



Pottsgrove Little League

Coaching Manual

Version: 2015-01

PGLL Coaching Manual Summary

This guide is and always should be a work in progress. Feel free to provide feedback so this document will constantly improve. Sharing experiences, drills, and new ideas is the most important way that we can become better coaches and teachers. As long as we as coaches continue to learn and improve, each player in Pottsgrove Little League has the opportunity to be the very best player he or she can be.

With that as the main guideline, the goal of this manual is three fold.

- First, this should serve as a guideline documenting the basic fundamentals a player should learn at the beginning of their Little League baseball experience. This is not to say that a player who begins playing Little League baseball should learn everything taught from tee-ball to Majors in a couple seasons. The idea is, however, to ensure that we as coaches are consistent in our teaching of fundamentals and basic skills that will help the player improve and perform at the next level of play.
- Second, we want to put some standards in place to ensure that terminology stays the same from level to level. This way, the players can learn and speak using consistent terms for skills, drills, fundamentals, and game situations.
- Third, there is a section with sets of drills that work well at each level. These drills should be building blocks off of which each coach can develop or utilize additional drills to help his players improve.

Pottsgrove Little League believes our coaches should:

- Teach the players to have fun learning and playing the game
- Be positive: The power of a positive attitude and encouragement
- Make baseball important to you, your team, and the children you teach
- Be willing to learn more about baseball and coaching
- Teach the fundamentals of the game
- Teach good sportsmanship and teamwork
- Teach Baseball Strategy

Pottsgrove Little League Coaches are Responsible for:

- Being an effective communicator with players and parents
- Creating a safe, fun and positive environment for the athletes
- Being a teacher that explains why
- Being organized
- Being patient -- athletes develop at different rates
- Being a role model – the athletes will emulate their coach
- Leading by example
- Being a good sportsman

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Basic Fundamentals / Proper Techniques

There are a lot of fundamentals listed in this section. Obviously, players will learn at different rates and a coach cannot expect a player to be able to pick up on all of these fundamentals, especially at the ages of 5 and 6. The goal here is to teach through repetition and using the games approach to drills. Try to correct the most severe issues first. Also, many of the players will have several of these fundamentals already in place. Your goal is to identify what they can do better, and work with them one skill at a time to help them improve. Rotate players through all positions in the infield and outfield. Game experience is a valuable tool. It will help your player to learn in a game situation and will help you to evaluate your teaching methods.

Throwing / Pitching a Baseball

- Teach the proper grip on the baseball, with either two or three fingers.
- The grip should be comfortable. They should not grip the ball so tight you see strain in their fingers.
- The front shoulder, elbow, hand, hip and back foot instep will point to where you want to throw the ball.
- Have them learn to point their glove hand to the target as they step to throw.
- Step to throw with their glove hand foot.
- The throwing arm should be brought back behind them, elbow bent around 90 degrees, ball pointing away from their head (if they were throwing off a mound to home plate, their throwing hand would point away from home plate, like they are showing the ball to the center fielder).
- Push their body towards the target (a good mental image at this level is to have the player push their nose at the target)
- Follow through on all throws. The ball should come off their middle finger so it has backspin. It should not rotate like a football spiral. After release, the wrist should bend naturally, and their throwing hand thumb should naturally come to the opposite hip.
- Note that these fundamentals also apply to pitching, with the pitching motion incorporated in the throw.

Catching a Thrown Baseball

- Players should stand in an athletic stance (knees bent, weight forward looking at the player with the ball). Teach players to keep their feet moving. Don't allow players to stand like statues when they are catching a thrown ball.
- Try to teach kids to look at the logo on the cap of the player who is throwing. If players are using the correct throwing fundamentals, this will help them focus on the release point of the throw, ensuring they see the ball as long as possible.
- Two hands to catch – Above waist, thumb to thumb, below waist, pinky fingers together.
- When the ball is thrown, they should move their feet to “circle the ball” or keep the ball within the framework of their body. This is easy to teach if you instruct the player to keep their feet moving as the thrower is throwing the ball.
- Lastly, watch the ball into the glove.

