



Coaches Reference Materials

T-Ball / Rookie / A Divisions

LSLL Tee Ball – A Ball

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II. THROWING

Grip

The thumb should be under the ball. The pointer and middle fingers should be on top of the ball. Because of smaller hands at the tee ball-A ball levels, it is acceptable to add the ring finger to the top of the ball as well.

Stance

The player should start with the hand on the ball and in the glove. 60% of the player's weight should be on the back foot. The glove should sit at the chest and the player should be toe to toe to the target (as below). The front shoulder (non-throwing shoulder) also should point toward the target.



Load

As the player steps toward the target, the front foot should land as illustrated below. While stepping, the player also should begin separating the hands. The player will pull the ball out of the glove and push it down toward the back hip while getting the elbow to shoulder height. He or she will continue until the arm is extended behind the body with the elbow higher than the shoulder and the ball higher than the elbow. Check the grip at this point; it should be as described above with the thumb and fingers pointing in the exact opposite direction of the target.



Release/Follow Through

As the front foot lands, the front arm should be bent with glove fingers pointing upward and the humerus of the glove arm pointing at the target. With the throwing arm still in the load position and the front foot down, the player should rotate the torso and square the hips and chest to the target. He or she should pull and tuck the front arm into the body with the elbow just above the hip. Keeping the throwing elbow above the shoulder, the player should throw the ball toward the target. He or she should release the ball out in front of the body. The weight should be over the player's foot after release, and the throwing hand should continue until it touches the ribs/back just under the arm pit of the glove side.

Play catch with a partner — Challenge the players to hit each other in the chest. Keep the kids in line. They will miss a lot of balls. Make sure they retrieve them and hustle back to their original spot (cones are recommended). Have several coaches monitor their warm ups; otherwise chaos will ensue. Do this as part of a routine at the start of all practices and all games.

Long toss — Same as above, but stretch it out.

Throwing breakdown — Line the kids up and call out the proper throwing mechanics:

1. The throwing hand to glove should be in front of the chest (pause and check everyone; make necessary individual corrections).

2. *Have the players get toe to toe and weight back (pause and check everyone; make necessary individual corrections).*
3. *Have them step and separate (pause and check everyone; make necessary individual corrections).*
4. *Have them make throw and hold follow through (pause and check everyone; make necessary individual corrections).*

Pitching (Single A Only)

The mechanics will be the same as above, except the pitcher will start with a windup as follows:

1. The pitcher should step straight back or to the side with his glove side foot to begin the motion; he or she can have their hands at the side, or begin with them together at the chest. Once the hands are together, they cannot separate until they start the throwing motion.
2. The pitcher should lift and place the arm-side foot in front of and parallel to the rubber.
3. Leg kick — The pitcher should lift the glove-side knee no higher than the waist. He or she should be able to pause on command and hold this position. The foot should be relaxed. The front side should be closed with the shoulder pointing at the target. If the pitcher hasn't already, he or she should now visually lock in on the target.
4. Fall and/or drive — From the leg kick position, the pitcher should begin to fall toward the plate. He or she also may choose to bend the back leg and drive toward the plate. The front foot should land as described above (the toe should not be pointing at the target; it should be slightly closed). The front leg should land soft and should be bent. Upon release and follow through, the pitcher's weight should be over the front leg.
5. Become a fielder — The pitch has been thrown. The pitcher is now an infielder. He or she needs to be in a good fielding position and must be ready to make a play.

Bull pen (short to long) — *The pitcher must always work from the mound and throw every pitch from the rubber. Have the catcher back up as the pitcher gets loose and comfortable. Throw five strikes from 15 or 20 feet; move the catcher back 5 feet and repeat. Make the pitcher pause occasionally at the top of his or her leg kick before proceeding with the pitch.*

Inside/outside — *Focus strikes, but introduce the idea of locating. Have the catcher set up way inside/outside (approximately 1 foot off the plate). Alternate sides. It's a strike when the player hits the mit.*

