx)

[Second Baseman – Double Play Footwork](https://www.youtube.com/watch?v=Yy_FpzNU0XA)

[Second Baseman – Double Play Pivot Drill](https://www.youtube.com/watch?v=S979jwkuAxU)

[How to Cover 2nd on a Steal](https://www.youtube.com/watch?v=rG3oLY5C1e4)  
[Double Play Workup](http://www.qcbaseball.com/drills/infield_dpworkup.aspx)  
[Bare Hand Double Plays](http://www.qcbaseball.com/drills/infield_dpbarehand.aspx)  
[Ground Ball Competition](http://www.qcbaseball.com/drills/infield_gbcomp.aspx)  
[Ground Ball Backhand / Round](http://www.qcbaseball.com/drills/infield_backround.aspx)  
[Carnival Grounders](http://www.qcbaseball.com/drills/infield_carnival.aspx)  
[Infield Rotation](http://www.qcbaseball.com/drills/infield_rotation.aspx)  
[Short-Hop](http://www.qcbaseball.com/drills/infield_shorthop.aspx)  
[Round the Horn](http://www.qcbaseball.com/drills/infield_roundhorn.aspx)  
[Bucket of Balls](http://www.qcbaseball.com/drills/infield_bucketballs.aspx)  
[Bucket of Balls with Runners](http://www.qcbaseball.com/drills/infield_bucketballsrunner.aspx)  
[Follow the Ball](http://www.qcbaseball.com/drills/infield_followball.aspx)  
[Star Game](http://www.qcbaseball.com/drills/infield_stargame.aspx)  
[One-two Infield Drill](http://www.qcbaseball.com/drills/infield_onetwo.aspx)  
[Egg throw/soft hands technique drill](http://www.qcbaseball.com/drills/infield_eggthrow.aspx)

## Outfield

[Outfield - Drop Step - Inside Step](http://www.qcbaseball.com/drills/outfield_insidestep.aspx)  
[Outfield - Drop Step - Turn Your Back](http://www.qcbaseball.com/drills/outfield_turnback.aspx)  
[Outfield - Get the Angle](http://www.qcbaseball.com/drills/outfield_angle.aspx)  
[Outfield - Sun Ball](http://www.qcbaseball.com/drills/outfield_sun.aspx)  
[Team Cutoffs](http://www.qcbaseball.com/drills/team_cutoffs.aspx)  
[Shallow Fly Balls](http://www.qcbaseball.com/drills/outfield_shallow.aspx)  
[Fly Ball Communication](http://www.qcbaseball.com/drills/outfield_communication.aspx)

### Pitching

[Pitching - Accuracy Game](http://www.qcbaseball.com/drills/pitcher_accuracy.aspx)  
[Pitching - Pick-up](http://www.qcbaseball.com/drills/pitcher_pickup.aspx)  
[Pitching - Bunt Defense](http://www.qcbaseball.com/drills/pitcher_bunt.aspx)  
[Pitching Accuracy - 40 pitches](http://www.qcbaseball.com/drills/pitcher_accuracy40.aspx)  
[First Base Pickoff](http://www.qcbaseball.com/drills/pitching_fbpickoff.aspx)

## Throwing and Catching Drills

The throwing series baseball drills listed below are a way of breaking up the act of throwing into manageable pieces that players can work on. You may want to work on these baseball drills one at a time or as a group. Once you feel confident that the players understand each baseball drill, you can work them into stations as part of rotation defensive practice.

