

# THE PROGRAM, YOUTH SKILL DEVELOPMENT

## 2016 MWLL Coaches Clinic

### Majors & 50/70 (Ages 10-13)

- 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) Picks and Leads
- 4) Practice Games
  - a) 4 corners(no chasing bad throws, extra ball ready)
  - b) Throwing Relays(same as above)
  - c) 21 outs
  - d) Sim Game
  - e) LIVE BP Game
  - f) LIVE Player Pitch
- 5) Helpful Hints
  - a) Discuss certain positions for players, i.e. No L-handed SS or 3B
  - b) Make practices challenging
  - c) Talk about more than just baseball (family, school, life)
  - d) Bring in special guests (i.e. HS players, College Players, HS Coaches, Nutritionist)



**“Where Work Ethic Is Born & Athletes Are Created”**