Towel drill/high five drill — *[need info here]*

Chair/bucket drill — *Have the pitcher get to the release position (weight over front foot, elbow above shoulder, chest square to target, etc.) with the back foot laces down on a chair or bucket. The catcher should be short (about 25 feet). Throw strikes from this position. This will emphasize a good follow through and staying on top of the ball. This drill will be critical in the future to properly teach how to throw a breaking ball without injury.*

******OPTION: Have a player or coach stand in as a hitter for any of above drills***

III. RECEIVING/CATCHING

The receiver should square the body (belly button, chest, toes) to the direction in which the ball is thrown or hit. The feet should be slightly wider than shoulder width apart and the knees should be slightly bent. Both hands should be at shoulder height and the fingers should be pointing toward the sky. The player should receive balls thrown above the waist/belly with the glove hand fingers toward the sky. He or she should receive balls thrown below the belly with the glove hand fingers pointed toward the ground. When the ball hits the glove, the receiver should squeeze the glove closed and secure the ball with the throwing hand.

Play catch with a partner — Challenge the players to hit each other in the chest. While good throws are necessary to make this happen, so too is the ability of the receiver to move his or her feet in order to get into position.

Bare hand catches — Have the players receive balls without a glove and with only one hand. You can use a tennis ball or other type of ball. This drill will help the kids with the idea of fingers up vs. fingers down. If the player is practicing one on one with a coach, he or she can flip balls in fairly rapid succession (the player will catch and flip the ball to the side and get ready for the next one).

Catching against a fence — Many young players are afraid of the ball and try to back away from it before or as they receive it. Have a player stand within 6 inches of the fence. Then lightly toss balls to him or her. You can have players receive with a glove or without a glove...mix it up.

IV. INFELDERS

Pre-Pitch/Baseball Ready Position

A position player (not catcher or pitcher) should be in an athletic ready position (knees over toes and shoulders over knees) just before a pitch is thrown (tee ballers will have to cue off a coach). The player should be facing the batter with the hands extended toward the hitter. The palms should be facing up.

Just prior to getting into ready position, the infielders should turn and tell the outfielders how many outs there are. The outfielders should confirm by holding up the number of outs with their fingers.

Make sure to emphasize this while practicing all team defense/situational drills.

Ground Balls

The player should be aggressive. He or she should come and get the ball. While charging the ball the player's glove hand should be pointing at the ball with the palm up. Once in position to field the ball, the player should spread the feet, drop his or her bottom (to where the back of the legs are almost parallel to the ground). The back should be flat and the head should be up. His or her hands should be out in front with the glove on the ground. The bare hand should be directly above the glove with the palm facing down. Once the ball is in the glove, the player should secure it with the bare hand (this motion should look like an alligator chomp). Most of all, hound the players constantly to *stay below the ball and work from the ground up*.

Ground balls with partner — *Have two players line up about 15 feet apart in the correct fielding position (players will complain about their legs hurting, but keep their bottoms down and their heads up). They will take turns rolling a ball back and forth to each other. This is a good pre-game drill warm up as well. As the season rolls on, mix in short hops too.*

Ground balls off fungo — *Same as above, but the players will take balls from the coach's bat. Repetition, repetition, repetition.*

Ground balls with cone — *Set up 3–5 cones in a gentle arcing line at the shortstop and/or second baseman position. The arc should start out toward home plate and bend slightly toward first base; it should be about 10–15 feet in length. The player should begin in the ready position at the back on the arc on the left field side of it. A coach should then roll a ball toward the right field side of the arc. The player will field the ball in front of the arc with his or her feet toe to toe in line with first base. Do not let the player cut across the arc. This is considered the best and most important ground ball drill for players of all ages and skill levels. Coaches should use it at every practice.*

Ground balls and throw to a base — *Field a ground ball and throw to a base (second baseman to first base; second baseman to short stop at second base; short stop to first base; short stop to second baseman at second, etc.).*

Backhand

The player should stay low and field the ball out in front. He or she may crossover with the glove-side leg or step wide with the throwing-side leg. The elbow should remain high and the glove fingers should be pointed down. Again, have the player stay below the ball and work toward the infield.

Ground balls with partner — *Same as above.*

Ground balls off fungo — *Same as above.*

Backhand dives — *Have the players begin on the knees. Roll balls to the player's back-hand side far enough that he or she has to lay out for them.*

Forehand

The player should stay low and field the ball out in front (work toward the infield). As with the backhand, the player may use a cross over or a wide step. He or she must just stay below the ball.