[Wrist/Elbow (Throwing Series - Part 1)](http://www.qcbaseball.com/drills/throwing_wrist.aspx)  
[One Knee (Throwing Series - Part 2)](http://www.qcbaseball.com/drills/throwing_knee.aspx)  
[Stationary (Throwing Series - Part 3)](http://www.qcbaseball.com/drills/throwing_stationary.aspx)  
[Step and Throw (Throwing Series - Part 4)](http://www.qcbaseball.com/drills/throwing_step.aspx)  
[Shuffle Throwing (Throwing Series - Part 5)](http://www.qcbaseball.com/drills/throwing_shuffle.aspx)  
[Workup Game (Throwing Series - Combined)](http://www.qcbaseball.com/drills/throwing_workup.aspx)

### Other Throwing and Catching Drills

[Long Toss](http://www.qcbaseball.com/drills/throwing_longtoss.aspx)  
[Relay Throwing Race](http://www.qcbaseball.com/drills/throwing_relay.aspx)

## Team Drills

[Soft Toss Scrimmage](http://www.qcbaseball.com/drills/team_softtoss.aspx)  
[3-2 or 2-1 Count Scrimmage](http://www.qcbaseball.com/drills/team_32.aspx)  
[Signal Scrimmage](http://www.qcbaseball.com/drills/team_signal.aspx)  
[Double Cutoff](http://www.qcbaseball.com/drills/team_doublecut.aspx)  
[ESPN Top Ten Drill](http://www.qcbaseball.com/drills/espntopten.aspx)   
[Pitch Trajectory](http://www.qcbaseball.com/drills/baserunning_pitchtrajectory.aspx)  
[Team Cutoffs](http://www.qcbaseball.com/drills/team_cutoffs.aspx)  
[Shallow Fly Balls](http://www.qcbaseball.com/drills/team_shallowfly.aspx)  
[Fly Ball Communication](http://www.qcbaseball.com/drills/outfield_communication.aspx)

## Situations

[Soft Toss Scrimmage](http://www.qcbaseball.com/drills/team_softtoss.aspx)  
[Sacrifice Bunt Defense](http://www.qcbaseball.com/situations/bunt1.aspx)  
[1st and 3rd Situations](http://www.qcbaseball.com/situations/1st3rd1.aspx)  
[Cut-Off Situations](http://www.qcbaseball.com/situations/cutoff1.aspx)  
[Double Cut Situations](http://www.qcbaseball.com/situations/dblcutoff1.aspx)

**Offense**

## Hitting Drills

[Coil (Hitting Drill Series - Part 1)](http://www.qcbaseball.com/drills/hitting_coil.aspx)  
[Stride (Hitting Drill Series - Part 2)](http://www.qcbaseball.com/drills/hitting_stride.aspx)  
[Hip Rotation (Hitting Drill Series - Part 3)](http://www.qcbaseball.com/drills/hitting_hip.aspx)  
[Simulated Swing (Hitting Drill Series - Part 4)](http://www.qcbaseball.com/drills/hitting_swing.aspx)

### Plate Discipline

[Plate Discipline - Tee Drill](http://www.qcbaseball.com/drills/hitting_discipline_tee.aspx)  
[Plate Discipline - Batting Practice](http://www.qcbaseball.com/drills/hitting_discipline_batting.aspx)

### Other Hitting Drills

[Up The Middle](http://www.qcbaseball.com/drills/hitting_upthemiddle.aspx)  
[Fence](http://www.qcbaseball.com/drills/hitting_fence.aspx)  
[Tee](http://www.qcbaseball.com/drills/hitting_tee.aspx)  
[Tee 1-2-3](http://www.qcbaseball.com/drills/hitting_tee123.aspx)  
[Inside, Outside](http://www.qcbaseball.com/drills/hitting_inout.aspx)  
[In, Out, Up the Middle](http://www.qcbaseball.com/drills/hitting_inoutmiddle.aspx)  
[Soft Toss Using the Quick Hitter](http://www.qcbaseball.com/drills/quick_hitter1.aspx#quickt)

## Bunting Drills

In addition to providing the necessary practice, bunting drills have the extra benefit of helping a player develop the skill of watching the ball all the way to the bat.

