

THE PROGRAM, YOUTH SKILL DEVELOPMENT

2016 MWLL Coaches Clinic

Practice Games

4 Corners – Players at all four bases. Key points of emphasis are footwork, see ball to glove, no chasing bad throws, tag down

Cat & Mouse – Split team even, players stand in lines at home and at 2nd. Both lines start at the same time and next person goes after teammate crosses 2nd base touched. Winner if some gets caught

Sim Game – Set up machine on the mound. Field one player at every position and have 3-5 players hitting. Fill spots, 1st base and hitting or 1st, 3rd and hitting. After each ball is put in play or strike 3 happens, players rotate from hitting to 1st and 1st to 2nd. Defense rotates 2 spots. Start the count at 1 & 1 and put on hit & run or bunts. Hitters only get 2-3 hacks

18 Outs – Field 9 positions, with extras as runners. Coach controls

Live BP games – Batting practice should be split into groups of 3 or 4 and batter players last ball of each round as live.

Live Player Pitch – Start 1 & 1 or 2 & 2 counts. Have extra coaches ready With fungo and groundballs to infielders in between hitters

“Where Work Ethic Is Born & Athletes Are Created”