Ground balls with partner — *Same as above.*

Ground balls off fungo — *Same as above.*

Forehand dives — Have the players begin on the knees. Roll balls to the back-hand side far enough that he or she has to lay out for them.

Tag Plays

Explain the difference between a tag play and a force play. Mix in the concept during your situations.

On a sliding runner — The player should straddle the bag, receive and secure the ball with two hands, get the glove to ground in front of the bag, and make the tags as low on the runner as possible.

On a runner who is standing up — The player should straddle the bag, receive and secure the ball with two hands, drop to an athletic position, be lower than the runner, take one step toward the runner, and make the tag with two hands.

Pop Ups

(Covered in the Outfielders section.)

V. OUTFIELDERS

Pre-Pitch/Baseball Ready Position

A position player (not catcher or pitcher) should be in an athletic ready position (knees over toes and shoulders over knees) just before a pitch is thrown (tee ballers will have to cue off a coach). The player should be facing the batter with the hands extended toward the hitter. The palms should be facing up.

Just prior to getting into ready position, the infielders should turn and tell the outfielders how many outs there are. The outfielders should confirm by holding up the number of outs with their fingers.

Make sure to emphasize this while practicing any team defense/situational drill.

Ground Balls

The player should be aggressive. He or she should come and get all ground balls. The player must keep the ball in front of him or her. The player should field it and get it to an infielder. In order to reinforce aggressiveness, keep your outfielders deep, especially during the games. Resist the temptation to bring your outfielders into the infield to form an iron curtain (tee ball and rookie ball). **KEEP THEM DEEP!**

Fungos - Hit balls to each position. Have the players field it and throw it to an infielder (this may be a coach).

Note: It is old school method to teach outfielders to field ground balls down on one knee. If you find that that is the best way for the kids to keep the ball in front of them, go ahead and teach it that way...for now.

Pop Fly's

The player should stay deep on the ball for as long as possible. He or she should walk/run underneath the ball at the last second. Both the glove hand and throwing hand fingers should be pointing toward the sky. Both hands should be above the head. Once the ball hits the glove, the player should squeeze it and then secure it with the bare hand.

Fly balls — Begin by throwing balls in the air from a very short distance. Until the kids get comfortable with the concept, tennis balls may be a good alternative. As the kids get better, start hitting balls to them.

Backing Up

Introduce the idea of backing up various plays/throws. This is a good way to provide additional action to a very crowded outfield at the tee ball level.

Drill the concept during your team defense/situations portion of practice.

Get It to an Infielder

The player should field the ball and get it to an infielder. Keep it simple here--the second baseman should receive all throws from the right side of the outfield. The short stop should receive all throws from the left side of the outfield. .

Drill the concept during your team defense/situations portion of practice.

VI. CATCHING

Stance/Setup/Signs

The catcher should give signs in his or her most comfortable stance. The knuckles should be on top of the cup with fingers pointing straight down. After giving the sign, and with no one on base, the catcher should set up as low as possible. The cup and glove should be lined up with the desired pitch location (cup lined up with the black of the plate on the desired side). With a runner on base, the catcher should still remain low. However, he or she will have a little wider base with the weight more on the balls of the feet. Again, the cup and glove should be in line with the desired pitch location.

Have your catcher vary the stances while catching pens.

Receiving

After giving the sign and then slipping into his or her stance, the catcher should drop slightly/deaden the receiving arm and give the glove a quarter turn as the pitcher's front leg is at the height of his or her kick (this will release tension and help create softer hands). The catcher should receive the ball with a slightly bent elbow; make sure the catcher stays down (there will be a tendency for your catcher to rise up with every pitch).

Throwing (AA-Majors)

Load position — The player should be closed and get toe to toe to the target, with the front shoulder pointing toward the target. He or she should have a wide base with weight loaded on the back foot. The arm, thumb, and fingers should be extended away from target. *Do not teach your catcher to throw from his or her ear.*

Release — The player should stay on top of the ball and throw through the target (he or she should never throw at the target). The weight should be over the front foot after release with the back foot released and off the ground.