Catching a Ground Ball

- Fielders should keep their hands in front of them as they field a ground ball.
- They should be taught to move their feet and get in front of every ground ball.
- They should field the ball “from the ground up”. This means that the glove should be down touching the dirt, and they should move the glove up if they need to catch a bouncing ball. They should not keep the glove high and try to move it down or trap the ball. Kids will usually keep their glove high because of a fear of getting hit by the ball, so be patient with them as you try to teach this skill or try to break them of the habit of keeping the glove high to field a ground ball.
- They should use two hands whenever they are in front of the ball. If they are fielding a low bouncing or rolling ground ball, teach them to use their throwing hand on top of the glove, like an alligator’s mouth, catching the ball in the glove and holding it with their throwing hand.

Catching a Fly Ball

- Teach them to use two hands on ALL fly balls.
- They should always keep their feet moving and run underneath the ball.
- Both hands should go up over their head, but not blocking their view of the ball.
- Be sure to emphasize the importance of being ready to field the ball on every play.

Batting

There is no one way to teach hitting. The main thing you will need to do is teach some simple fundamentals while making sure that players are not going to extremes with stance, hand position, bat position, and elbow position. The goal is to teach them the skills and fundamentals that are present in any good stance or swing.

Stance

- When taking their stance in the batter’s box, they should stand comfortably athletic (bent knees, bent waist, head facing pitcher).
- Feet should be spread apart approximately the length of their bat (slightly larger than shoulders)
 - If feet are too far apart -- potential for lunging or laying on front leg and it doesn’t allow the hips to open
- Elbow position should be positioned in a 90 degree angle that is generally referred to as a “Power V”. Make sure the elbow is not pinned to their side or sticking up in the air higher than parallel to the ground. They should be comfortable – not tense or stiff.
- The bat should be gripped in the fingers, not in the palm of the hands. Their “knock knock knuckles” should be lined up.
- Hands height should be between the shoulders and the ears. The main key here is that the barrel of the bat is not pointing down towards the ground.
- NOTE – If you are managing at the tee ball level, you should set the tee up no higher than the batter’s waist.

Swing

- The player should take a short front foot stride, no more than a few inches, without a huge lift of the front foot. Make sure the batter is stepping in the general direction of the pitcher. Avoid severely stepping away from the ball (in the bucket) or severely towards home plate (diving at the ball).
- As the player strides, they should be loading with their hands and upper body in preparation for hitting the ball.
- Teach the player to drive their hands or the knob of the bat towards the ball. The bat will go where the hands go. The player should avoid dropping his hands and raising them back up (a hitch) as they swing.
- The hitter's head should be down, looking at the ball (head on the ball).
- Make sure the player keeps his top hand palm up and with a 90 degree arm angle as they contact the ball
- Teach the hitter to swing through the ball, not at the ball. Their belly button and both knees should be pointing at the pitcher after they finish their swing. The hands should finish at least shoulder high.
- Teach the difference between a ball and a strike and the strike zone dimension.

Bunting

- A very important part of the game. It is a weapon for all players to learn. It forces every defensive player to rotate/move.
- Batter - should be in front of the plate so the ball gets bunted into fair territory.
- Bat Position – slight angle. Approx. 1-2 o'clock
- Hands – One hand slides up and pinches behind bat.
- Start at top of strike zone and take any pitch that is above the bat
- Bend your knees to adjust to the height of the pitch; don't drop your bat head to meet the ball. The barrel of the bat should always be kept higher than the grip even when bunting a pitch lower in the strike zone.
- Arms – in front of you, slightly bent
- Head – behind bat so your eyes can see ball

