



BASEBALL

INFIELD

INFIELD | FIELDING POSITION

<http://www.youtube.com/watch?v=5GHF5GtKZFo>

INFIELD | READY POSITION - FOOTWORK

<http://www.youtube.com/watch?v=MW8Zp01Pc6w>

INFIELD | READY POSITION - UPPER BODY

<http://www.youtube.com/watch?v=kXdkvIoUGMk>

INFIELD | HANDS

http://www.youtube.com/watch?v=p-s_l6PJLOc

INFIELD | EXCHANGE & THROW

<http://www.youtube.com/watch?v=VpAzaSBLP1U>

INFIELD | THROWING

<http://www.youtube.com/watch?v=x1flobB7SRw>

INFIELD | FOREHAND

<http://www.youtube.com/watch?v=ac95r2DGap0>

INFIELD | BACKHAND

<http://www.youtube.com/watch?v=vkw3cf58D0A>

INFIELD | SLOW ROLLER

<http://www.youtube.com/watch?v=rK7hPlc9Cfo>

INFIELD | 3B DOUBLE PLAY FEED

http://www.youtube.com/watch?v=_g6dEa74M5l

INFIELD | SS DOUBLE PLAY FLIP FEED

http://www.youtube.com/watch?v=ff2tp_nnEGE

INFIELD | SS DOUBLE PLAY OVERHAND FEED

<http://www.youtube.com/watch?v=GWDrVyn1WcM>

INFIELD | 2B DOUBLE PLAY FLIP FEED

<http://www.youtube.com/watch?v=VRCEhcD9aNM>

INFIELD | 2B DOUBLE PLAY OVERHAND FEED

<http://www.youtube.com/watch?v=tKMII-BtSBE>

OUTFIELD

EXCHANGE & FOOTWORK TO THROW

<http://www.youtube.com/watch?v=RsBkhE98tD4>

PITCHING

PITCHING | STARTER STEP

<http://www.youtube.com/watch?v=kbsKErRsRp0>

PITCHING | BALANCE POINT

<http://www.youtube.com/watch?v=0HpLAH-2uWA>

PITCHING | SEPARATION

http://www.youtube.com/watch?v=2RacS_gvfhg

PITCHING | STRIDE/LANDING/DIRECTION

<http://www.youtube.com/watch?v=Eg0OPGQShs4>

PITCHING | FINISH

<http://www.youtube.com/watch?v=Xnx53oLrUc>

PITCHING | FASTBALL PART I

<http://www.youtube.com/watch?v=yerFdPNiOmk>

PITCHING | FASTBALL PART II - GRIPS

<http://www.youtube.com/watch?v=HKU0f0-oDv8>

PITCHING | CHANGE UP

<http://www.youtube.com/watch?v=5l6DYwwHlSk>

PITCHING | BREAKING BALL

<http://www.youtube.com/watch?v=W2ppvdyuEXk>

PITCHING | ARM ACTION

<http://www.youtube.com/watch?v=Nxwk9akGLY>

CATCHING

EQUIPMENT

<http://www.youtube.com/watch?v=FDECzAcm3xo>

PRIMARY SET UP

<http://www.youtube.com/watch?v=CYaGA9LaZ3E>

SECONDARY SET UP

<http://www.youtube.com/watch?v=FTe0RKPYTJY>

RECEIVING

<http://www.youtube.com/watch?v=phFQzH9GJ84>

BLOCKING

<http://www.youtube.com/watch?v=sRZFBikiRMO>

THROWING

<http://www.youtube.com/watch?v=CjOUGcvrsSM>



BASEBALL

HITTING

Setup/Grip/Stance

<http://www.youtube.com/watch?v=vHcoVa3k7Xg>

Load/Stride

<http://www.youtube.com/watch?v=ilZFRBuuVUY>

Balance

<http://www.youtube.com/watch?v=7jZqg5wxVs8>

Lower Half

<http://www.youtube.com/watch?v=JLpoUoHqT68>

Upper Half

http://www.youtube.com/watch?v=pv4WRwFB_WA

Swing Path

<http://www.youtube.com/watch?v=4hmheDruTGA>

Contact/Contact Points

<http://www.youtube.com/watch?v=RXuuN5i9EEc>

Rhythm/Timing

<http://www.youtube.com/watch?v=mlj4NHS9xY>

Finish

<http://www.youtube.com/watch?v=rH83NnS7lqM>

COACH TIPS WITH STEVE BERNHARDT

01 GRIPPING THE BALL

<http://youtu.be/vMovgo-fras>

02 THROWING MECHANICS

<http://youtu.be/MDzvD-3neaU>

03 FIGURE 8 DRILL

<http://youtu.be/1OhfirEh17U>

04 THROW TO COACHES

<http://youtu.be/3u-GZHV7nvY>

05 CATCHING THE BALL

<http://youtu.be/2p0M9eESZlo>

06 TRIANGLE DRILL

<http://youtu.be/KmARmmCEEVg>



COACH TIPS W/ STEVE BERNHARDT

(continued)

07 GRIP THE BAT

<http://youtu.be/ijjuuc8pHkOc>

08 SETUP THE TEE

http://youtu.be/llyTy_IH3ZI

09 COACH PITCH

<http://youtu.be/Kr37vkNBzeo>

10 SMALL BALL HITTING DRILL

<http://youtu.be/HwnYwxpL20A>

11 BALANCE WORK

<http://youtu.be/JD9KRCqoXZA>

SOFTBALL

INFIELD - SETUP & APPROACH

<http://youtu.be/HnmpUwHqhyk>

INFIELD - READY POSITION

<http://youtu.be/P8lrsZ3iKSA>

INFIELD - EXCHANGE

<http://youtu.be/OUVRtrhAAbw>

INFIELD - FOOTWORK TO THROW

<http://youtu.be/KYE6ayPNm3c>

HITTING - GRIP, HANDS, & STANCE

<http://youtu.be/KoJ8dwKgjYE>

HITTING - LOAD & STRIDE

http://youtu.be/_B-211Sso4w

HITTING - LOWER BODY

<http://youtu.be/B6S6KOOzzzY>

HITTING - UPPER BODY

<http://youtu.be/Qn2Jbtj2RE>

HITTING - SWING PATH

<http://youtu.be/5XBem0ltpjE>

HITTING - CONTACT POINT

<http://youtu.be/zvDNwMwpHzQ>