

5 Minutes - Meet (Explain Practice Agenda) – Stack Gloves -

Warm Up, review base running, talk about Throwing properly, Throwing Drills, Review catching, Practice Catching, Practice Fly Balls, Review Infield, Infield Drills, Talk about hitting, do some hitting drills and hit some wiffle balls. -- 4 Types of Balls to use.

Exercises

- Run or High 5 Circle
- Toe Touches
- Big Arm Circles
- Arm Pulls
- Elephant Stretch
- Elephant Stretch to the Side
- Stork Stand

10 Minutes - Base running Routine (with their gloves as 1<sup>st</sup> base, lined up on the foul line past first base)

Explain proper technique Wide base, hands on knees (Relaxed)

Ready Position (hands out front, looking forward)

Crossover and jog. Relaxed, "Ready" "Go"

Crossover and run to 2<sup>nd</sup> base (4 times)

Crossover, Shuffle, Shuffle, Wait. (With weight on right foot, "Back"

Crossover, Shuffle, Shuffle, Wait. "Back" or "Go!"

Race to 2<sup>nd</sup> Base (with coach at the line to call the winner)

5 Minutes - Base running technique

- From Home, running around coaches (high 5) on 1<sup>st</sup> base line, inside coach on 2<sup>nd</sup> base line, on their own to 3<sup>rd</sup> base line unless we have another parent.
- Run THROUGH 1<sup>st</sup> base (with lids or dots), go back quickly to ready position.

5 Minutes - Throwing (Kids seated or on knee) (Coach demonstrate technique and drills)

Position of feet / stride -- Use of pivot foot,

- Demonstrate proper grip
- Hand on top of ball, glove at center of body
- Show Ball in glove, Separate hands with "Scrape the table"
- Correct throwing begins with how you hold the ball in your glove and separate the hands.
- Throwing is like a Ferris Wheel, not a Merry-Go-Round.

Arm Action

Fingers on top of ball, scrape the table, separate with both thumbs down, elbows in front of shoulders

Power position. Fingers on top (parallel to ground), thumb at bottom, "Reverse C" with an "L" or a muscle.

Throwing

- Point to target with glove Hand
- Step and Throw pulling glove back to arm pit

5 Minutes - Throwing Dry Drills

Scrape

Scrape to a backward "C"

Scrape and Step

From Stride Position: Rotate hips and feel arm action "Spin"

Step and Scrape, Spin and Throw

10 Minutes - Pitching

Pitching Mechanics and Drills

Up/Down - Like an Elevator

Up/Hold it/Down

Up/Down/Out (Body Weight slightly back or centered)

Up/Scrape Down/Out

Up/Scrape Down/Out/Throw with Hip Twist

Up/Scrape Down/Out/Slide/Throw with Hip Twist and Towel Snap

10 Minutes Throwing Drills (with Tennis Balls on Fence or Saf-T-Balls on Wall)

From power position - Throw at targets

Two step throw with bucket or Rope at Targets

15 Minutes - Catching

Demonstrate catching locations:

Call them out, players slap glove

(Coach facing lefties, other coach in front of righties)

1 - Middle Low

2 - Left Low

3 - Left High

4 - Middle High

5 - Cross Hand High

6 - Back Hand Low

Shotgun - Kids get in line. Coaches toss to their group while in the ready 4 Position, but throw it randomly between 1 thru 4. Kids to back of line after their turn

Race toss for 30 seconds. - See how many total catches the group can get in 30 seconds. The coaches catches count also. Yell out the number during each catch for honesty.

Practice Outfield (and Infield) Routine

Relaxed until pitcher starts windup

Ready (Base Position) Glove Leg 4" ahead of Power Leg

Motor (take two Steps Forward when pitcher starts his wind-up)

Watch the ball all the way to the plate

Reset (Go back to starting position)

(We do this routine on EVERY Pitch!)

10 Minutes- Fly Balls (Explanation)

• Forehand, Backhand, Can of Corn

• 1. Run Smooth

- 2. Don't run with your glove in the air (get to the spot)
- Demonstrate 6 Positions and crossovers.

Fly Ball Circle Drill for Points (1 for forehand catch, 2 for backhand) – 3 groups

- They get in a line
- Kids pick a ball they like
- They come out to the spot, throw the ball to the coach, and say '1 Point' or "2".

Popcorn Throw – 20 – Watching for two handed catches, not throwing hand behind glove

20 Minutes - Infield Introduction

- Glove Leg Slightly ahead of Power leg
- Hand like an alligator or Snow Shovel
- Routine Same as Outfield - Relaxed (hands on knees), Ready Hands out front, Little Motor, Reset

Practice Sucking up the ball (no ball)

Relaxed  
 Ready  
 Little Motor  
 Suck up the ball  
 Make a two step throw to home plate

Ground ball Shuttle (3 Stations) - (Skip to Hitting if Undercover)

Kids in lines (2<sup>nd</sup> base, SS, 3B)  
 Coaches roll balls softly to kids, they throw back to coach, go to end of line.  
 Rotate Stations every few minutes.  
 Eventually give ground balls to left and right  
 Make them do the two step "Little Motor" position before rolling them the ball.

King of the Diamond (Time and Weather Permitting)

Coach #1 Rolling Balls, Coach #2 at Short Stop, Coach #3 at First Base with a bucket & glove.

5 Minutes - Hitting Demo (with Home Plates and line drawn in dirt)

- Knuckles (Knocking Knuckles Line Up)
- Feet & Shoulders Straight to Plate
- Bat on Shoulder
- Legs Bent (Chin in front of belly button)
- Elbows Down
- Raise bat from shoulder (3 inches from armpit)
- 4 Inch stride. Find stride length then go back 4 Inches.
- Squish the Bug and Twist your hips.

5 Minutes - Dry Drills (everybody has their own home plate.)

*Stance -- Move your feet*  
*Stance -- Stride*  
*Stance -- Stride-- Hip*  
*Stance -- Stride -- Hip -- Swing*  
*Stance - Swing*

20 Minutes - Hit Wiffle Balls - (Practicing Mechanics we just learned. Coaches correcting mistakes.)

3 Groups of 4.

Each coach alternate pitching to two kids. Two kids fielding behind each coach.

Switch Hitters to Fielders

Optional Hitting Drills (Kids hold other non-active arm against body)

Wiffle Ball Punch

Wiffle ball Karate Chop

Extra Time - Bubba Baseball (Time Permitting)

Wrap Up -