

6 Year-old Practice Schedule

Time: 1 Hour

		<u>Drill</u>	<u>Videos</u>
Warmup 5 Minutes		Base running	http://www.youtube.com/watch?v=EpIIF9tPdrs
Throwing 8 Minutes		Elbow up Drill 10 Reps One Knee 10 Reps Stand up & Throw Have coaches play catch with kids	http://www.youtube.com/watch?v=3zxF_W2ywYU http://www.youtube.com/watch?v=UvgdeoQYD2Q&list=PLHJoXr5eepv0PsrdeQYKPO7gAdf41jh_M http://www.youtube.com/watch?v=d0ixOhmgvYU
		Throw/play catch every day! Always play catch in the outfield. Use the outfield lines as the reference point - one group always standing of the foul line. Work on mechanics and catching with two hands if it is within your frame.	http://www.youtube.com/watch?v=L913ash7V7w
Group Drills Split into two groups Switch after 7 Minutes	Infield	Work on ready position Roll ground balls Kids in one line throw back to coach Hit ground balls Kids in one line throw back to coach	http://www.youtube.com/watch?feature=endscreen&v=pmHbNUOXL_s&NR=1
		Roll balls from real close - make sure they are in ready position everytime. Lots of reps! Hit ground balls fairly close. Again make sure they are in ready position everytime and lots of reps.	
	Outfield	Work on ready position Throw fly balls (use safety balls Kids in one line throw back to coach	
		Throw flyballs from close distance. Use safety balls or whiffle balls if it is not windy. Challenge the ones that can be challenged. Have throws go to coach at 2nd base.	
Entire Group 5 Minutes	Positions	Put players in a position - mix them up - they should play all positions. They should now where all positions are by the 2nd or 3rd practice. Hit the ball randomly to spots; teach them where to go with ball.	
Hitting Split into two groups 7 minutes per station	Tee Drills Live (underhand)	Work on proper grip Underhand from one knee - close by. Use whiffle balls	
Scrimmage/Games		End practice with a scrimmage or game. Allow players to hit off tee with players in position and run the bases.	