

# **LSE High School**

**Tim Roberson**

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## **Hitting Drills**

- \* Dominant Eye Test**
- \* Reversal Grip**
- \* Cross Grip**
- \* Ball Drop (with tennis ball)**
- \* Ball Drop with Bounce (with tennis ball)**
- \* Punch Pops**
- \* Shuffle-Shuffle Swing**
- \* Insider Bat (extension)**
- \* Insider Bat (extension with C Loop)**
- \* One Arm Trainers (top / bottom hands)**
- \* Two-Tee Drill**
- \* Fence Drill**
- \* Belly Drill**
- \* 2 Finger Drill**
- \* Chuck It (extension)**
- \* Angle Toss Drills**
- \* Walk Around the Clock**
- \* Orange Stick**
- \* Heal Drills**
- \* Whip Hit**

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## **Fielding Drills**

- \* Pre-Step**
- \* Top of Triangle**
- \* Shadow (with cones)**
- \* Finger Tip**
- \* Dominican**
- \* Drop Step**
- \* Paddles**
- \* Fence**
- \* Forehands (high toss)**
- \* Backhands (high toss)**
- \* Slow Rollers (angles)**
- \* Forward-Forward-Forward**
- \* Triangles**
- \* Tennis Ball (with partner)**
- \* Two Ball (with drop step)**
- \* Rapid Fire**
- \* Flips and Throws**
- \* Ball Everyday Drills (on knees)**