

THE PROGRAM, YOUTH SKILL DEVELOPMENT

Mark West Little League 2015 Coaches Clinic

Active Warm Up

Skips – Body must feel rhythm

Balance Skips – One step and drive knee UP and then land and hold
(stick the landing, body's balance learns by falling)

High Knees – Rhythm and Tempo

High Knees Body Failure – Push to the limit and recognize when body
breaks rhythm. Stop breath and resume.

Bottom Kickers – Rhythm and Tempo

Bottom Kicker Body Failure – Same as High knees body failure

Hops – Feet must stay together. Start little and work to big

Crazy Hops – Feet must together. Using hips left right left right.
(If feet separate, stop, breath and resume)

Balance Hops – Feet must stay together. 90', 180' and 360'

Power Hops – Feet in Athletic Position, 3 to land and 3 to fail

Positive Step Sprints – Feet start shoulder width, step forward

Standing arm stretches: Arm swings up and down, arm circles, arm
across and hold, arm behind and hold, forearm pull backs, hanging
circles, and swinging hugs

“Where Work Ethic Is Born & Athletes Are Created”