Base Running

- Teach the proper direction and sequence for running the bases.
- Emphasize running through first base, not running to first base or stopping on first base.
- Start teaching players that when they are on base and a ball is hit in the air, they should not leave the base until the ball has either hit the ground or been touched by a fielder when less than two outs. The players need to learn to take a couple step lead in order to be prepared to run if dropped or to return to the base if caught
- Kids should learn how to slide at the older levels. They all want to do it (what kid doesn't want to get dirty?) so teach it. Only feet first sliding should be taught. The slide should start about three steps before the base, but this will vary from player to player. The player puts out one

foot (usually the left), and tucks the right foot and lower leg underneath their rear end. Hands should be in the air. With practice, the player will develop an understanding of when he or she should start their slide so they reach the base, but do not jam their foot or leg into the base.

Covering the Steal – Majors and Minors

- Normally the second baseman will cover second on a steal attempt with a right-handed batter at the plate and the shortstop will cover second when a left-handed batter is up.
 - Try to position the fielder so they can still cover their area, but not so far away you have to sprint to second to get there in front of the runner
- Once they see a runner stealing teach the players to shuffle towards second until the ball has crossed the plate, then to run hard to cover the base. By shuffling the first couple of steps they are still squared up to home and can stop and go quickly to their left if the ball is hit that way. This is something that really needs to be practiced with the catchers throwing down in order for your players to get a good feel for the timing required. You can use the same theory for shortstops with left-handed batters.
- Remember who you have pitching and who/what part of batting order is batting. You may want to switch who is covering on a player that you know swings late or if you have an overpowering pitcher.

Catching

- **No Base Runners** – get in a comfortable position where you will be squatting behind home plate. Position the feet so the left foot is slightly ahead of the right foot (just an inch or two). This will shift the catchers' body slightly to allow their left arm freedom to move without exposing the side of their body to being hit in an unprotected area by a foul tip
- **Runner on first or second** – Use the same basic position, with the difference being the catcher will spread the feet out farther apart and lift the back-end up to be in a position to quickly throw the ball.
- **Blocking** – Drop both knees to the ground with your glove hand protecting the ball from going between your legs and your throwing hand providing more blocking area at your side. Keep the catchers' knees apart and back straight to provide the largest target. Lean slightly forward with the chest square to the ball. Roll shoulders forward and relax to receive the ball.

Age Appropriate Curriculum

Tee-ball (5's & 6's)

1) Key Instructional/Coaching Objectives:

- Main responsibility is to provide a safe, fun, organized season.
- Teach FUNdamentals.
- Have a plan for every practice.
- Ability to throw & catch are the 2 most important aspects at this level.

2) Throwing:

- Proper grip of ball -- 3 fingers.
- Proper spread eagle throwing position
- Circular arm motion coming over the top
- Proper follow through towards the target

3) Hitting:

- Grip - knocking knuckles lined up
- Stance - feet slightly wider than shoulder width.
- Stride – towards pitcher
- Swing – level
- Follow-through – both hands on bat

4) Defense/fielding:

- Grounders - Teach the Proper fielding position (PFP) – 3 point alligator
- Catching - emphasize two hands always, move your feet to catch, fingers up.

5) Base Running:

- Base running is fun - work on this every practice.
- Teach them to run through 1st and look to base coaches for instructions.
- Teach players when to run and when not to run.

6) Learning Position Play:

- What to do when ball is hit
- Force outs

Instructional (7's & 8's)

1) Key Instructional/Coaching Objective:

- Hitting a moving ball will be your biggest challenge.
- Proper throwing and catching mechanics.
- Develop pitchers through proper pitching technique

2) Throwing:

- Reinforce proper throwing mechanics taught at tee-ball

3) Pitching:

- Proper mechanics
- Pitching from the mound
- Throwing from the stretch

4) Hitting:

- Grip - knocking knuckles lined up

- Stance - feet slightly wider than shoulder width.
- Stride –
- Swing –
- Follow-through –
- Teach awareness of strike zone

5) **Defense/fielding:**

- Grounders – Reinforce Proper Fielding Position (PFP).
- Catching fly balls

6) **Base Running:**

- Running through the bag at 1st base. And proper rounding of the bases.
- Tagging up on caught balls
- Looking to coaches

7) **Catchers:**

- Proper stance and protecting the throwing hand.
- Teach players to block the ball with the chest protector when thrown directly at them in the dirt.

