

Baseball/Softball – Beginning Slide Drill

Purpose: Great sliding drill for teaching beginners how to slide

- Talk to them about the cadence of the slide, which is left, right, left, sit.
- Then have the players start walking left leg first, right leg, left leg and then have them fall to their butts with the right leg extended and the left leg folded underneath in the shape of a four (4).
- Once the players get better then begin having them slowly run the steps (left, right, left, sit in shape of 4)