[Sacrifice Form](http://www.qcbaseball.com/drills/bunting_sacform.aspx)  
[Sacrifice Target Game](http://www.qcbaseball.com/drills/bunting_sactarget.aspx)  
[Executing and Defending the Bunt](http://www.qcbaseball.com/drills/bunting_execute.aspx)  
[Practice Bunting Stations](http://www.qcbaseball.com/drills/bunting_practice.aspx)

## Baserunning Drills

[No Defense](http://www.qcbaseball.com/drills/baserunning_nodefense.aspx)  
[Relay Race](http://www.qcbaseball.com/drills/baserunning_relay.aspx)  
[Pitch Trajectory](http://www.qcbaseball.com/drills/baserunning_pitchtrajectory.aspx)  
[Shallow Fly Balls](http://www.qcbaseball.com/drills/team_shallowfly.aspx)  
[First Base Pickoff](http://www.qcbaseball.com/drills/pitching_fbpickoff.aspx)

**Pitching**

[11 Little League Pitching Drills For Baseball Pitchers Age 10 To 12](http://www.thecompletepitcher.com/little_league_pitching_drills.htm)  
[How To Coach Little League Baseball Pitching](http://www.thecompletepitcher.com/little_league_baseball_pitching.htm)  
[5 Steps To Building Better Little League Pitching Mechanics](http://www.thecompletepitcher.com/little_league_pitching_mechanics.htm)

**Coaching Tools**

[Charting](http://www.qcbaseball.com/tools/charting1.aspx)  
[Graphical Lineup Cards](http://www.qcbaseball.com/tools/baseball_lineup1.aspx)  
[Motivational Patches](http://www.qcbaseball.com/patchesmotivate.aspx)  
[Practice Plans](http://www.qcbaseball.com/tools/PracticePlans1.aspx)  
[Sample Parent Letter](http://www.qcbaseball.com/tools/Parentletter1.aspx)  
[Using a Batting Tee](https://www.youtube.com/watch?v=ziBskSbl194)  
[Backyard Hitting Lessons](http://www.qcbaseball.com/lessons/hitting_lessons.aspx)  
[Backyard Pitching Lessons](http://www.qcbaseball.com/lessons/pitching_lessons.aspx)

Score runs **consistently**:

* **You must have a plan**
* **You must be diverse**
* **You must be well trained**

To score consistently, it’s very important that all of your baseball players are fundamentally sound in hitting, bunting, and base running. The way to take your offensive game to the next level is drills, drills, drills. **If you are running an old fashioned batting practice where the coach throws about 10 pitches to each hitter, and the hitters take their turn one at a time, you are ensuring failure come game time.** Compare that to organizing a practice where**every player swings the bat 100 effective times.** Now that’s serious baseball.

If you haven’t taught your players how to bunt, you haven’t taught them to play baseball. The short game is a huge weapon in Fastpitch baseball. You MUST be diverse.

* [Organized Hitting Drills](http://mysoftballcoach.com/hitting.html)
* [Fastpitch Hitting Fundamentals](http://www.mysoftballcoach.com/fastpitch-hitting-fundamentals.html)
* [Backyard Batting Practice](http://www.mysoftballcoach.com/batting-practice.html)
* [Correcting the Dreaded Golf Swing for Fastpitch Baseball Hitters](http://www.mysoftballcoach.com/golf-swing.html)
* [Curing Dinker Hits](http://www.mysoftballcoach.com/dinker-hits.html)
* [Bunting Strategy](http://www.mysoftballcoach.com/bunting-strategy.html)
* [Bunt Placement](http://www.mysoftballcoach.com/bunt-placement.html)
* [The Bunting Game](http://www.mysoftballcoach.com/bunting.html)
* [8U Batting Order Strategy](http://www.mysoftballcoach.com/8u-batting-order-strategy.html)
* [10U Batting Order Strategy - League](http://www.mysoftballcoach.com/10u-batting-order-strategy.html)
* [10U Batting Order Strategy - Tournament](http://www.mysoftballcoach.com/10u-tournament-batting-order.html)
* [12U Batting Order Strategy](http://www.mysoftballcoach.com/12U-batting-order.html)
* [Running the Bases](http://www.mysoftballcoach.com/running-the-bases.html)
* [Sliding Practice](http://www.mysoftballcoach.com/practice-sliding.html)