

# MULTIPLE PRACTICE PLANS FROM 2026 HGSL WINTER CLINICS

## Winter Clinic – January 4, 2026

### 10:00am to 10:05am – Welcome and Introductions

- Intro Coaches
- Organize Groups

### 10:05 am to 10:20am – Dynamic Stretching and Warm Up

- **Kicks** (opposite hand to opposite foot)
- **Hug the knees** (pull knee to chest, alternating knees, hug, and release) ○ **Superman** (pull leg behind with opposite hand, raise arm on leg side up and reach for the sky on tip toes, alternate)
- **Lunge and twist** (alternate legs)
- **Pull Arm Across** (alternating Arms)
- **Push Down on Elbow** (Arm overhead, alternating arms)
- **Arm Circles backward** (start small and get big)
- **Arm Circles Forward** (start Small and get big)
- **Shuffle Left**
- **Shuffle Right**
- **High Knees**
- **Butt Kicks**
- **Jog** (50%)
- **Jog** (75%)
- **Sprint** (100%)

### 10:20am to 10:40am – Throwing and Receiving (Progressive Throwing Drills in Partners by age group)

- **Wrist Flicks** (Elbow in glove, flex wrist, four seams, toss ball to partner only using wrist)
- **One Knee** (Four Seams, pt. Shoulder, check Ball, pull glove, curl and follow through) ○ **Standing Idle Position** (Pt. Shoulder, Check Ball, pull glove, curl, follow through)
- **Parallel Feet** (Feet pointed at partner and parallel, rotate hips, point shoulder to target, point glove to target, pull glove, throw, and follow through)
- **45 Degrees** (Feet at 45 degrees, rotate hips, point shoulder to target, point glove to target, pull glove, throw, and follow through)
- **Step and Throw** (Pt. Shoulder, Check Ball, pull glove, curl, follow through)
- **Long Toss** (Pt. shoulder, step, throw, follow through, three steps back, continue until distance is too far)
- **Hot Potato** (catch and throw in rapid fire form from long toss stopping point until close to partner)

### 10:40am to 10:45am – Alligator Circles (Teams by Age)

### 10:45am to 10:50am – Water Break

### 10:50am to 11:25am – Fielding Stations (5 Groups by Age – Rotating every 6.5 minutes)

- Station 1: Field Ground Balls (No Gloves 1<sup>st</sup> Round and Gloves 2<sup>nd</sup> round) ▪ Triangle Drill (Knees) – Fielding hand/Glove in front of Cone

- Triangle Drill (Infield Stance) – Fielding hand/Glove in Front of Cone ▪ Forehand
- Backhand

❖ Field ball, Shuffle, Shuffle, break to throw and stop.

○ Station 2: Agility Ladder Drills and Fielding

- 1 foot – 1 touch
- 2 feet – 2 touch
- Both Feet Out – Both Feet In
- 1 foot out – 1 foot in
- 2 feet hop
- 2 feet hop – 2 spots

❖ Field ball, Shuffle, Shuffle, break to throw and stop.

○ Station 3: Hurdles and Fielding (Use Cones for 6yr olds and possibly 8yr. olds) ▪ Lateral (left)

- Lateral (right)
- Hop Over Two Feet
- Hop Over (left)
- Hop Over (Right)

❖ Field ball, Shuffle, Shuffle, break to throw and stop.

○ Station 4: Fielding Fly Balls (No Gloves 1<sup>st</sup> Round and Gloves 2<sup>nd</sup> round) – MPR ▪ Drop Step left – throw and catch ball

- Drop Step right – throw and catch the ball
  - Drop step straight back – Throw and catch the ball
- Z drill – 5 balls (3 balls)
- Statue of Liberty

❖ Field ball on Glove Side and Moving toward the throw...shuffle step, and break to throw and stop

○ Station 5: Diving Drills (Using Blue Mat)

- From Knees – Spoke and Dive Right
- From Knees – Spoke and Drive Left
- Running – slide on one knee
- Bosu Ball – Dive Right
- Bosu Ball – Dive Left

❖ Field ball, Pop Up, shuffle step, and break to throw and stop

11:25am to 12:00pm – Hitting Stations (5 Groups by Age – Rotating every 6.5 min) ○ Station 1: Training