8) **Learning Position Play:**

- Learn the positions and where each player should cover when the ball is hit
- Proper rotation in the infield – especially for second base and shortstop
- Basics of cut-offs and relays

Minors (9's & 10's)

1) **Key Instructional/ Coaching Objectives:**

- Continue to develop pitchers
- Catchers must be taught to be comfortable behind the plate.
- Develop the player's awareness of the strike zone

2) **Throwing / Pitching:**

- Reinforce the basics taught at previous two levels
- Continue to develop pitchers with proper mechanics
- Pitching from the mound
- Throwing from stretch and wind-up

3) **Hitting:**

- Repetition of hitting fundamentals. Focus on drills and reps.
- Bunting

4) **Defense/fielding:**

- Catchers should be taught proper stance and to protect throwing hand.
- Catchers should be taught the basic fundamentals of blocking, framing, fly ball and fielding a bunt.
- Catching fly balls – working on drop steps and moving to ball
- Infield & Outfield pop fly communication

5) **Base Running:**

- Proper sliding techniques
- Leads and stealing

6) **Learning Position Play:**

- Learn the positions and where each player should cover when the ball is hit
- Proper rotation in the infield
- Cut-offs and relays
- Basic bunt defenses
- Double plays
- Defending the steal

Majors (11's & 12's)

1) Key Instructional/Coaching Objectives:

- Pitching instruction is the most important objective at this level.
- Emphasize fundamentals as opposed to game situations and strategy.
- Hitting instruction should be elevated to stress positive rep's 100 swings per player per practice should be the coach's goal.

2) Throwing:

- Use more advanced drills

3) Pitching:

- Each coach should work to develop 5 to 6 pitchers.

4) Hitting:

- Continue to reinforce proper hitting techniques
- Bunting

5) Defense/fielding:

- Rundowns
- Know what to do when the ball is hit to me.
- Infielders learn to play the ball not the bounce.
- Relay throws from outfield - proper cut-off and communication.
- Force & Tag plays at home plate
- 1st & 3rd situations. Keep it simple
- Outfield cut-off plays from the outfield, Proper body position to catch & throw

7) Base Running:

- Tagging up on fly balls
- Rundowns

8) Learning Position Play:

- Signs and signals offensive & defensive.

Drills

INFIELD, CATCHING, AND THROWING DRILLS

Use Electrical tape on ball around seams – See ball spin from 12-6 o'clock. Gives instant feedback.

Bucket Drill – lining teams up @ short stop and throwing towards a trash can on top of 1st base

--competition amongst teams

Circle Catch – put players in a circle with 15-20 feet between them. Throw around the circle.

--add two balls when they get good. Lap around circle for bad throw or catch.

Double Play – play at first or second with good rotation around the infield

--what is the role of the 2nd baseman and short stop at each ground ball based on runners

Grounders to one side – standing on 2nd (or 1st) base rolling ball away, grab, and run to 1st

--front hand and back hand

Fielding grounders – half team lined up at 2nd base and Short Stop with two catchers off to the side

--coach hits alternating grounders to each side / after kid fields and throws to catcher goes to other line

Relay Drill – teams lined up to relay race

--standing properly focusing on technique and good throws / catches

Line Throw Drill – 2 teams between SS and 3rd with a 1st baseman

--balls sitting on the ground / player runs up and grabs ball and throws to 1st / then runs to back of the next line

Target Practice – 2 teams

--throwing at towels hanging on fence in order to hit the target to improve throwing accuracy

Around the World – set up 4 cones with coach in the middle

--player runs around the cones / stopping and catching a ball / then rolling it back as they are running to next cone / focusing on giving target and looking for the ball