Throwing Routine

1. *Have partners start in line toe to toe with each other. Each player should receive with the glove hand, rake to load position, and pause to check mechanics. Then he or she should return the ball to the partner.*
2. *The player should have the chest toward the partner, receive the ball on the right foot and pause, then get toe to toe and return the ball to the partner.*
3. *The player should back up (approximately 120 ft). He or she should start in catching stance, receive the ball in and quickly (game speed), and return it to the partner. Have the players continue this until the two catchers are too close together to cut the ball loose (approximately 45 ft).*

Blocking (AA-Majors)

The player should have the glove on the ground (he or she should not attempt to catch the ball). Throwing hand should be behind the glove, the chin should be to the chest, the elbows should be tucked into ribs/side. The lower back should be straight up and down; the upper back should be arched and angled downward. The shoulders should be cupped, and the body should be squared to the plate.

Blocking Routine

1. *Block 5 balls to the middle: 2–3 balls to the right; 2–3 balls to the left.*
2. *Block 10 balls to varying sides and middle (see the ball and react).*
3. *Block/receive 5–10 balls varying in the dirt or in the strike zone: The catcher must be careful not to guess; he or she needs to learn to anticipate and react (game-like).*

Bunt/Short Hit Pickups (All Levels)

Have the catcher get to a position in which he or she is toe to toe with the target and the ball is in the middle of his or her stance, directly below the nose. The player should pick the ball up with two hands, crow hop, and throw to the target.

1. *Roll 5–10 balls up the first baseline (throw to first, second, or third).*

2. Roll 5–10 balls up the middle (throw to first, second, or third).

3. Roll 5–10 balls up the third baseline (throw to first, second, or third).

Catchers' Popups (AA – Majors)

The player should sprint out to 5-10 feet in front of the plate, turn his or her back to the infield, take off the mask (but hold in hand), locate the ball, flip the mask to the opposite side of the ball, and slowly work his or her way back to the ball. At the ball's apex, the catcher should be positioned so that the ball would land a foot or two in front of him or her. The player should raise both hands above the head. At the last second, the player should step under the ball, make the catch, turn to the infield, and look for back side runners trying to advance.

Hit (if able) or throw 5–10 balls to various locations for the catcher to receive.

Plays at the Plate (All Levels)

The player should square the body to the direction of the throw. He or she should place the left foot just off the front third base-side corner of the plate, receive the ball, and immediately place the bare hand on the ball but leave the ball in the glove. The player should drop the left leg to straddle the plate, get to an athletic position lower than the runner, make the tag with two hands, get up, and look for back side runners advancing.

1. Throw 5–10 balls to the catcher from the right side.

2. Throw 5–10 balls to the catcher from the center.

3. Throw 5–10 balls to the catcher from the left side.

VII. BASE RUNNING

Teach/talk aggressiveness in every drill. Always make the defense stop the runner. The player should not settle for a base. Rather he or she should think “How can I get to the next base?” Remind every batter to think “two out of the box.”

Tee Ball and Rookie Only

Circle the bases - have your players circle the bases several times at the beginning of each practice. Emphasize the correct direction (i.e., home to first to second to third to home) and the importance of touching each base. This drill may be necessary only during the first few practices. Remember some kids have never seen a baseball game.

Out of the Box

Simulate a game situation by having the player take an “air swing” before running to first. Three or four steps down the line the player should look to see where the ball may be. To emphasize this point, place a coach in the infield and have him or her hold up one finger or two. The runner should call out the correct number as he or she is sprinting toward first.

Out of the box - make a mark/set a cone at 15 feet and time the kids to that spot. This will once again emphasize the importance of running hard from the get go.

Home to First

Through the bag — Begin with the out of the box drill. Then have the player continue down the line and through/past the bag. The runner should touch the front part of the base and should be broken down into an athletic position within 10 feet of the bag. Have a coach stand at that 10 foot mark and give high fives. Do not let the player lunge at the bag or slide into it. The only time it is appropriate to slide into first is on a high throw.

