



COACH PITCH

INTRODUCTION

The Little League® Coach-Pitch Program was created to provide volunteer managers and coaches in the Little League Minor Baseball Division with the appropriate direction to organize and efficiently operate practices throughout the season.

This 12-week program focuses on the fundamentals of baseball, and is designed to build a solid foundation for becoming a successful ballplayer, including the “emotional fuel tank,” as described by Positive Coaching Alliance (PCA). The program assumes that the volunteers who have accepted the responsibility of coaching children in this age group have a limited background in baseball and even less experience with the leadership and teaching acumen that is inherent with coaching Little Leaguers® at this level of the program.

The first two weeks follow a “spring training” format, featuring three practices per week. During the season, the practice plans are adjusted to accommodate a week of activity that includes two practices and two games. Each lesson provides direction and offers insight from PCA on how to communicate and connect with the members of your team.

You are encouraged to review the entire program and use it as a training tool and guide. Utilize both the full plan and quick courses to customize your practices, so that the players under your charge are improving their skill level, developing a positive work ethic, growing their confidence on and off the field, and having fun.

Each week’s lesson offers extensive review, while continuing to tout the importance of team-building and chemistry. Use the opportunities provided in this program to engage with the children on your team and grow their self-worth. Remember that Little League is a fun activity that has as its prime objective nurturing and growing well-rounded and productive people, not developing outstanding ballplayers.

Little League International thanks you for devoting your time and attention to the children in your community, and we trust that you will address your players, their parents and the local league with respect and pride.

BEST OF LUCK TO YOU AND YOUR TEAM THIS SEASON!





COACH PITCH

PROGRAM TIPS

PITCHING TO PLAYERS

Throughout the 12-week Coach-Pitch program it is recommended that during a portion of batting practice, an “L” screen be placed approximately 25-30 feet in front of home plate. Coaches are to position themselves behind the “L” screen (for protection) and pitch from a kneeling position. Pitching from a knee allows the players to clearly see the ball as it is released from the coach’s hand, and improves their ability to track the ball as it reaches the hitting zone.

Later in the season, as coaches assess an improvement in the players’ batting proficiency, they may choose to throw from the pitcher’s mound. Again, using the “L” screen for protection, coaches assume a standing position on the mound, and from the pitcher’s plate deliver the pitches to the batters. The additional distance to home plate, and angle of the ball as it is thrown, will require the batters to make adjustments to the release point and trajectory of the pitch as it reaches the hitting zone.

BATTER SAFETY

When conducting batting practice, or any type of hitting drill or activity that involves a bat, each player must wear a helmet. It is the coach’s responsibility to explain to the players how to properly hold a bat. Stress that the only time a player should be holding a bat is when he/she is batting. If a player is the next scheduled to hit, he/she is to carry the bat by the barrel into the batter’s box.

Bats must be Little League approved according to Rule 1.10 in the 2015 Little League Baseball rulebook.

MAXIMIZE TEACHING TIME

When overseeing drills during practice, we recommend that one coach provide direction to no more than four players. This ratio will allow for optimal learning and increase the opportunity a fun experience for each player.

REMOVING THE FEAR FACTOR

At this age, it is perfectly normal for players to be afraid of the ball. For batting practice and fielding drills, we recommend using plastic balls, soft-core Tee Balls or tennis balls until players are comfortable using a baseball.



COACH PITCH

PROGRAM OUTLINE

WEEK SEVEN

PRACTICE GOALS

- Successfully throw to a two hand target using a four-seam grip while playing a game of 21
- Run from first base to third base and from second base to home plate
- Take cues from the first base coach
- Field a ground ball while moving laterally

WEEK EIGHT

PRACTICE GOALS

- Catch a tennis ball above their head
- Quickly transition the ball from their glove hand to their throwing hand
- Play a simulated game of baseball while working on strengthening their fundamentals
- Develop hand eye coordination through the same side toss drill

WEEK NINE

PRACTICE GOALS

- Be able to quickly relay a ball from the outfield to the infield using a four-seam grip
- Field ground balls on their knees, demonstrating the proper two-hand technique

WEEK TEN

PRACTICE GOALS

- Use a cross/drop step to catch a fly ball using two hands (tennis ball)
- Be able to catch a fly ball (baseball)
- The way to play long toss

WEEK ELEVEN

PRACTICE GOALS

- Run the bases more proficiently
- Use a cross/drop step to catch a fly ball using two hands (baseball)

WEEK TWELVE

PRACTICE GOALS

- Enjoy the game of baseball and softball
- Reflect on the season and how they improved throughout the season



COACH PITCH WEEK SEVEN

PRACTICE GOALS: What Your Team Should Learn

1. Successfully throw to a two hand target using a four-seam grip while playing a game of 21
2. Run from first base to third base and from second base to home plate
3. Take cues from the first base coach
4. Field a ground ball while moving laterally

MATERIALS:

- Batting Helmets
- Bases (four)
- Baseball Bats (various sizes)
- Baseballs (two buckets)
- Batting Tee
- Buckets (three)
- Gloves
- "L" Screen
- Plastic Balls



POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

PRACTICE 1 TIP:

Buddy System (Filling Emotional Tanks)

It is amazing how positive thinking and acting can impact a situation. We all learn and perform better when our Emotional Tanks are full, in sports and in life. Being a great tank-filler takes practice, but it will make you a great teammate in all that you do.

