



OMAHA'S TEAM

PASSION

EXCELLENCE

TEAMWORK

Full Team Throwing Drills

X-Drill-

Mini Drill-

Zig zag throw-

Full Team Fielding Drills

USA Drill-

Double Cut Drill-

Merry-Go-Round-

3 Hitter Go Round-

Ground Ball Sprint Drill-

Brug Drill

Team Fungo

Groundballs around the horn with Catchers tags

Groundballs MAKE THE PLAY!

Full Team Outfield Drills

Line Drill (Cuts)

Team ZIG ZAG

Drop Steps full field-

Leftfield-Home Rightfield Sprint

Quick feet station drill-

Team Drop Steps:



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Full Team Hitting Drills

Team BP- Runners Reads- Position Reads

Notes:

