



Logistical Suggestions:

- Name tags
- Clothes pins; each kid decorates and use for batting lineup
- Magnet board for positions (ie. use it to help players identify the positions on the field)
- snack schedule (for younger divisions) - assign to a parent to organize
- try to make 2-3 stns if possible for practice..keeps kids engaged if smaller groups. Less standing / waiting
- cheer at the end of practices / games
- Youtube ..lots of great ideas

Warm Up

- make it fun
- mini obstacle course with equipment
- cards with exercises (ie. jumping jacks, high knees, butt kicks, burpies)
- What time is it Mr. Wolf
- Blob tag
- 2 team...throw ball. Lineup and pass ball over, under in line, first line to sit down wins (ie. teamwork)
- Competitive ball grab drill - facing each other

Beginners

- Base Orientation (ie. simon says to a base)
- Gimme 5swing imaginary bat, run to first give coach High 5, run thru the bag
- Run around the bases in order...swing imaginary bat, run around the bases OR relay around the bases

Fielding

- Athletic stance
- Progression drill;
 - roll ball, players need to position their body to ensure the ball rolls thru their legs (focus on moving feet to position)
 - Add in Alligator, no glove to start, field the ball between their legs with their hands
 - Add in glove, same thing as above but now field with the glove



- Use a line and have them bring the ball back to you after done (use bucket if possible, if not, just drop on the ground) and run back to line (keeps them moving)
- Below the waist - thumbs down
- above the waist - thumbs up
- Helping with thumbs up....use tennis ball, no glove,...First just catch with both hands (get used to receiving a ball), then catch with one hand only (ie. glove side hand) focus on arm out to in...NOT in to out like a stabbing motion; get them to start with their arm straight....then add glove to hand, catch thumbs up, glove up and ready so you can see the inside of the glove

Throwing

- C-grip
- Step, point, throw ..hints, step with opposite foot to throwing arm (put clip on the opposite shoe to help them with that ie. step with the clip shoe first)
- Older kids one knee down and throw
- line them up and throw against the fence
- T position; feet shoulder width apart; open front foot point to target, make throws (not stepping needed to start); front arm 'Yes' position....Progression would be add a little step then throw, everything else the same;...Next Progression, skip and throw

Batting

- door knuckles ...very important concept
- hip turn (ie. belly button turning to point towards the pitcher)
- eye on the ball at all times
- For older kids...setup hitting stns, use Tee first (ie. 5-10 hits); then move to getting a pitch and hitting
- Running to first....pretend to hit; roll ball to 1st baseman; players try to beat the ball to the bag
- Help younger kids....create a line in the batters box so they can lineup their feet
- Use 'ride the horse' technique for stance
-