Try using the "Buddy System" to help your team fill tanks. Pair your players for a drill. They can have a different partner each time so everyone has paired up with everyone else during the season.

They should do the drill as well as they can, and also watch their partner and give their buddy high fives and tell them they did a good job after the drill!

PRACTICE 2 TIP :

Mastery - Competing with Yourself

Learning to compete is an important part of being an athlete, and, often, the biggest competitor is ourselves.

Too often we compare ourselves to other people. If they can do more things or do them better than we can we may get discouraged. Instead, we should focus on what we can do now that we couldn't do before, so that your athletes can say, "I am better now than I was a few weeks ago."

When your players compare themselves now to how they used to be, they'll be encouraged. If they have worked hard, then they have probably improved and they are winning the competition with themselves.



QUICK PLAN

90 MINUTES

3 MINUTES

INTRODUCTION

- Welcome players
- Focus on the reason for being there/PCA tip of the week

5 MINUTES

STRETCHING AND WARM UPS

- Players run along the fence with the team
- Position Fitness
- Finish with 20 Jumping Jacks
- (See full practice plan for complete instructions)

7 MINUTES

BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Show players two-and three-finger grips
- Players demonstrate correct grip by grabbing balls out of bucket
- Toss/Catch/Grip (players will toss the ball for their partners to catch)

20 MINUTES

CATCHING AND THROWING

- Review two-hand target
- Review thumb-to-thumb
- Review pinky-to-pinky
- Catching the ball below the waist
- 5 Steps of Throwing
- Start in "launch" position
- Catch plastic ball pop-ups
- Game of 21

3 MINUTES

BREAK

22 MINUTES

HITTING

- Properly grip a bat
- "Athletic" Stance
- Bat should be able to "cover" the entire plate
- Soft Toss player will hit three ball, three times each
- "Dry" Swing Drill (10 swings)
- (See full practice plan for complete instructions)

15 MINUTES

BASE RUNNING

- Review "merry-go-round" drill
- Run from home to second base
- Run from first base to second base
- Run from first base to third
- (See full practice plan for complete instructions)

15 MINUTES

FIELDING

- Review 5 Steps of Fielding
- "Dry" ground balls to first base
- Bare hands to first base
- Pick-up drill

CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week
- Remind of next event (practice/game)



PRACTICE SEQUENCE

INTRODUCTION (3 MINUTES)

- Review the names of the coaches and players, review the purpose for being at the field and show enthusiasm to start practice. Split players into three groups that are different from last week. Have each player tell you their favorite baseball movie.

STRETCHING AND WARMUPS (5 MINUTES)

- **First, have the team run along the outfield fence and gather in the opposite outfield from which you started.**

POSITION FITNESS

- Start at home plate. Each player will do five squats, making sure their knees don't go over their toes. Bend in the same way you would sit in a chair, then stand straight again.
- Run to first base, once there, do high and low reaches.
- In a good athletic position, laterally shuffle to second base and back to where the second baseman would be positioned, there do five jumping jacks.
- Run to second base, where each player will do ten arm windmills forward and backwards.
- Shuffle to third base, where each player will do the number of push-ups as the weeks of practice, up to six.
- Run to home plate, do five squats and then jog to the pitcher's mound, where you will finish with front and back arm circles.

BASEBALL GRIP (7 MINUTES)



1.1 1.2 1.3

BASEBALL GRIP REVIEW

- Proper four-seam grip. Hold the baseball using a four-seam grip. (See Figure 1.1)
- Show two-finger (Fig. 1.2) and three-finger grips (Fig. 1.3). Index finger on the top of the ball, thumb on the bottom of the ball, middle finger on the top of the ball. The spacing between fingers should be about the size of a finger.
- Each player grabs a ball off of the ground to show the coach the four-seam grip. Each player will do five balls.
- Review the toss/catch/four-seam grip. Have each player do 10 repetitions.

GAME: FOUR-SEAM RELAY RACE

Each player will run up and show their coach the four-seam grip, once they return to the back of their line the next player can go. Do the relay until all players in their line have gone. The relay is to be done after the drill.





PRACTICE SEQUENCE

CATCHING AND THROWING (20 MINUTES)



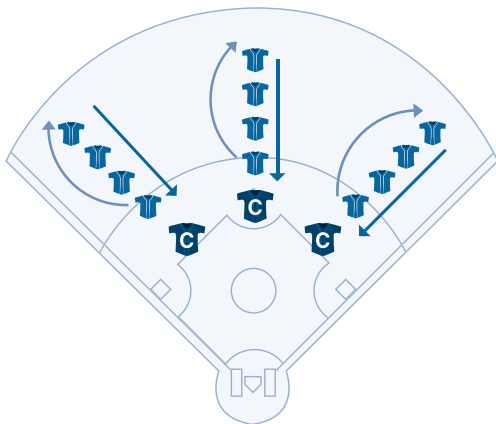
CATCHING REVIEW

- Two-Hand Target (2HT)
- Thumb-to-Thumb (T2T)

CATCHING DRILL REVIEW

- Above / below the waist throws from the coach. Begin with five throws each.

CATCHING DRILL



DRILL

The coach will throw plastic balls into the air in a designated area. Players, with a glove on their hands, will react to the throw and line up underneath the ball and try to make the catch with two hands.

Have the players' line up into three single-file lines of four players each.

One coach per line will toss 10 to 15 throws per player.

THROWING REVIEW

- Do not throw until you see a Two-Hand Target (2HT)
- Use a four-seam grip
- **FIVE STEPS OF THROWING**



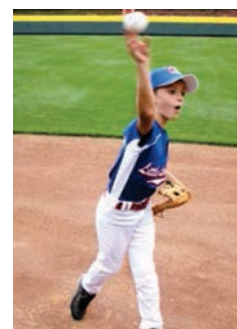
2.1 Step



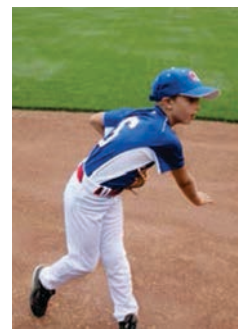
2.2 Shoulder to Partner



2.3 Launch



2.4 Delivery



2.5 Finish



PRACTICE SEQUENCE

THROWING (REVIEW DRILL)

- Start in the launch position focusing on the 2HT and four-seam grip. Continue drill for ten throws.
- Add the step and shoulder point to the throwing sequence. Complete five throws total with the player focusing on putting all five steps together.
- Hand separation drill ten throws.



1 POINT

2 POINTS

3 POINTS

DRILL

Game of 21

Match players of like ability for this game. To start the drill, play to 11, until the players have are skilled enough to play to 21.

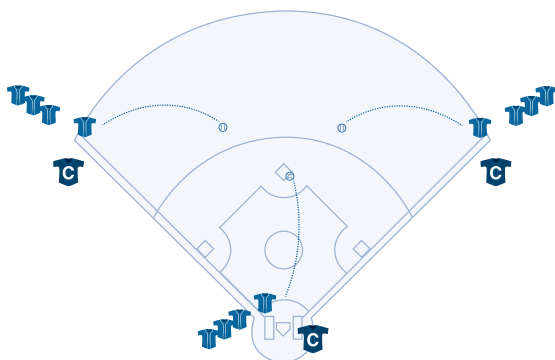
Each throw is worth points. If it is directly to the two-hand target in the chest it is worth three (3) points. If the throw is a little outside of the two-hand target, it is worth two (2) points and if the throw is well outside, then it is worth one (1) point. Every throw is worth at least one point.

BREAK (3 MINUTES)

HITTING (22 MINUTES)



- How to grip a bat with a proper stance and complete plate coverage.
- Dry swing drill (5 swings each)
- Coach fake pitch finger recognition
- Coach will throw from knee (five hits each) Groups A,B,C
- Soft toss, five hits each into a net Groups A,B,C (during coach pitch)



DRILL 1

Soft Toss

Each player will hit nine balls. Players will hit three, then rotate for three sets. This will keep the players engaged. A coach will crouch on the opposite side of the hitter's stance.

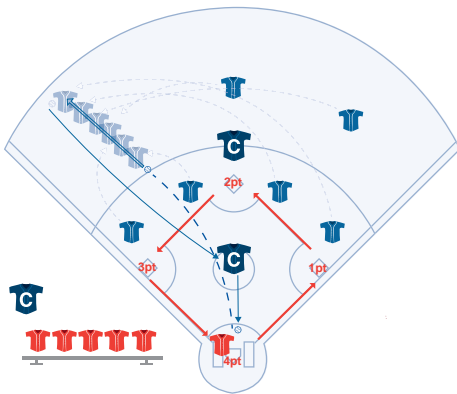
Each player will do this drill three times. Each coach will have four hitters. One set of hitters will be at home hitting towards the outfield. The second set of hitters will be at the right field foul pole hitting towards second base.

The third set of hitters will be on the left field foul pole hitting towards second base. Players not hitting will be waiting for their turn away from the hitter and hitter's path. Make sure that each player is approaching their at-bats as if it were in a game. Players will be wearing batting helmets.



PRACTICE SEQUENCE

GAME CONDITIONING



DRILL 2

Game: Conditioning

Split the group into two teams. The first team hits, while the other is in the field. A coach pitches. The first batter hits the ball and starts to run the bases. All players of the fielding team run to the ball and line up behind it. They pass the ball through the legs of each player until the last player at the end of the line gets it and throws it right to the coach who is pitching. When the ball gets to the coach the runner stops. Each base he has touched is counted as one point for his team. Immediately, the next hitter gets a pitch and the same thing happens. Once every player hits once, the total bases for the team are added up for their score. They take the field and the other team comes in to hit and try to beat their score. This game is focused on fun and running, with some live hitting and hustling around the bases mixed in.

BASE RUNNING (15 MINUTES)



- Purpose of base running and how to score
- Two ways of running to first base (rounding and straight through)
- Merry-go-round, one time each

DRILL 1

Players will start at home and determine how they approach first base by the cues given to them by the first-base coach. If the coach points to the base and says “base,” the player will run through first base.

If the coach points at second base and tells them “turn,” the batter/runner will begin to curve out to the right about 8-to-12 feet before first base. The runner will angle out to the right, making their path from home look like similar to a question mark (?) once to first base is touched. This will allow the runner to round first base and start to head to second base in a straight line. For this drill, the runner will go about 10–15 feet beyond the base looking toward the outfielder who fielded the ball. This gives the base runner cues on how to approach first base, advance or turn back and run quickly to first base.



“BASE”



“TURN”



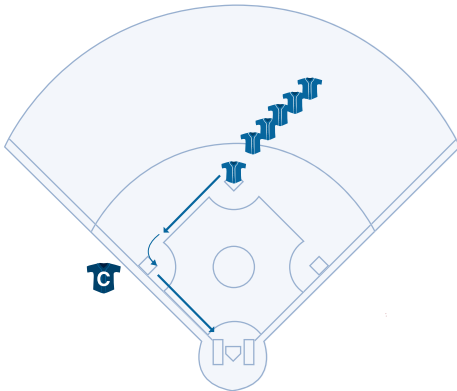


PRACTICE SEQUENCE

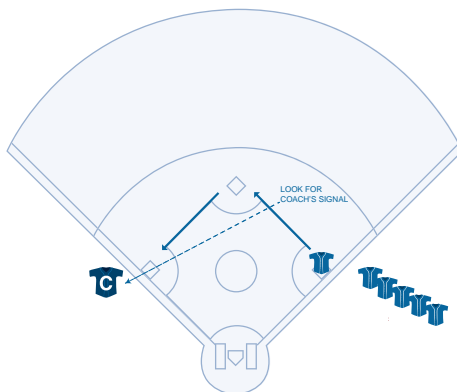
BASE RUNNING (CONTINUED)



SECOND-TO-HOME



FIRST-TO-THIRD



DRILL 2

Second-To-Home

Introduce running from second-to-home. Players will curve out when approaching third base, this is done to allow the runner to hit the inside of the base and be in as close of a straight line while advancing towards home.

First-to-Third

First-to-third is the other base running drill. Runners will run as fast as they can toward second base. When the runner is about 10 to 12 feet from second base, the runner will turn his/her head toward the third base coach and get the signal of advancing to third base or staying at second base.



PRACTICE SEQUENCE

FIELDING (15 MINUTES)



FIELDING REVIEW

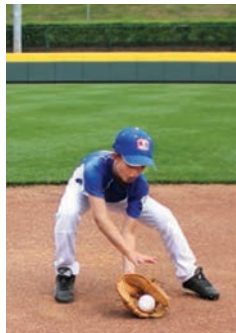
- Five Steps of Fielding
- Dry ground balls (five each) to first base from third base, shortstop, and second base.
- No Gloves - 10 attempts each to first base from third base, shortstop, and second base.



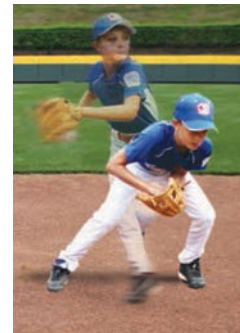
1. Creeper Steps



2. Bend Knees /
Lower Torso



3. Glove Out-Front



4. Receive / Suck /
Funnel / Move



5. Throw to Target



DRILL

Pick Up Drill

Players will be partnered and will be about 15 feet away from each other. One player will remain stationary and the other will shuffle laterally while fielding ground balls with their bare hands. The player will field the ball and roll it back to their partner. Three groups on shortstop side of the infield and three groups on the second base side of the infield. Each partner will give two round of 10 balls each.

CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week and remind players of next event (practice/game)
- Dismiss



COACH PITCH

WEEK EIGHT

PRACTICE GOALS: What Your Team Should Learn

1. Catch a tennis ball above their head
2. Quickly transition the ball from their glove hand to their throwing hand
3. Play a simulated game of baseball while working on strengthening their fundamentals
4. Develop hand eye coordination through the same side toss drill

MATERIALS:

- Batting Helmets
- Bases (four)
- Baseball Bats (various sizes)
- Baseballs (two buckets)
- Batting Tee
- Buckets (three)
- Gloves
- "L" Screen
- Plastic Balls



POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

PRACTICE 1 TIP: ROOTS - Officials

ROOTS stands for respect for the ...

RULES
OPPONENTS
OFFICIALS
TEAMMATES
SELF

The second O in ROOTS is for Officials. We respect officials and umpires even if we disagree with some of their calls.

Many sports are finding it harder and harder to recruit enough officials because they aren't treated well by players, parents, fans, and coaches.

We are grateful to the umpires for the difficult job they carry out and for making it possible for us to play the games.

It is never OK to treat people disrespectfully, ever! Keep in that in mind if a questionable situation with an umpire comes up in your games.

PRACTICE 2 TIP : Making Teammates Better

In life, we are part of many groups that function like a team. The teamwork that helps a sports team have success is the same teamwork that helps a family or business succeed. **The ability to work with others in a supportive, and sometimes challenging, way is important in sports and in life.**

"Bring It" is a tool we can use to supportively challenge each other in practice. Before going against a teammate in practice, we can triple fist-bump each other to remind our teammate and our self that we are going to make each other better by competing hard in this drill.



