Clear Ridge Little League Instructional Division

**PRACTICE GOALS**

*What Your Team Should Learn to Prepare for the Pee Wee Division*

Week 1

1. Run through first base

2. Be able to hold a ball with a four seem grip

3. How to throw to a two-hand target using a four-seam grip

4. Attempt to catch the ball using two hands

5. Properly grip a bat and hit a coach pitched ball

Week 2

1. Be able to identify positions (if not the actual position, the idea of being responsible for an area)

2. How to hold a ball with a four-seam grip and successfully throw to a two-hand target

3. Attempt to catch the ball using two hands

4. Get into an athletic batting stance

5. Hit and run the bases

Week 3

1. Properly grip a baseball

2. Step with opposite foot and throw a baseball overhand

3. Properly grip a bat

4. Hit a ball off a tee

5. Successfully run to first base after a hit/swing

Week 4

1. Field a ball with two hands

2. Consistently hit the ball off a tee

3. Run the bases

4. To see the ball from the coaches hand when hitting live pitching

Week 5

1. Understand the mechanics of catching a fly ball with two hands

2. Be able to call for the ball before catching or fielding

3. Throw the ball to a specified base/player

4. Hit the ball and run to first base

Week 6

1. Run from home plate to second base and run from second base to home plate

2. Listen to cues from coach when running the bases

3. How to hit a ball from the drill soft toss

4. Catch fly-balls with two hands

Week 7

1. Players should have a better understanding of game situations.

2. Throw the ball at a specific target

3. Successfully throw to a two hand target using a four-seam grip

4. Run from first base to third base and from second base to home plate

Week 8

1. Throw and play catch with a partner unassisted

2. Quickly transition the ball from their glove hand to their throwing hand

3. Grip a bat and swing the bat unassisted

4. Play a simulated game of baseball while working on strengthening their fundamentals

Week 9

1. Demonstrate skills learned

2. Run the bases

3. Fielding ground balls, demonstrating the proper two-hand technique

4. Catching fly-balls with two hands

Week 10

1. Run the bases more proficiently

2. Know the defensive positions

3. Reflect on the season and how they improved throughout the season