Rye Little League

Minor League Division

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# GENERAL PRACTICE ISSUES

It is important to realize that some of the children have never played baseball before.

Do not just use the pitching machine and have one player at bat and the other players standing around. This gets very boring for the players and does not teach them much. It is better to break into small groups, with one group doing batting practice, while other groups do fielding, base running, etc. This is also assuming that you have some help.

Batting tees and soft toss help improve children’s confidence and works on skills before utilizing the pitching machine.

IF A FIELD IS CLOSED BY RYE RECREATION, IT CANNOT BE USED FOR A PRACTICE, EVEN IF A TEAM PRACTICING BEFORE YOUR TEAM IMPROPERLY USES THE FIELD.

# SOME GOOD PRACTICE DRILLS

Base Running – Explain and practice running the bases. Some players have a hard time understanding that you can run past first base but not the others.

Fielding Drill – Have players line up in single line as a second baseman. Lay balls in line on grass in front of them. Have players run up, pick up the ball, set themselves, and throw to first base. This helps them get the proper technique and gives them some confidence. Then repeat the drill while rolling the ball to the player. Repeat same drill at third base. (This drill is done after you have worked on the proper position to field a ground ball and how to properly throw a ball).

Hockey Goalie – Have player stand in front of one of the goals in the outfield, between two cones, or in front of a fence. Quickly roll balls to each side of the player. The player acts as a goalie and tries to get in front of each ball.

Relay Races – On cold practice days, you can have the players run relay races, running with the ball in the mitt, and then transferring the ball to the next player.

Cut-Off Line Relay Throws – Form two lines with each player about 30 feet apart. The distance can vary depending upon the players. Have player throw the ball to the next player, down the line and back. See how long they can go without dropping it. Teach players to turn to glove side after catching it to throw the ball.

Football Pass – Have players go out for a pass and catch high pops.

Cutoff Cone – Form a line in left field and a line in right field. Use one person as a shortstop and one person as a second baseman. Roll balls to outfield and have outfielder field the ball and throw to the infielder that turns and throws the ball home. Put a cone on top of a milk crate at home and see who can hit it. Have game between right side and left side.

Dropping the Bat – Have every player stand behind cage. First player gets in batters box, takes a swing, learns how to drop the bat and then run through fist base. This is very important for the safety of the catchers and other players.

Game Situations – Performing game situations with players running gets everyone involved and can accomplish a lot of goals quickly. Runners must wear helmets if there is a ball being used.

Rundowns – The team can practice rundowns as these occur in many games. It is recommended that this be done at one of the later practices.