QUICK PLAN

90 MINUTES

2 MINUTES

INTRODUCTION

- Welcome players
- Focus on the reason for being there/PCA tip of the week

5 MINUTES

STRETCHING AND WARM UPS

- Players run along the fence with the team
- Coach leads the team in a series of leg and arm stretches
- Finish with 20 Jumping Jacks
- (See full practice plan for complete instructions)

7 MINUTES

BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Show players two-and three-finger grips
- Players demonstrate correct grip by grabbing balls out of bucket
- Toss/Catch/Grip (players will toss the ball for their partners to catch)

20 MINUTES

CATCHING AND THROWING

- Review two-hand target
- Review thumb-to-thumb
- Review pinky-to-pinky
- Catching the ball below the waist
- 5 Steps of Throwing
- Hand separation
- Three-Man Relay
- Catch plastic ball pop ups
- Game of 21

3 MINUTES

BREAK

20 MINUTES

HITTING

- Players will grip the bat with “knocking knuckles” lined up or shifted slightly
- “Athletic” stance
- Bat should be able to “cover” the entire plate
- Each player will hit 10 balls (three times each)
- (See full practice plan for complete instructions)

15 MINUTES

BASE RUNNING

- Review two ways of running to first base
- Run from home to second base
- Run from first base to third
- Base running cues from first base coach
- (See full practice plan for complete instructions)

18 MINUTES

FIELDING

- Review 5 Steps of Fielding
- “Creeper” steps
- “Alligator” hands
- Soft hands throw to first base
- Pick-up drill
- Same-side toss

CONCLUSION

- Double high fives
- Review what they learned/PCA Tip of the Week
- Remind of next event (practice/game)



PRACTICE SEQUENCE

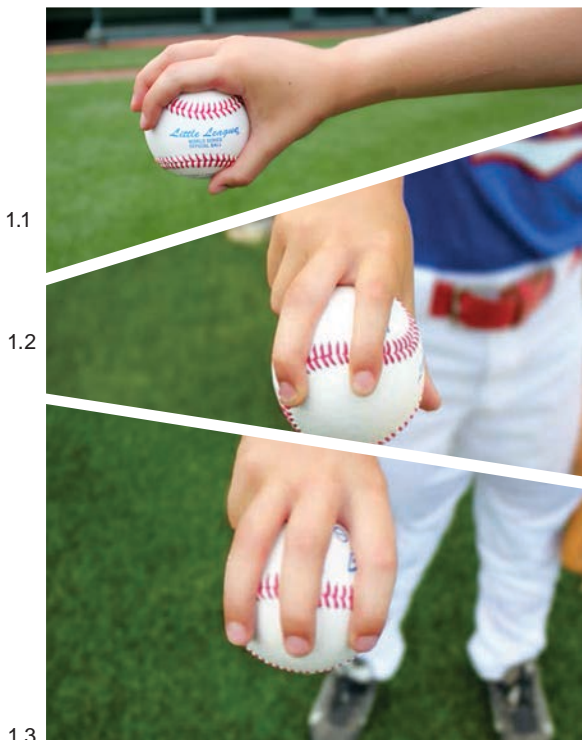
INTRODUCTION (2 MINUTES)

- Review the names of the coaches and players, review the purpose for being at the field and show enthusiasm to start practice. Split players into three groups that are different from last week. Have each player share their favorite play in baseball.

STRETCHING AND WARMUPS (5 MINUTES)

- **First, have the team run along the outfield fence and gather in the opposite outfield from which you started.**
- Arm Circles: Short circles forward/backward, big circles forward/backward.
- Arm above the head and try to grab the middle of your back. Use the opposite arm to push arm down as far as you can reach.
- Right arm across the body, grab the elbow to stretch.
- Wrist Pull Downs. Extend your Right Arm/Left Arm out with the palm up, grab the finger tips with opposite arm and pull fingers down/back creating the stretch.
- Wrist Pull Ups. Extend your arm out with the palm down, grab the finger tips with opposite arm and pull fingers up/back creating the stretch.
- Touch your toes (standing)
- Touch your toes (sitting with both leg straight out, legs spread apart, grab toes with opposite hand, each leg once)
- Triangle seat: Seated pull feet together in to the body and use elbows to push the knees flat to the ground.

BASEBALL GRIP (7 MINUTES)



BASEBALL GRIP REVIEW

- Proper four-seam grip. Hold the baseball using a four-seam grip. (See Figure 1.1)
- Show two-finger (Fig. 1.2) and three-finger grips (Fig. 1.3). Index finger on the top of the ball, thumb on the bottom of the ball, middle finger on the top of the ball. The spacing between fingers should be about the size of a finger.
- Each player grabs a ball off of the ground to show the coach the four-seam grip. Each player will do five balls.
- Review the toss/catch/four-seam grip. Have each player do 10 repetitions.

GAME: TOSS/CATCH/GRIP RELAY

Four teams of three players each. Players will be in a straight line about 10 feet apart. Once the first player completes the drill the next player will go. This relay is the first team to complete two or three successful rounds.