Bat and Bottle Caps – One Knee

- Station 2: Training Bat and Golf Balls – Standing Square
- Station 3: Regular Bats and Whiffles – Heel to God
  - Station 4: Regular Bats - Soft Toss (Lt. Flights/reg. balls into screen) – Free Swing
- Station 5: Bunting to Cones – MPR Room
  - 1<sup>st</sup> Base Line (Sacrifice)
  - 3<sup>rd</sup> Base Line (Sacrifice)
  - Squeeze (Show at the last minute)
  - Slap (use a tee and screen)

❖ Focus on Stance, hands, hand position, getting started, and staying balanced through the swing

12:00pm – Wrap it up at the center circle and conclude

# Winter Clinic – January 11, 2026

## 10:00am to 10:05am – Welcome Back and Organize Groups

## 10:05 am to 10:20am – Dynamic Stretching and Warm Up

- **Kicks** (opposite hand to opposite foot)
- **Hug the knees** (pull knee to chest, alternating knees, hug, and release)
- **Superman** (pull leg behind with opposite hand, raise arm on leg side up and reach for the sky on tip toes, alternate)
- **Lunge and twist** (alternate legs)
- **Pull Arm Across** (alternating Arms)
- **Push Down on Elbow** (Arm overhead, alternating arms)
- **Arm Circles backward** (start small and get big)
- **Arm Circles Forward** (start Small and get big)
- **Shuffle Left**
- **Shuffle Right**
- **High Knees**
- **Butt Kicks**
- **Jog** (50%)
- **Jog** (75%)
- **Sprint** (100%)

## 10:20am to 10:35am – Throwing and Receiving (Progressive Throwing Drills in Partners by age group) ○ **Wrist**

**Flicks** (Elbow in glove, flex wrist, four seams, toss ball to partner only using wrist) ○ **One Knee** (Four Seams, pt. Shoulder, check Ball, pull glove, curl and follow through) ○ **Standing Idle Position** (Pt. Shoulder, Check Ball, pull glove, curl, follow through)

- **Parallel Feet** (Feet pointed at partner and parallel, rotate hips, point shoulder to target, point glove to target, pull glove, throw, and follow through)
- **45 Degrees** (Feet at 45 degrees, rotate hips, point shoulder to target, point glove to target, pull glove, throw, and follow through)
- **Step and Throw** (Pt. Shoulder, Check Ball, pull glove, curl, follow through)
- **Long Toss** (Pt. shoulder, step, throw, follow through, three steps back, continue until distance is too far)
- **Hot Potato** (catch and throw in rapid fire form from long toss stopping point until close to partner)

## 10:35am to 10:42am – Hitting Discussion (stance, grip, balance, bat position, top hand, bottom hand, hip rotation, swing path in relation to ball position and the plate, weight transfer {back leg to front leg}, extension and follow through)

## 10:42am to 10:45am – Water Break

## 10:45am to 11:25pm – Hitting Stations (5 Groups by Age – Rotating every 7 min – 1 min for transition)

- Station 1: Hand Path Drills
  - Frisbee/disc toss
  - Top hand swings (training/whiffle ball bat)
  - Bottom hand swings (training/whiffle ball bat)

- Full swings (whiffles)
- Station 2: Pitch location drills (screen and light flights)
  - Inside Pitch – Tee
  - Middle Pitch – Tee
  - Outside Pitch - Tee
- Station 3: Weight Transfer Drills
  - Broomstick behind your back
  - Pivot Drills (Face cloths or fabric under the feet)
  - Walk ups/Happy Gilmores (tee/screen/tennis balls)
- Station 4: Regular Bats - Front Toss (Lt. Flights/whiffles) – Free Swing
- Station 5: Bunting (hula hoops) – MPR Room
  - 1<sup>st</sup> Base Line (Sacrifice)
  - 3<sup>rd</sup> Base Line (Sacrifice)
  - Squeeze (Show at the last minute)
  - Slap (use a tee and screen)

❖ Focus on Stance, hands, hand position, balance, getting started, and follow through

11:25am to 12:00pm – Fielding Stations (5 Groups by Age – Rotating every 6 minutes – 1 minute for transition)

- Station 1: Ground Ball receiving Drill (No Gloves 1<sup>st</sup> Round and Gloves 2<sup>nd</sup> round focus on soft hands to receive and gathering)
  - Triangle Drill (Knees) – Fielding hand/Glove in front of Cone
  - Triangle Drill (Infield Stance) – Fielding hand/Glove in Front of Cone

❖ Field ball, Shuffle, Shuffle, break to throw and stop.

