

Practice 1

	Practice #1
1. Warmup	Run bases in proper direction
	Stretch
	Get gloves and gather in circle around Pitcher's Mound
	Talk about baseball safety
	Toss baseball (or something softer like beanbags) to each player and back to coach on Pitcher's Mound
2. Throw/Catch	Break out into groups with coaches
	Say player's name, throw to player, player steps/throws overhand back to coach
	Use beanbags if players are not ready to catch real ball yet
3. Fielding	Mark positions with cones
	Describe field layout, bases, positions
	Drill - Run to the position the coach says
	Split up players on field like a pizza
	Show kids naturally bent down position, no hands on knees, glove/throwing hand ready
	Hit/roll ball to each player, throw back to coach at Pitcher's Mound
4. Hitting	Discuss hitting safety, handling a bat = wear a helmet
	Show where to stand in box at the plate, lefty vs. righty
	Different parts of bat - knob, handle, barrel (sweet spot), tip
	Ask kids what would happen when hitting with each part of bat, demonstrate with Tee
	Break down into small groups
	1 batter, other kids in field - mark fielder locations with cone
	Only lightly correcting batting stance this first practice
	Each player gets several hits, rotate
5. Game Simulation	Demonstrate hit, drop bat, run to 1st
	3 or 4 players at bat, remainder in field
6. Parent Chat	Safety, fun, baseball skills
	Team parent volunteer

Practice 2

	Practice #2
0. Pre-warmup	Hand out baseballs, spread out, have kids toss them into air and catch solo
1. Warmup	Run bases in proper direction
	Get gloves and gather in circle around Pitcher's Mound
	Talk about baseball safety - always say teammate's name and make sure he/she is looking and ready before throwing
	Toss baseball to each player and back to coach - Emphasize throwing overhand
2. Throw/Catch	Break out into groups with coaches
	Say player's name, throw to player, player steps/throws overhand back to coach
3. Fielding	Mark positions with cones
	Drill - Run to the position the coach says - see if we remember a few positions
	Assign players to a position, make one player the batter
	Kickball - 1 kick per player - batter runs to first, goal of fielders is to throw to 1st - rotate positions after kick
	It's also OK if they want to chase the runner and hit him/her with the ball
4. Hitting	Discuss hitting safety, handling a bat = wear a helmet
	Show where to stand in box at the plate, lefty vs. righty - have 2 players demonstrate
	Break down into small groups
	1 batter, other kids in field - mark fielder locations with cone
	Each player gets 4 hits, rotate
5. Wrap up	Run bases

Practice 3

	Practice #3
0. Pre-warmup	Hand out baseballs, spread out, have kids toss them into air and catch solo, challenge them to catch 5 balls without dropping, etc
	Run with kids around the bases, show them how to step on inside corner of bag - it doesn't matter which foot hits it
	Run bases in proper direction twice - kids should be able to do this without instruction now
	Talk to parents - demonstrate throwing mechanics to practice with kids at home
1. Warmup	Get gloves and gather in circle around Pitcher's Mound
	Talk about baseball safety - always say teammate's name and make sure he/she is looking and ready before throwing
	Toss baseball to each player and back to coach - Demonstrate and emphasize throwing mechanics
2. Throwing	Break out into groups with coaches, rotate groups when bucket drill is complete
2a. Whiffle golf ball toss	
	Players pair up, no gloves, and throw golf ball with proper form
	Encourage teammate to catch ball with both hands
	Put on gloves and try to catch with "fingers up" in glove, unless ball is thrown below belly button
	Put away golf balls and use baseballs
2b. Throw into bucket	
	1 player will be throwing the ball. Set up a cone for him/her
	Set up bucket 20-30 ft. from cone
	Each player gets 10 throws, using proper mechanics
	2 points for ball in bucket, 1 point for ball hitting bucket
	1 player stands near bucket to retrieve balls and throw back to coach
	2 or more players stand beyond bucket to retrieve overthrows and throw to cut-off near bucket
	Rotate through players, add up points and declare a winner
	Winner from each group gets to line up first to run the bases at the end
3. Fielding	Mark positions with cones
	Call out a position and have kids run there
	Call out 2nd baseman position last, whoever finds it first is the Winner and gets to run the bases first
4. Wrap up	Run bases