PRACTICE SEQUENCE

CATCHING AND THROWING (20 MINUTES)

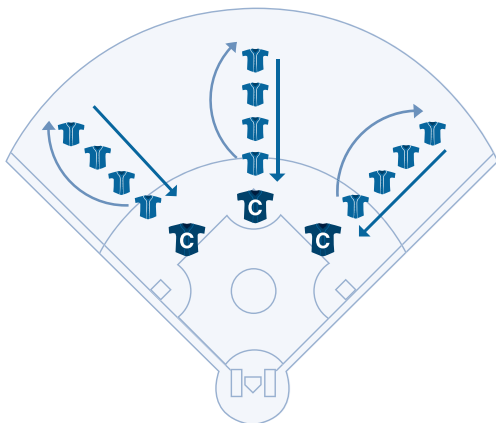


- Two-Hand Target (2HT)
- Thumb-to-Thumb (T2T)
- Pinky-to-Pinky (P2P)

CATCHING DRILL REVIEW

- Above / below the waist throws from the coach.
- Ten throws each
- Plastic balls catch 15 catches each

CATCHING DRILL



DRILL

The coach will throw fly balls with tennis balls. The players will react to the throw and line up underneath the ball and try to make the catch with two hands, using T2T for above the waist catches.

The ball will be caught with the glove and the throwing hand will secure the ball, making the transition to the four-seam grip easier. Have the players line up in three single-file lines of four players each.

One coach per line 10-15 throws per player.

THROWING REVIEW

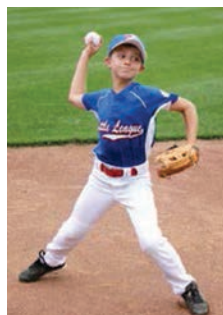
- Do not throw until you see a Two-Hand Target (2HT)
- Use a four-seam grip
- **FIVE STEPS OF THROWING**



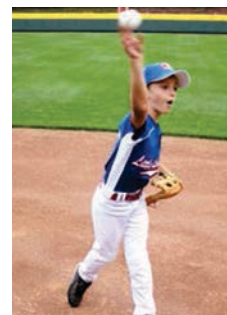
2.1 Step



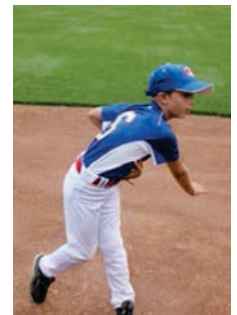
2.2 Shoulder to Partner



2.3 Launch



2.4 Delivery



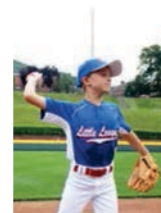
2.5 Finish



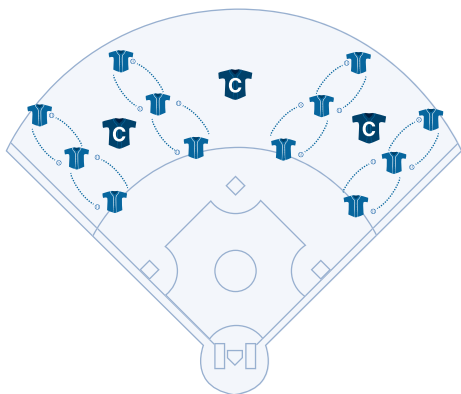
PRACTICE SEQUENCE

THROWING DRILL REVIEW

- Start in the launch position focusing on the 2HT and four-seam grip. Continue drill for ten throws
- Add the step and shoulder point to the throwing sequence. Five throws total with the player focusing on putting all five steps together
- Hand separation drill ten throws



THREE-MAN RELAY



DRILL

Three-Man Relay

This drill simulates the correct technique for completing a throw from the outfield, to a relay man, to the base. Emphasize correct throwing technique and to teach the skill of relaying the ball in this sequence.

Players should be in a straight line approximately 25–55 feet apart. Coaches will adjust the distance for the players. The drill begins with a ball on the ground in the outfield. The outfielder will pick the ball up and make a good throw using proper throwing mechanics to the relay man. The relay man will stand sideways with their directional shoulder (glove hand) pointed toward the target they will be relaying the ball to, in this case the base. The third man will quickly return the throw back to the relay man who will make the final throw to the outfielder. Place the ball on the ground and repeat.

Complete drill 15 times.

BREAK (3 MINUTES)



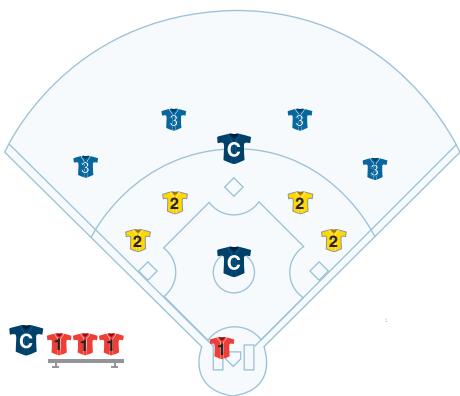
PRACTICE SEQUENCE

HITTING (20 MINUTES)



- How to grip a bat with a proper stance and complete plate coverage.
- Dry swing drill (5 swings each)
- Hit five balls off the tee into a fence or net
- Soft toss, five hits each into a net