- Station 2: Backhand Drill (lower backside, glove in front of foot, soft hands, and hinge while receiving)
  - Idle
  - Range to ball

❖ Field ball, Shuffle, Shuffle, break to throw and stop.

- Station 3: Forehand Drill (lower backside, glove in front of foot, soft hands, and gathering) ▪ Idle
  - Range to the ball

❖ Field ball, Shuffle, Shuffle, break to throw and stop.

○ Station 4: Outfield – MPR

- Field flyballs from belly
- Ground balls (keep it in front on one Knee)
- Do or Dies (let it fly)

❖ Field ball on Glove Side and Moving toward the throw...shuffle step, and break to throw and stop

○ Station 5: Fielding/Balance Drill (Bosu platform ball)

- In Front
- Backhand
- Forehand

❖ Field ball, Pop Up, shuffle step, and break to throw and stop 12:00pm – Wrap

it up at the center circle and conclude.

# Winter Clinic – January 19, 2026

## 10:00am to 10:05am – Welcome Back and Organize Groups

## 10:05 am to 10:20am – Dynamic Stretching and Warm Up

- **Kicks** (opposite hand to opposite foot)
- **Hug the knees** (pull knee to chest, alternating knees, hug, and release)
- **Superman** (pull leg behind with opposite hand, raise arm on leg side up and reach for the sky on tip toes, alternate)
- **Lunge and twist** (alternate legs)
- **Pull Arm Across** (alternating Arms)
- **Push Down on Elbow** (Arm overhead, alternating arms)
- **Arm Circles backward** (start small and get big)
- **Arm Circles Forward** (start Small and get big)
- **Shuffle Left**
- **Shuffle Right**
- **High Knees**
- **Butt Kicks**
- **Jog** (50%)
- **Jog** (75%)
- **Sprint** (100%)

## 10:20am to 10:35am – Throwing and Receiving (Progressive Throwing Drills in Partners by age group) ○ **Neck**

**Throws** (Standing square, ball behind neck, rotate hips, throw, and follow through) ○ **One Knee** (Four Seams, pt.

Shoulder, check Ball, pull glove, curl and follow through)

- **Glove Leg Up/Neck Throws** (Balance on Glove Foot, Ball behind the neck, balance, stride and throw)
- **Right Foot Forward** (Right foot forward, ball behind neck, rotate hips, point shoulder to target, throw, and follow through)
- **Left Foot Forward** (Left Foot forward, rotate hips, point shoulder to target, ball behind the neck, throw, and follow through)
- **Step and Throw** (Pt. Shoulder, stride, and follow through)
- **2 Hop Long Toss** (Pt. shoulder, hop twice, throw, follow through, three steps back, continue until distance is too far)

## 10:35am to 10:42am – Over and Under Relay with softballs (5 each team)

## 10:42am to 10:45am – Water Break

## 10:45am to 11:55pm – Fielding Stations (5 Groups by Age – Rotating every 9 min – 1 min for transition)

- Station 1: Ground Ball receiving Drill (No Gloves 1<sup>st</sup> Round and Gloves 2<sup>nd</sup> round focus on soft hands to receive and gathering)

- Triangle Drill (Knees) – Fielding hand/Glove in front of Cone
- Triangle Drill (Infield Stance) – Fielding hand/Glove in Front of Cone

❖ Field ball, Shuffle, Shuffle, break to throw and stop.