Outfield Drills

--set up pitching machine or throwing / set up cone where player starts from and runs to catching spot / after catch drop ball into bucket / go right, left, and back using drop step

Grounders – Can do at beginning of every practice and every game

--players roll back and forth, then standing back and forth, then standing one bounce

HITTING DRILLS

Hitting on the tee

No stride drill – feet at load width, load, and swing with foot pivot

Top hand drill – using small bat holding top of grip keeping angle with palm up

Heavy Ball drill – hitting deflated basketball – builds power and teaches follow through on swing

Plank drill – standing on plank to focus on balance

Soft Toss

Toss from 45 degree – focus on step and load, flat palms, and balanced finish

Slow pitch soft ball toss from front

Step and load first – then pivot and swing

Fence Drill – Bat against bellybutton to the fence. Teaches not to open up too soon and compact swing

Practice Plans

Planning every practice is the key to a successful practice that will maximize the benefits to your players. The sample planning sheet below breaks down the practice into five minute segments. This may seem like overkill, especially at the younger levels, but it is even more important that time spent with each drill be kept short. Nothing will lessen a player's enthusiasm for baseball faster than making them stand around waiting for their turn, giving them a goal or drill that is too hard for them to succeed, or having them play catch for 20 minutes. Make practice as FUN as possible. There are ideas on how to do this in the Drills section of this document. Most importantly, remember that five minutes of focused work at a skill or drill is better than ten minutes of lackadaisical work at the same skill.

Planning practices in this way helps in several ways:

- You won't have to slow down practice while figuring out what drill to do next.
- Keeping track of all your practices lets you make sure that you've covered the important skills for player development.
- Having a schedule allows your assistant coaches to help run practices, allowing you to focus on skills.
- Planning each practice will make the players used to a set routine, making practice both more enjoyable and more productive.

Key Coaching Elements an Organized Practice:

- Get help!! Nobody does it alone. Make sure you have assistant coaches that are able to run drills and practice if you are unable to be there.
- Accomplish 4 Objectives - realistic objectives help you focus so your team can focus.
- Write It Down - basic fundamentals of success and teaching and coaching is teaching.
- Make them move - soccer, lacrosse are fun because they are moving more than standing.
- Make it competitive - healthy and fair competition breeds competitors and kids love it.
- Make throwing a priority - No longer to just warm-up, create games and teach throwing.
- Change every 15-20 minutes - Attention spans are small, variety is the spice of life.
- You can accomplish a lot in a short amount of time—for instance, if you want to practice hitting have kids rotate through tee work, soft toss, bunting, and pitching in quick succession.
- Divide players and do 2 or 3 things and switch or one thing in smaller groups.
- Keep it simple – focus on correct fundamentals and strategy and always explain why.
- Use the time before games to provide repetition of fundamentals – throwing, catching, fielding, and hitting.
- Have a rule of the game or a philosophy point to discuss throughout every practice – Sesame Street has a word of the day and it works for Big Bird, why not for you.
- Have high expectations during practice and a true sense of reality during games - talent level is not an issue during practice.
- Keep a copy of your practice plan - It helps evaluate and plan for the next practice.

PGLL Sample Practice Plan

This is a sample of a way to run a 90-minute practice. This example is designed for Instructional level. Have assistant coaches run drills while you run another. The key, as we previously mentioned, is to keep the kids moving. A Practice Plan Template is available in the appendix and for download from our webpage.