Rounding — Begin with the out of the box drill. Then two thirds of the way down the line the player should begin his or her turn (to approximately 5–10 feet outside the line). Place one cone on the line where the player should begin his or her turn and a second cone in which the player needs to round. Make sure the player touches the inside of the bag with either foot. Have him or her stop about 15 feet past first and sprint back to the bag. This drill will help emphasize thinking “two out of the box.” The only things in a game stopping a player from advancing to second is not running hard and an outfielder who gets to the ball, fields it cleanly, and gets it back to the infield.

Home to Second

Drill: Begin with the rounding drill. However, this time the runner will continue all the way to second base without pause. Again emphasize the importance of “two out of the box.” The player may slide or stand up into second. A coach placed in the outfield can simulate a miscue by the outfielder; a gap shot is not the only way to “hit a double.”

First to Third

Drill: Every player must be thinking that he or she is going from first to third on every base hit. While approaching second, the player must pick up his or her third base coach (95% of the time the coach should be waving the runner to round the second). The runner then must touch the inside of the bag and pick up the coach again. At this point the coach will either wave the runner to third or stop him or her. If the coach holds up the runner, the player must stop and sprint back to second.

Second to Home

Drill: Similar to first to third, the player must be thinking that he or she is scoring on every ball that is put into play. Once again the runner should pick up the coach before and after the bag. The coach should alternate sending the runner and holding him or her up.

Tagging Up

Players should freeze on line drives and see the ball to the ground. The player should go back to the bag on all pop ups/fly balls. When tagging, teach the player to stay on the bag until the ball hits a glove, a body part, or the ground.

Have him or her stand tall as the ball is in the air. As the ball begins to fall, the runner should begin to bend the knees and slowly come down with the ball. When the ball hits something, have the player advance to the next base if possible.

Drill: Have the runner start on a base (usually third or second and third). Assign a coach to hit or throw a ball to the outfield. Have the player(s) read the play and react. Mix it up: some balls on the ground, some line drives, and some high in the air.

Sliding

Teach your player to slide on his or her bottom (both cheeks) with the hands straight in air and above the head. One leg should be extended to the base while the other is bent. The bent leg's foot is under the back of the knee of the straight leg. Make sure that the player begins well before the bag, thus sliding into to it—not on top of it.

VIII. HITTING

Stance

The player should begin with a neutral stance (not open, not closed); the feet should be slightly greater than shoulder width apart. The player's knees should be over the toes, and his or her shoulders should be over the knees. The majority of the weight should be on the back foot.

Grip

With today's light bats, whether to choke up or not is purely a matter of comfort; experiment with each kid. Hands should be together with the door knocking knuckles inline or almost inline (check the hand position by having the player extend the point fingers—if the grip is correct, the fingers should be pointing in roughly the same direction). The grip pressure should be very light. If pulled, the bat should easily come out of the player's hands.

Stride/Load

Short stride, no stride, pick up foot, and put it down are all a matter of preference. Experiment with each player to see what works best for the individual. However, the player must have his or her front foot down and set before the hands can come forward to the ball.

Hands

Hitting is done with the hands. Keep the player's hands above the ball and the bat head above the hands until contact. The swing should start by throwing the hands at the ball with the knob of the bat heading toward the baseball.

Drills

Regular tee — Check all of the above with each swing. Be consistent and do not allow any bad habits to form. At this level, a perfect swing and a miss is better than a horrible swing and a home run. Make sure the kids are driving through the ball and finishing their swings.

Top hand/bottom hand regular tee — Have the players hit off the tee with bottom hand only, then with top hand only. The kids must choke up a lot. Make sure they keep the bat head above their hands.

Regular tee with basketball — Have the kids hit a basketball (full size) off the tee. Make sure they finish their swing. The kids enjoy this, and it makes them get through the ball. It also strengthens their hands.

Double tee — Set up two tees; one right in front of the other and about a foot apart. Each tee should have a ball on it, but the front tee should be slightly lower than the back tee. The goal is to hit only the front ball into the net/fence.

Top hand /bottom hand double tee — Have the kids hit off the tee with bottom hand only, then with top hand only. The kids must choke up a lot. Make sure they keep the bat head above their hands.