- Station 2: Backhand Drill (lower backside, glove in front of foot, soft hands, and hinge while receiving)

- Idle
- Range to ball
- ❖ Field ball, Shuffle, Shuffle, break to throw and stop.
- Station 3: Forehand Drill (lower backside, glove in front of foot, soft hands, and gathering) ▪ Idle
  - Range to the ball
  - ❖ Field ball, Shuffle, Shuffle, break to throw and stop.
- Station 4: Outfield
  - 3 Cone Drill
  - Ground balls (keep it in front on one Knee)
  - Do or Dies (let it fly)
  - Do or Die to Outfield Fly
  - ❖ Field ball on Glove Side and Moving toward the throw...shuffle step, and break to throw and stop
- Station 5: Fielding/Balance Drill (Bosu platform ball)
  - In Front
  - Backhand
  - Forehand
- Station 6: Catching
  - K up K down Stance
  - Receiving
  - Blocking
- Station 7: Pitching (MPR)
  - Wrist Flicks
  - T throws
  - C Throws
  - Walk Ups
  - Pitch

11:55am to 12:00pm – 5 men in a boat relay game

12:00pm – Wrap it up at the center circle and conclude.

# Winter Clinic – January 25, 2026

## 10:00am to 10:05am – Welcome Back and Organize Groups

## 10:05 am to 10:20am – Dynamic Stretching and Warm Up

- o **Kicks** (opposite hand to opposite foot)
- o **Hug the knees** (pull knee to chest, alternating knees, hug, and release)
- o **Superman** (pull leg behind with opposite hand, raise arm on leg side up and reach for the sky on tip toes, alternate)
- o **Lunge and twist** (alternate legs)
- o **Pull Arm Across** (alternating Arms)
- o **Push Down on Elbow** (Arm overhead, alternating arms)
- o **Arm Circles backward** (start small and get big)
- o **Arm Circles Forward** (start Small and get big)
- o **Shuffle Left**
- o **Shuffle Right**
- o **High Knees**
- o **Butt Kicks**
- o **Jog** (50%)
- o **Jog** (75%)
- o **Sprint** (100%)

## 10:20am to 10:35am – Throwing and Receiving (Progressive Throwing Drills in Partners by age group)

- o **Neck Throws** (Standing square, ball behind neck, rotate hips, throw, and follow through)
- o **One Knee** (Four Seams, pt. Shoulder, check Ball, pull glove, curl and follow through)
- o **Glove Leg Up/Neck Throws** (Balance on Glove Foot, Ball behind the neck, balance, stride and throw)
- o **Right Foot Forward** (Right foot forward, ball behind neck, rotate hips, point shoulder to target, throw, and follow through)
- o **Left Foot Forward** (Left Foot forward, rotate hips, point shoulder to target, ball behind the neck, throw, and follow through)
- o **Step and Throw** (Pt. Shoulder, stride, and follow through)
- o **2 Hop Long Toss** (Pt. shoulder, hop twice, throw, follow through, three steps back, continue until distance is too far)

## 10:35am to 10:42am – Plastic Egg and Spoon Relay

## 10:42am to 10:45am – Water Break

## 10:45am to 11:55pm – Hitting Stations (7 Groups by Age – Rotating every 9 min – 1 min for transition)

- o Station 1: Hand Path Drills
  - Frisbee/disc toss
  - Top hand swings (training/whiffle ball bat)
  - Bottom hand swings (training/whiffle ball bat)
  - Full swings (whiffles)
- o Station 2: Pitch location drills (screen and light flights)
  - Inside Pitch – Tee
  - Middle Pitch – Tee
  - Outside Pitch - Tee
- o Station 3: Weight Transfer Drills
  - Broomstick behind your back

- Pivot Drills (Face cloths or fabric under the feet)
- Walk ups/Happy Gilmores (tee/screen/tennis balls)
- o Station 4: Staying Short to the ball – Front Toss (One Knee against the bleachers arm's length away)
- o Station 5: Regular Bats - Front Toss (Lt. Flights/whiffles) – Free Swing
- o Station 6: Bunting (Tee and Screen)
  - Squeeze (Show at the last minute)
  - Push Bunt
  - Slap (use a tee and screen)
- o Station7: Bunting (hula hoops) – MPR Room
  - 1<sup>st</sup> Base Line (Sacrifice)
  - 3<sup>rd</sup> Base Line (Sacrifice)

❖ Focus on Stance, hands, hand position, balance, getting started, and follow through

11:55am to 12:00pm – Sneaker Relay

12:00pm – Wrap it up at the center circle and conclude.