COACH PITCH 4X4X4



DRILL

Coach Pitch 4x4x4

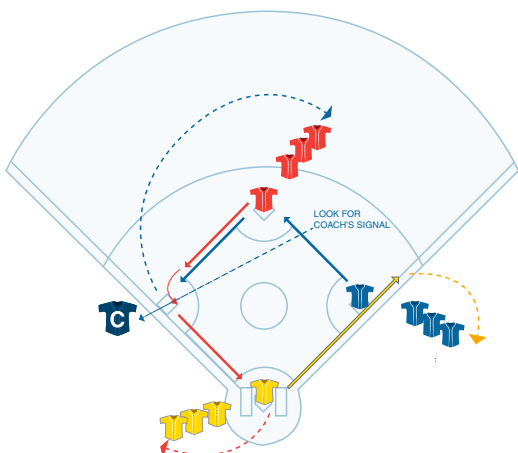
This drill/game will focus on the coach pitching to the players. Each player will approach their at-bat as if it is in a game and make sure they have proper coverage of the plate. There will be three groups of four. Group One will be batting, Group Two will be infielders and Group Three will start in the outfield. Each team will get an inning to hit (three outs) and will play the game as if it is a live game. The fielders will try and get each hitter out. Once Group One has three outs or five runs the inning will end and Group Two will come in to hit and Group Three will play the infield. Group One will play the outfield. This rotation will continue until the drill is over. Have each team hit two to three times

BASE RUNNING (15 MINUTES)



- Purpose of base running and how to score
- Two ways of running to first base (rounding and straight through)
- Merry-go-round, one time each
- Cues from Coaches

HOME PLATE-TO-FIRST BASE; FIRST BASE-TO-THIRD BASE; SECOND BASE-TO-HOME PLATE



DRILL

Home Plate-to-First Base; First Base-to-Third Base; and Second Base-to-Home Plate

Line up four players at first base, second base and at home plate. Players will start the drill on first base, on second base and in the batter's box, with the remaining three players at that station away from the playing field. Home plate - along the backstop, first base - in the coach's box and second base - in centerfield.

On the coach's command, the player from home plate will run straight through first base, breaking down after the base and look to the right to see if there was an overthrow. The player from first base will run to third base, looking for the coach's signal to come to third base, this player will walk in the outfield back to second base and get in line. The player from second base will run to home plate and will make curve out to hit the inside of third base, trying to get in as straight a line to home plate as possible. This player will get in line at home plate. Continue this drill for two rotations times at each base.



PRACTICE SEQUENCE

FIELDING (18 MINUTES)



FIELDING REVIEW

– FIVE STEPS OF FIELDING

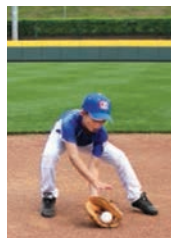
- “Alligator” hands and do the drill with each player getting five balls with glove and throw to first base from (third base, shortstop, first base)
- Hat in Mouth Drill
- Pick-Up Drill (five each)



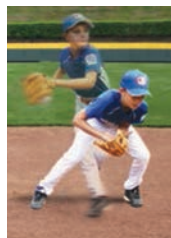
1. Creepers Steps



2. Bend Knees / Lower Torso



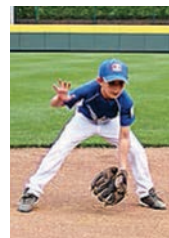
3. Glove Out-Front



4. Receive / Suck / Funnel / Move



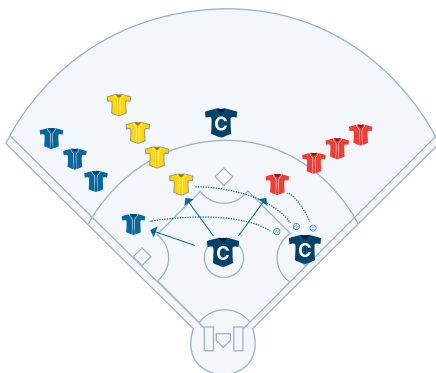
5. Throw to Target



———— Alligator Hands ————



GAME: BARE HANDS



GAME: BARE HANDS

- Arrange teams in three lines of four players at third base, shortstop, and second base.
- Players will make 10 throws to first base from (third base, shortstop, and second base).
- Award one point for a successfully fielded groundball, and one point for a good throw to first base.
- Coach will roll groundballs to one position at a time.
- Teams will rotate from third base to shortstop; shortstop to second base; second base to third base until each team has fielded at all three positions.

DRILL

Same-Side Toss

Partners will face each other about 5 to 10 feet apart. Each partner has a ball in their right hand. Partners toss the ball at the same time to their partner's left hand. Throws are continuous and will alternate hands after ten throws on each hand. Do this drill twice.



CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week and remind players of next event (practice/game)
- Dismiss



COACH PITCH

WEEK NINE

PRACTICE GOALS: What Your Team Should Learn

1. Be able to quickly relay a ball from the outfield to the infield using a four-seam grip
2. Field ground balls on their knees, demonstrating the proper two-hand technique

MATERIALS:

- Batting Helmets
- Bases (four)
- Baseball Bats (various sizes)
- Baseballs (two buckets)
- Batting Tee
- Buckets (three)
- Gloves
- "L" Screen
- Tennis Balls



POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

PRACTICE 1 TIP: Preparation

Almost everybody wants to win, but only some are willing to prepare to win. Almost everybody wants to succeed in life, but only some are willing to prepare to succeed.

Preparation to win in sports includes consistently trying hard, listening to your coaches, and supporting your teammates through good and bad times.

Are your players willing to prepare to win in sports and to succeed in life?

