

"Early Bird" Drill

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Step 1

Equipment Needed: Clipboard

Step 2

This is not a drill; however, it does help get the kids to practice on time or in most cases early. I am a high school coach and we always do BP first thing.

I simply hang a clipboard and have the kids sign in as they get to the field. Then we start at the top of the list for BP. It has improved attendance greatly, and most of the time the entire team is on the field 10 to 15 minutes before practice begins so that they can sign in.