

1. Warm Ups – Start in a circle, coach in the middle

- a. Jumping jacks
- b. Stretching (do some basic stretching)
- c. Running (Run to “fence” and back – be consistent from practice to practice)

2. Base Running

- a. Have kids run all of the bases and shout each base (1st, 2nd, 3rd & Home) as they touch. This can be done multiple times.
- b. Teach kids how to overrun first base
 - i. Have a child stand at home plate; fake a swing
 - ii. Have them run past first base and circle to the right back to the base (Make letter “P”)
- c. Teach kids running bases and listening to coaches
 - i. Have a coach at each base
 - ii. The coach at home plate will tell the first child to run after making a fake swing
 - iii. Each child after will watch the child in front of them and the coach at the base; keep it simple...single or double (wave them on).

3. Centers/Skills

- a. Breaking the kids up into smaller groups and keeping them active will help keep their attention. Create different “centers” that a coach or parent can lead:

4. Hitting Center (Best done off to the side into a net or fence)

- a. Each child gets 10-20 hits
- b. Manager works with each child to set tee height and select bat appropriate for each child
- c. Show foot stance and proper angle (down) to the ball
- d. Make “applesauce”: set ball on tee and tell them it’s an apple...and to splat it all over the pitcher...make applesauce!

5. Fielding/Positions Center

- a. Have child stand in correct infield position
 - i. 1st, 2nd, SS, Pitcher, 3rd
 - ii. Have another child (with coach) at first base
 - iii. Hit ball to infielder and have them throw to first base
- b. Have kids stand in position and draw circles to show them their “area”
- c. Fielding grounders (teaching “alligator” hands)
 - i. Have kids stand in line (behind each other)
 - ii. Coach/parent hits grounder to child
 - iii. Child put glove on ground and other hand above glove at 1 o’clock position
- d. Pop flies need to be introduced gradually: use a tennis ball to get them comfortable and then the regular ball when you feel they’re ready

6. Throwing/Catching Center

- a. Remember to teach kids to follow through and point their hand at what they are throwing to
 - i. Use the “scarecrow” stance as example: standing perpendicular to target, ball arm extended back (show the ball to “person” behind you), glove arm forward; glove should be aimed at chest of person receiving the throw
- b. Always aim for the chest when throwing
- c. Have kids play catch together
 - i. Have them start 10’ from each other; as they both catch the ball, one player takes a step back to gradually, but steadily increase throwing distance
- d. Teach the kids the “Crow Hop”; especially from 3rd to 1st and always from outfield
 - i. When throwing the ball, take an extra “hop” and see how far they can throw the ball