

Both teams should participate together with coaches and assistants from each team directing the players.

Field Knowledge and Base Running

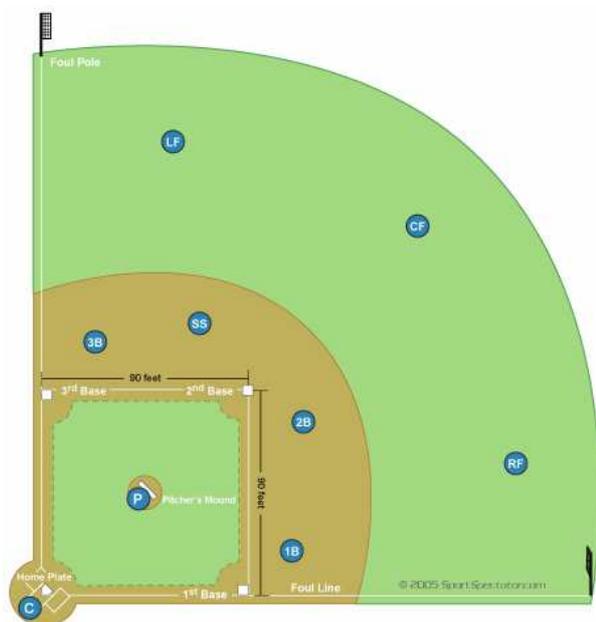
We'll start the first week teaching the fielding positions and running the bases in the proper direction!

Drill 1a – Field Positions (first game)

Break the kids up into groups of 5 or less. A smaller group will be easier to talk with and be heard over the highway noise. A coach or assistant (parent) will lead each group through the different positions of the field. Suggest that two groups start at opposite sides of the outfield and two groups start within the infield. At each position, stop and give the name of the position and show them exactly where they will stand when they are playing that position. Talk about areas that each position is to cover. Repeat at each position the importance for having the player call for the ball really loud for all to hear when it is hit to their position. When someone calls for the ball, other players may back them up but teach them not to pile onto each other and fight for the ball. Play your assigned position. Also remind everyone there is no digging in the dirt. Leave the dirt on the ground. Holes in the field can lead to bad hops and twisted ankles. Please, no digging or picking up and throwing dirt.

Drill 1b – Field Positions (Second game or beyond)

Instead of walking to each position, start the groups of 5 or less in different parts of the field and one at a time assign a player to a position and have them RUN to that position and assume their "ready" position and then come back.



Drill 2 – Base Running

Start with all the kids BEHIND home plate. Position a coach or assistant at each base. Have each player run to first base – running THROUGH the base (continue a few strides down the baseline) and then turn and line up off first base facing second base.

After all are at first base, have each player run to second. Instruct them to STOP on second and don't run past it. After they stop have them line up behind second facing third until all have run to second.

Repeat running to third remind them to STOP on the base.

Repeat running to home. Step on home plate but run through it. The coach at home plate can direct the player who just scored into their dugout as this is exactly what they will do during the game.

Play Ball

After you complete the running drill use the rest of your hour to play a few innings. Please watch your time limit and don't start an inning unless BOTH teams will have enough time to bat.