- 1. Pre-Start Meeting (2-3 minutes)**
 - a. Practice focus for the day
- 2. Warm-up and Stretching (10 minutes)**
 - a. Slow jog around bases 2-3x
 - b. Form line for stretching (allow 1 player to lead the stretches each practice)
 - i. Arm stretching - Arms straight out, make slow forward circles increasing to larger circles. Reverse direction and repeat
 - ii. Leg stretching – legs shoulder-width apart, touch toes to left side for 10 seconds. Switch to right side then to middle, touching ground.
- 3. Base Running (5 minutes)**
 - a. Running through the bag at 1st base, curling off to right.
 - b. Making a proper turn at first (banana turn).
 - c. Proper rounding of the bases.
- 4. Throwing (10 minutes)**
 - a. Pair players up in 2 lines lightly throw to each other from a short distance. Concentrate on catching and throwing mechanics. Use electrical-taped baseballs for younger players.
- 5. Water Break – split up for drills (3-4 minutes)**
- 6. Hitting Drills (10 minutes / drill. Once all players rotate through drills, send to fielding)**
 - a. No-stride tee drill
 - b. Soft toss drill
 - c. Slow pitch drill
 - d. Step front (Plank) drill
- 7. Fielding (10 minutes / drill. all players rotate through drills, send to hitting)**
 - a. Field Ground balls
 - b. Relay drill
 - c. Around the world
 - d. Double Play
- 8. Target Practice – 2 team competition (15 minutes)**
 - a. Throw at towels hanging on fence in order to hit the target to improve throwing accuracy. Team that hits the towel most often, wins.

Switch your drills with each practice. There are plenty of drills in this manual that will help you keep you practices fun for the kids while, building fundamental baseball skills.

Helpful Thoughts

- Bring energy and enthusiasm to the field
- Celebrate individual and team success, no matter how small
- High fives, pats on the back, recognition
- Win gracefully - lose with dignity
- Congratulate a good play, no matter which team or player
- Communicate early and often – start with a pre-season parent meeting
- Be organized
- Repetition, repetition, repetition – execution of fundamentals = growth
- Don't argue with the ump – show respect, ask for clarification
- Your athletes will learn from your behaviors
- Do not swear, throw equipment, engage in verbal or physical abuse of an umpire, coach, player or spectator. Do not allow any player to act in this manner
- Address discipline issues quickly and fairly. Communicate the policy at beginning of the season
- Ensure you follow the safety guidelines, including:
 - Base runners always wear helmets
 - Anyone near the batter's box or with a bat always wears a helmet
 - Always bring your first aid kit and ice packs to practice and games

APPENDIX

Date : _____ Practice Time: _____ Location: _____

Tee-Ball 5-6 yr old Practice (1 hr)

2-3 Minutes: Pre-Start Meeting - Today's Points to Emphasize:

8-10 minutes: Functional Warm-Ups, Throwing, and/or Base Running

Warm-Up activity #1: _____

Warm-Up activity #2: _____

Warm-Up activity #3: _____

Warm-Up activity #4: _____

3-4 Minutes: Group meet – Explain Throwing and Hitting Stations and divide players

10 Minutes: Throwing / Hitting Stations

Throwing Station

Throwing Drill / Activity #1: _____

Throwing Drill / Activity #2: _____

Hitting Station

Hitting Drill / Activity #1: _____

Hitting Drill / Activity #2: _____

3-4 Minutes: Group meet – Review previous stations and explain Fielding and Hitting Stations

Fielding Station

Fielding Drill / Activity #1: _____

Fielding Drill / Activity #2: _____

Hitting Station

Hitting Drill / Activity #1: _____

Hitting Drill / Activity #2: _____

Tip of the Day:

Info to pass on before dismissal: _____

Date : _____ Practice Time: _____ Location: _____

Instructional 7-8 yr old Practice (1.5 hrs)

2-3 Minutes: Pre-Start Meeting - Today's Points to Emphasize:

8-10 minutes: Functional Warm-Ups, Throwing, and/or Base Running

Warm-Up activity #1: _____

Warm-Up activity #2: _____

Warm-Up activity #3: _____

5 Minutes: Base running Drill: _____

8-10 Minutes – Throwing/Receiving Drills:

Drill / Activity #1: _____

Drill / Activity #2: _____

3-4 Minutes: Group meet – Explain Hitting & Fielding Rotations and divide players into groups

