

1 HOUR PRACTICE EXAMPLE

5 min Running the bases - can go over basic base running each time

- practice home to 1st
- 1st to 2nd
- 2nd to 3rd
- 3rd to home

15 min play catch

- 5 min on one knee bare hands flipping using the wrist
- 10 min going from throwing on one knee with glove to standing, you can work with basic rules of arm path and grip. "turn" "L" and looking at the ball is facing behind them.
- Standing "starfish" playing catch.
- kids can work back as far as they can get, should start short

10 min basic partner/coach ground balls

- 3 down technique, eyes down, head down, glove down
- start with partners on knee work to standing

5 min water

15 min hitting off tee -grip - load - squish the bug -finish bat on back -swing hard

- hit off of tee into the field and have players field the balls
- if you have 2 coaches have one group with tee, one group maybe getting an underhand toss from coach

10 min contest

- have fun
- throw ball into bucket
- throwing to a base
- count the catches in a row
- run the bases
- kickball
- popups
- frozen tag..can use bases as boundaries ball in glove to tag