Practice 4

	Practice #4
1. Warmup	Pair up and have a catch
	Run bases in proper direction twice
2. Fielding	Split up into two small groups, one in left field, one in right field
	Have kids line up and spread out, use cones to define their "zone"
	Coach hits ground balls, line drives, pop ups to kids
	Emphasize fingers down, glove on ground for ground balls
	Throwing hand should also be waiting to cover ground balls, say it is like an alligator
	Player throws ball back to coach or helper
3. Hitting	One batter
	Use cones to mark infield positions, including pitcher
	Batter hits, drops bat and runs to first
	Fielders try to make the play at first
	Rotate after 5 or 6 hits
4. Wrap up	Run bases

Practice 5

	Practice #5
1. Warmup	Pair up and have a catch
	Run bases in proper direction twice
2. Fielding	Split up into groups
2a.	Line up kids in right field and have them spread out
	Use a cone to define each player's zone
	Coach hits ground balls, line drives, pop ups to kids
	Emphasize fingers down, glove on ground for ground balls
	Throwing hand should also be waiting to cover ground balls, say it is like an alligator
	Player throws ball back to coach or helper
2b.	Set up players at infield positions
	Hit tennis ball and have players throw to base
	Appropriate player covers base
	Emphasize paying attention to ball and which base it will be thrown to
3. Hitting	Play kickball
	Batters should run in proper direction around bases
	Fielders should attempt to make throw to proper base
4. Wrap up	Run bases

Practice 6

	Practice #6
1. Warmup	Pair up and have a catch
	Run bases in proper direction twice - Have player pretend to swing bat before running
2. Hitting	Split up players into small groups
	One batter, remaining players are fielders
	Batter hits off tee - emphasize watching the ball through the swing and weight transfer from back to front
	After each hit, have player lay bat on ground - emphasize Not throwing bat
	Remaining players field ball and throw it to bucket - emphasize "be ready" for ball, glove on ground for ground balls, and good form when throwing
	Give players 1 point for hitting bucket, 2 points for getting it in
	Each player gets 10 hits
3. Run downs	Split up players into small groups between 1st/2nd and 3rd/Home
	One player is baserunner wearing helmet, starting between bases
	2 players at a time are fielders starting at opposing base
	Describe rundown
	1 fielder starts with ball
	Fielders try to tag runner or throw ball to teammate
	Runner tries to avoid tag, emphasize concept of base path
4. Game Simulation	One batter, remainder in field, mark positions with cones
	Each player gets 1 hit for a homerun
	Fielders try to make the play at first or tag player out
4. Wrap up	Run bases - pretend to swing bat before running

Practice 7

	Practice #7
1. Warmup	Pair up and have a catch with Easter eggs (tape them closed)
	Run bases in proper direction twice
2. Fielding	Split up into two small groups, one in left field, one in right field
	Have kids line up and spread out, use cones to define their "zone"
	Coach hits ground balls, line drives, pop ups to kids
	Emphasize fingers down, glove on ground for ground balls
	Throwing hand should also be waiting to cover ground balls, say it is like an alligator
	Player throws ball back to coach or helper for half of the drill
	Other half of drill, player tries to throw ball into bucket - 1 point for hitting bucket, 2 points for ball in bucket
3. Hitting	Game simulation
	One batter
	Use cones to mark infield positions, including pitcher
	Batter hits, drops bat and runs to first
	Fielders try to make the play at first
	Rotate after 5 or 6 hits
4. Wrap up	Run bases
	Quick egg hunt

Practice 8

	Practice #8
1. Warmup	Pair up and have a catch
	Run bases in proper direction twice - Have player pretend to swing bat before running
2. Hitting	Demonstrate rear leg weight transfer (versus twisting upper body) to team
2a.	5 Hits off tee
	Split up players into small groups
	One batter, remaining players are fielders
	Batter hits off tee - emphasize watching the ball through the swing and weight transfer from back to front
	After each hit, have player lay bat on ground - emphasize Not throwing bat
	Remaining players field ball and throw it to bucket - emphasize "be ready" for ball, glove on ground for ground balls, and good form when throwing
	Give players 1 point for hitting bucket, 2 points for getting it in
2b.	5 pitched balls
	Fielders throw ball to coach, no bucket
3. Fielding	Pair up players at each infield position, including pitcher
	Mark positions with cone
	Coach indicates where to throw ball
	Coach hits ground balls and players throw to first, second, or third
	After fielding a ball, other player moves up
4. Game Simulation	Time permitting
	One batter, remainder in field, mark positions with cones
	Each player gets 1 hit for a homerun
	Fielders try to make the play at first or tag player out
4. Wrap up	Run bases - pretend to swing bat before running