25-30 Minutes – Hitting Rotations

Hitting station #1: _____

Hitting station #2: _____

Hitting station #3: _____

Hitting station #4: _____

25-30 Minutes - Fielding Rotations

Fielding station #1: _____

Fielding station #2: _____

Fielding station #3: _____

Fielding station #4: _____

10-15 Minutes : Team Defense – Situations – Competitions – Bullpen Sessions for pitchers

Activity #1: _____

Activity #2: _____

Activity #3: _____

Tip of the Day: _____

Info to pass on before dismissal:

Coaching Notes:

Areas of Strength this practice	Areas to work on next practice

Date : _____ Practice Time: _____ Location: _____

Minors 9-10 yr old League Practice (1.5 hrs)

2-3 Minutes: Pre-Start Meeting - Today's Points to Emphasize:

8-10 minutes: Functional Warm-Ups, Throwing, and/or Base Running

Warm-Up activity #1: _____

Warm-Up activity #2: _____

Warm-Up activity #3: _____

5 Minutes: Base running Drill: _____

8-10 Minutes – Throwing/Receiving Drills:

Drill / Activity #1: _____

Drill / Activity #2: _____

3-4 Minutes: Group meet – Explain Hitting & Fielding Rotations and divide players into groups

25-30 Minutes - Fielding Rotations (Make DEFENSE a priority by working on it first!)

Fielding station #1: _____

Fielding station #2: _____

Fielding station #3: _____

Fielding station #4: _____

25-30 Minutes – Hitting Rotations

Hitting station #1: _____

Hitting station #2: _____

Hitting station #3: _____

Hitting station #4: _____

10-15 Minutes : Team Defense – Situations – Competitions – Bullpen Sessions for pitchers

Activity #1: _____

Activity #2: _____

Activity #3: _____

Tip of the Day: _____

Info to pass on before dismissal:

Coaching Notes:

Practice tips for Minor level Coaches:

- Have hitters (no bat in hand) stand in at times while pitchers throw a bull pen.
- Have hitters face kid pitch.
- Prior to games focus on the basic situations.
- Use live runners at times for situations (work on both aspects of the game)
- Make small portions of the practice competitive

Areas of Strength this practice	Areas to work on next practice

Date : _____ Practice Time: _____ Location: _____

Majors 11-12 yr old Practice (1 ½ -2 hrs)

2-3 Minutes: Pre-Start Meeting - Today's Points to Emphasize:

8-10 minutes: Functional Warm-Ups, Throwing, and/or Base Running

Warm-Up activity #1: _____

Warm-Up activity #2: _____

Warm-Up activity #3: _____

5 Minutes: Base running Drill: _____

8-10 Minutes – Throwing/Receiving Drills:

Drill / Activity #1: _____

Drill / Activity #2: _____

3-4 Minutes: Group meet – Explain Hitting & Fielding Rotations and divide players into groups

25-30 Minutes - Fielding Rotations (Make DEFENSE a priority by working on it first!)

Fielding station #1: _____

Fielding station #2: _____

Fielding station #3: _____

Fielding station #4: _____

25-30 Minutes – Hitting Rotations

Hitting station #1: _____

Hitting station #2: _____

Hitting station #3: _____

Hitting station #4: _____

10-15 Minutes : Team Defense – Situations – Competitions – Bullpen Sessions for pitchers

Activity #1: _____

Activity #2: _____

Activity #3: _____

Tip of the Day: _____

Info to pass on before dismissal:

Coaching Notes:

Practice tips for Majors level Coaches:

- Have hitters (no bat in hand) stand in at times while pitchers throw a bull pen.
- Have hitters face kid pitch.
- Prior to games focus on the basic situations.
- Use live runners at times for situations (work on both aspects of the game)
- Make small portions of the practice competitive
- At this level practices should be designed around areas of situational improvement
 - o ex: Covering bunts, pick offs, run downs, 1st and 3rd

Areas of Strength this practice	Areas to work on next practice