Soft toss — From his knees, have a coach under hand flip ball to the hitter. The coach should be slightly off to the side and about 8 feet in front of the hitter. The toss should be aimed between the hitter's groin and the back hip.

Top hand/bottom hand soft toss — Have the players hit the ball with bottom hand only, then with top hand only. The kids must choke up a lot. Make sure they keep the bat head above their hands.

Short toss — (If a screen is available) From behind a screen and about 15 feet directly in front of the hitter, the coach should under hand toss balls to various locations (middle, inside, outside).

On field/cage hitting — Have the kids hit on the field in small groups as part of your individual skills portion of practice. Do not allow a few players to hit while the balance of the team shags balls.

IX. TEAM DEFENSE/SITUATIONS

Spend at least 20 minutes/practice on situations. Players can and should practice situational drills during individual skill time. Always emphasize getting an out. Review the deficiencies from the game just prior to practice. Pick the drills that specifically target those problem areas. (Use runners when practicing as a team; no runners when practicing as an individual skills drill.)

Getting on and off the field — Use a stop watch. Set a goal of 10 seconds from the final out/play to have everyone where they need to be. This can be accomplished only through organization. The players in the dugout should always have their hats (with names in them) and glove together. Always challenge the players to be the first one on and off the field.

Ground balls to the infielders and throw the ball to first base — Make sure the players play all of the positions. Don't have players standing around. Any extra players should act as base runners. Always try to make it game-like. Don't forget to include the catcher. He or she can field short hits and back up first base.

Double plays — Alternate with who covers the bag and who fields and flips/throws the ball.

Tag plays (any base) — Hit ground balls to the pitcher and or an infielder. Have the player field it and throw the ball to the appropriate base.

Cut off plays — Have the second baseman receive balls from the right side of the outfield and get it to the proper base/player (usually to the catcher at home or to the short stop covering second base). Have the short stop receive balls from the left side of the outfield and get it to the proper base/player (usually to the catcher at home, the short stop covering second base, or the third baseman covering third).

PFPs (pitcher's fielding practice) — Have the pitchers go through their windup (A only) and react to the play:

1. Comebackers then to first base.
2. Comebackers then to second base.
3. Comebackers then to home.
4. Pitcher covers first base. The pitcher will run to the baseline approximately 15 feet short of first base. Once at the line, he will turn towards first base and run up the baseline. The first basemen will flip the ball to the pitcher as he gets to the bag.

Situational scrimmage — Split your team into groups of 3–4. Set up the situations that you want to work on.

Group 1 — Live/tee hitting. Each player gets three cuts. Have the fielders make a play on every ball hit. Have the hitter run the ball out after his or her third swing.

Group 2 — All time runners. Place them where you would like them and have the fielders react.

Groups 3 and 4 — On defense.

*****Rotate the Groups**

PRACTICE BASKET

THROWING

Play catch with a partner
Long toss
Throwing breakdown
Pitching (Single A Only)
Bull pen (short to long)
Inside/outside
Towel drill/high five drill
Chair/bucket drill

RECEIVING/CATCHING

Play catch with a partner
Bare hand catches
Catching against a fence

INFIELDERS

Ground balls with partner
Ground balls off fungo
Ground balls with cone
Ground balls and throw to a base
Backhand
Ground balls with partner
Ground balls off fungo
Backhand dives
Forehand
Ground balls with partner
Ground balls off fungo
Forehand dives
Pop ups
Hit/Throw pop ups to an infielder

OUTFIELDERS

Ground balls from a fungo;
Ground balls from a fungo; field it and get it to an infielder
Fly balls (throw to; then hit to)
Backing Up – Setup a situation and have the outfielders react

CATCHER

Bunt/Short Hit Pickups
4. Roll 5–10 balls up the first baseline (throw to first, second, or third).

5. Roll 5–10 balls up the middle (throw to first, second, or third).
6. Roll 5–10 balls up the third baseline (throw to first, second, or third).

Plays at the Plate

4. Throw 5–10 balls to the catcher from the right side.
5. Throw 5–10 balls to the catcher from the center.
6. Throw 5–10 balls to the catcher from the left side.

