

# 3-4 Year Old Blastball



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Swift Creek Family YMCA  
(804) 595-9622  
www.swiftcreekyymca.org

## Drills and Fundamentals BlastBall

\*NOTE – All descriptions are based on a right handed player (throws and bats right handed). Adjust for left handed players

\*\*READY position – the ready position is the fundamental position of baseball. Feet should be square and about shoulder width apart.

### Blastball Drills

#### Catching Drills

1. Bare Hands
  - a. Players should begin working on keeping their hands together to catch a ball.
    - i. Players hands should be positioned in a Thumb to thumb or pinky to pinky position
    - ii. Thumb to Thumb for any ball above the belly button
    - iii. Pinky to Pinky for any ball below the Belly button
  - b. Soft Toss the soft blastball ball to the players.
    - i. Emphasis here is to throw the ball into the player's hands to increase their confidence and get them feeling what it's like to catch a ball.
2. Glove Hands  
Same thing as the Bare Hands, just add the baseball glove to the players hand.

#### Throwing Drills

1. Step – Throw  
To begin proper throwing mechanics, the players should begin to incorporate a step with their left foot before throwing with their right hand.
  - a. Player should be positioned in the ready position.
  - b. Throwing hand should extend behind them with the ball.
  - c. Step with left foot
  - d. Throw to target

#### Fielding Drills

1. Alligator Chomp  
The emphasis with the Alligator Chomp fielding technique is to get the players to field the ball using both hands.
  - a. Players should be positioned in the ready position
  - b. Roll the ball on the ground to the player
  - c. Players should field the ball with their glove on the ground.
  - d. As the ball rolls into the glove, have the player take their free hand and 'Alligator Chomp' down onto the ball as it rolls into the glove.

2. There are two primary methods (a & B) for teaching fielding of ground balls for game like situations
  - a. One at a Time
    - i. One fielder takes a fielding position just in front of the pitcher's mound.
    - ii. Waiting fields are gathered around 2<sup>ND</sup> base
    - iii. Coach will hit a blastball from the batting tee at home plate towards the waiting fielder.
    - iv. Player will field the ball as quickly as possible and attempt a throw to first base.
  - b. Line Up from 3<sup>RD</sup> base to 1<sup>ST</sup> base
    - i. More Advanced players can begin moving closer to actual fielding positions.
    - ii. Line players up with ample room to move freely in an arc from 3<sup>RD</sup> base to 1<sup>ST</sup> base positioned in front of the pitcher's mound.
    - iii. Coach will hit the blastball from the batting Tee at home plate.
    - iv. All players will make an attempt to field the ball and attempt the throw to first base.
    - v. CAUTION: This method can cause 'swarming' to the ball and players 'fighting' over the ball. If this occurs, an emphasis should be made that only one player at a time can field the ball and to not fight over the ball.
  
3. Fielding First Base

This position emphasis is on receiving the ball from the fielder and attempting to get the force out at First Base.

  - a. Field the ball thrown from the infielder.
  - b. Quickly run to touch First Base for the Force OUT.

## Hitting Drills

1. Hitting Position

At the Blastball Division, the emphasis is to get the players into the correct batter's stance and begin working on the mechanics of the swing.

Hands together, Elbow Up, Bat Up (pointing towards the sky).

  - a. Repetition is key with words and positioning.
  - b. Position the player in front of the batting Tee with the bat in the correct position.
  - c. Verbal queues can be used to emphasize positioning and the command to swing.
    - i. Elbow Up. Bat Up. Eyes on Ball. Swing Hard – RUN !!!

## Base Running Drills

1. Honk It

The desired effect here is to get the player to get to first base in a straight line.

  - a. Set fielding orange cones out between Home Plate and First Base to highlight the path to First Base
  - b. From Home Plate, have player run to first base and stomp on it to make it honk.
    - i. Players should return back to home plate by walking/running in foul territory.