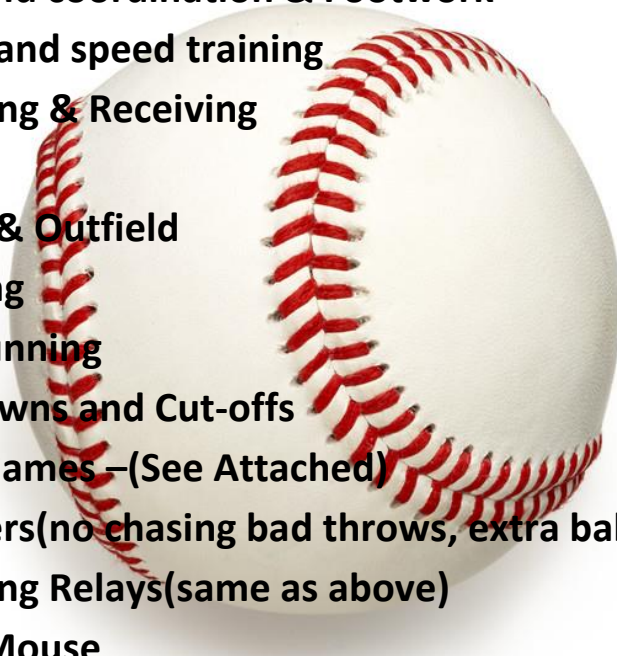


THE PROGRAM, YOUTH SKILL DEVELOPMENT

2016 MWLL Coaches Clinic

Farms/Minors (Ages 7-11)

- 1) Active Warm Up – See Attached
- 2) Throwing Program – See Attached
- 3) Practice Drills – See Attached
 - a) Eye-hand coordination & Footwork
 - b) Agility and speed training
 - c) Throwing & Receiving
 - d) Hitting
 - e) Infield & Outfield
 - f) Catching
 - g) Base running
 - h) Run downs and Cut-offs
- 4) Practice Games –(See Attached)
 - a) 4 corners(no chasing bad throws, extra ball ready)
 - b) Throwing Relays(same as above)
 - c) Cat & Mouse
 - d) Over the Line
 - e) Sim Game
 - f) LIVE BP Game
- 5) Helpful Hints
 - a) Use incredible balls/tennis balls
 - b) If some things not working, move on
 - c) More stations if you have extra coaches (2-3 players)
 - d) Play the games with the kids



Use your resources (internet, other coaches, myself)

“Where Work Ethic Is Born & Athletes Are Created”