Back up first base (with no runners on; or with just a runner on 1st)

BASE RUNNING

Circle the bases (Tee-Ball and Rookie only)

Out of the Box

Home to First

 Through the bag

 Rounding

Home to Second

First to Third

Second to Home

Tagging Up

HITTING

Regular tee

Top hand/bottom hand regular tee

Regular tee with basketball

Double tee

Top hand /bottom hand double tee

Soft toss

Top hand/bottom hand soft toss

Short toss/front toss

On field/cage hitting — Have the kids hit on the field in small groups as part of your individual skills portion of practice. Do not allow a few players to hit while the balance of the team shags balls.

TEAM DEFENSE/SITUATIONS (Spend at least 20 minutes/practice on situations)

Getting on and off the field

Ground balls to the infielders and throw the ball to first base

Double plays

Tag plays at

Cut off plays

PFPs (pitcher's fielding practice)

5. Comebackers then to first base.
6. Comebackers then to second base.
7. Comebackers then to home.
8. Grounders to the first basemen/pitcher covers first

Situational scrimmage — Split your team into groups of 3–4

Group 1 — Live/tee hittinG

Group 2 — All time runners.

Groups 3 and 4 — On defense.

****Rotate the groups**

SAMPLE PRACTICE SCHEDULES

Time (Min)	Group	Station	Coach	Emphasis
13	MattW Josh Erims Matt	Outfield 1. Field a ground ball and hit cut off 2. Pop Flys	McGinn	keep the ball in front of you
13	Owen Reed Jackson Connor Tommy	Infield - Situations (no catcher; no pitcher for groups of 4)	Lizama and Parent	be in the right position when the ball is not hit to you
13	Luca Brendan Dominic Traevin Joshua	Baserunning - 1. Times out of the box (stop watch) 2. Home to first; hard turns and back to the bag 3. Tagging up at 3rd. Try and time with the outfielders fly ball drill	Ihle	2 out of the box
30	All	Situational Scrimmage 1. 4 on and off the fields 2. Scrimmage	All	Be in the right position. Make the kids tell you the situation before each play.
Until Parents are ready to leave	All	Free/Fun Period (Optional) Fungo Golf Run the bases	All	Hitting the ball on the sweet spot; how far can you hit it See who's fastest. Get dirty
0	All			

Time	Group	Station	Coach	Emphasis
7	Matt W Josh	Orange Tee	Solo	hands away from body; weight back; get set then swing; hands above ball and bat head above hands
7	Erim Matt	Soft Toss	Ihle	get set, see the ball, attack; hands above ball and bat head above hands; check balance
7	Owen Reed	Black Tee	Kelsey	drive the ball up the middle (the same as orange tee)
7	Jackson Connor	Catcher to First	Parent	toe to toe with target, field the ball in the middle of stance with nose over the ball (literally)
7	Tommy Luca	SS - Cone Drill	Lizama	stay below the ball; field out in front and through the ball; snap your hips and get toe to toe
7	Brendan Dominic	2nd Base - Cover Second and Receive Throw From Pitcher	McGinn	good fielding position, snap the hips to get toe to toe; make a good throw
7	Traevin Joshua	3rd Base - Back Hands and Forehands (on knees if need be)	Solo/Parent	stay below the ball; field out in front and through the ball
30	All	Baserunning Home to first Aggressive turn; back to first Home to second 1st to 3rd	All	"Always thinking double out of the box" run through the bag then breakdown quickly make the outfield stop you; then back to the bag see the ball through the infield; round 2/3 of the way down on all singles; pick up coach before and after the bag
20	All	Situations Infield only	All	think lead runner; force play vs. tag play stay below the ball; must throw the ball
0	All	Optional Individual work or run around like idiots (kid's choice)		Fun

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7	Matt W Josh	Orange Tee		
7	Erims Matt	Soft Toss		
7	Owen Reed	Black Tee		
7	Jackson Connor	Catcher to First		
7	Tommy Luca	SS - Cone Drill		
7	Brendan Dominic	2nd Base - Cover Second and Receive Throw From Pitcher		
7	Traevin Joshua	3rd Base - Back Hands and Forehands		
30	All			
20	All			
0	All			