

Woodcliff Lake Co-Ed Pre-K Kickball League

PRACTICE REGIMEN

- 60 MINUTE PRACTICE – Use entire regimen below
- PREGAME WARMUP – Use only “10-minute warm up”
Have kids arrive 5-10 minutes before start time



10 minutes: Warm Up

Stretch: Teach kids how to stretch – do a few basic stretches to get them into a routine:

1. With legs at normal shoulder width, bend at the waist – touch the ground
2. With legs wider than shoulders, bend to each side

Run: Mark a line parallel to one of the foul lines

1. Sprints of about 20 yards, from a spot in the outfield to the foul line and back
2. Run around the outfield in a long loop – starting and ending in one spot

10 minutes: Throwing & Catching

Line up kids in pairs. One player on a foul line, the other 10-feet away in the outfield. You should have two parallel lines facing each other.

1. Throw the ball to each other. Teach them:
 - a. For long throws -to step & throw.
 - b. For short throws – chest pass pushing the ball away from the body with two hands
 - c. For controlled throws – bounce pass; similar to chest pass but bouncing it once
2. Catch the ball with two hands, and be ready to throw

30 minutes: Rotating Stations – split team in two teams of 3 kids. Small groups can be kept together.

Station 1: Pitching

Set up three cones:

1. One at the target (home plate)
2. One on each side – 2 feet to the side and two feet back at an angle

Kids get to throw three balls each

- 2 points for hitting the center cone
- 1 point for hitting or staying inside the outer cones
- First player to 21 points wins!

Station 2: Kicking

Set up two cones simulating the kickers box (6 feet square)

- Place a stationary ball at the leading edge of the box
- Teach players to run up and kick the ball
- 2 points for kicking it between shortstop and 2nd baseman
- 1 point for kicking it straight
- First player to 11 wins!

Station 3: Fielding

Stationary Ball Drill

- Place a ball in front of the player
- Draw a triangle where the ball is the tip, and the players feet are the other two corners
- Teach them to step up to the ball, and pick it up OUT IN FRONT OF THEM
- Tell them “Right-Left-Ready”, “Right-Left-Field”
- Have them pick up the ball, and throw it to first base

Rolling Ball Drill

- Same as above but roll the ball to the players

Station 4: Tagging

“Play Is At First” Drill

- Position Two Players in the field at 2nd baseman’s position and 1st baseman’s position
- Position 3rd player (or all remaining players) at home plate
- Hand ball to 2nd baseman
- Blow the whistle:
 - Player runs from home to 1st
 - Fielders try to get the runner out by throwing the ball to 1st, and stepping on the base

Run variations of this drill with different fielding scenarios:

- Force Plays: Runners on base, with different numbers of outs
- Teach that with 2 outs, you only need one more force out
- Teach that with 1 out, you try for a double play (save this for the end of the season)

10 minutes: Running Bases

Home to 1st Drill

- Line up team behind home.
- First player steps into the kicking box, and pretends to kick the ball, then runs to 1st base
Teach them right away that they can touch the base and continue to run through the bag, and then get back on the bag in foul territory. Tough concept, but better to teach now.
- Once they get to the base, have them stand off to the side
- Once the whole team goes – go to the next drill

1st to 2nd Drill

- Line up team behind 1st base in foul ground.
- First player steps onto 1st base with their left foot facing home plate. Right foot leading toward 2nd.
- Place a ball at home plate and kick it to another coach
- When the ball is kicked the player should go
- Teach them to stop at 2nd
- Once they reach 2nd, have them stand off to the side toward center field
- Once the whole team goes – go to the next drill

Have the kids do a 2nd to 3rd Drill, and then finally a 3rd to Home Drill in the same fashion as above

At the end:

- always bring the kids in; encourage them; come up with a “go team” chant.
 - tell them when the next game or practice is
 - talk to the parents, tell them how their child did, and what to work on
 - always discuss disciplinary situations with parents immediately following the event
- Be very aware of the kids’ interactions with each other. Do not tolerate taunting or bullying!*