PRACTICE 2 TIP : Leadership for all (Mirror vs. Window)

Leadership is any action that moves a team forward. Being a leader doesn't mean being a hero, and it isn't reserved for specific people on a team. Anyone on a team can provide leadership.

Setting a good example for others, stepping forward to help out, and supporting a teammate are ways to lead on any team.

Every time something happens to the team, your players have a choice to look through a mirror or a window. A leader uses double-vision.

When something goes right, a leader looks through a window and gives credit to those around him. When something goes wrong, a leader looks into a mirror and takes responsibility for his part in what went wrong.



QUICK PLAN

90 MINUTES

2 MINUTES

INTRODUCTION

- Welcome players
- Review names (players and coaches)
- Focus on the reason for being there/PCA tip of the week

5 MINUTES

STRETCHING AND WARM UPS

- Players run along the fence with the team
- Coach leads the team in a series of leg and arm stretches
- Finish with 20 Jumping Jacks
- (See full practice plan for complete instructions)

3 MINUTES

BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Show players 2- and 3- finger grips
- Toss/Catch/Grip (Players will toss the ball for their partners to catch)

27 MINUTES

CATCHING AND THROWING

- Catching the ball below the waist
- 5 steps of throwing Hand separation
- Three-Man Relay
- Catch tennis ball pop ups
- Game of 21

3 MINUTES

BREAK

30 MINUTES

HITTING

- Players will grip the bat with “knocking knuckles” lined up or shifted slightly
- “Athletic” Stance
- Bat should be able to “cover” the entire plate
- Dry Swings
- 4x4x4 drill
- (See full practice plan for complete instructions)

8 MINUTES

BASE RUNNING

- Review two ways of running to first base
- Merry-Go-Round
- Home-to-first base; first base-to-third base; second base-to-home
- Base running cues from first base coach
- (See full practice plan for complete instructions)

12 MINUTES

FIELDING

- Review Five Steps of fielding
- “Creeper” steps
- “Alligator” hands
- Soft hands throw to first base
- Pick-up drill
- Knee Groundball

CONCLUSION

- Double high fives
- Review what they learned/PCA Tip of the Week
- Remind of next event (practice/game)



PRACTICE SEQUENCE

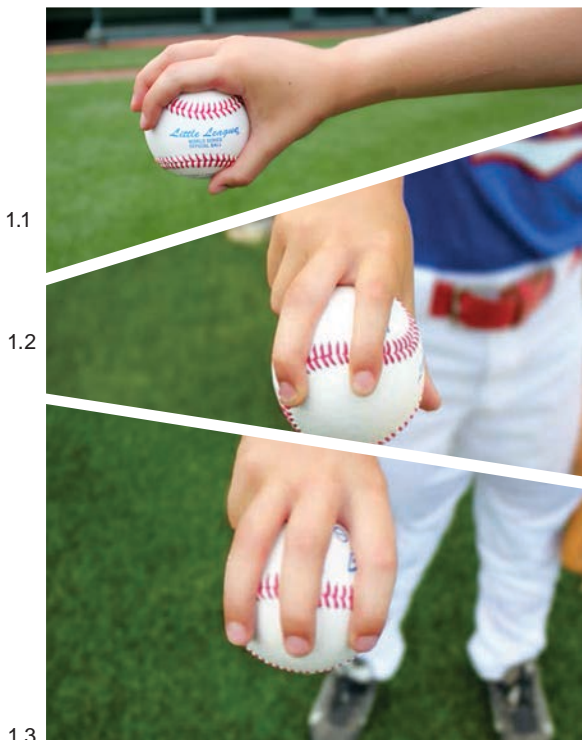
INTRODUCTION (2 MINUTES)

- Review the names of the coaches and players, review the purpose for being at the field and show enthusiasm to start practice. Split players into three groups different from last week. Ask players how the game of baseball and life are similar.

STRETCHING AND WARMUPS (5 MINUTES)

- **First, have the team run along the outfield fence and gather in the opposite outfield from which you started.**
- Arm Circles: Short circles forward/backward, big circles forward/backward.
- Arm above the head and try to grab the middle of your back. Use the opposite arm to push arm down as far as you can reach.
- Right arm across the body, grab the elbow to stretch.
- Wrist Pull Downs. Extend your Right Arm / Left Arm out with the palm up, grab the finger tips with opposite arm and pull fingers down/back creating the stretch.
- Wrist Pull Ups. Extend your arm out with the palm down, grab the finger tips with opposite arm and pull fingers up/back creating the stretch.
- Touch your toes (standing)
- Touch your toes (sitting with both leg straight out, legs spread apart, grab toes with opposite hand, each leg once)
- Triangle seat: Seated pull feet together in to the body and use elbows to push the knees flat to the ground.

BASEBALL GRIP (3 MINUTES)



BASEBALL GRIP REVIEW

- Proper four-seam grip. Hold the baseball using a four-seam grip. (See Figure 1.1)
- Show two-finger (Fig. 1.2) and three-finger grips (Fig. 1.3). Index finger on the top of the ball, thumb on the bottom of the ball, middle finger on the top of the ball. The spacing between fingers should be about the size of a finger.
- Review the toss/catch/four-seam grip. Have each player do 10 repetitions.

GAME: TOSS/CATCH/GRIP RELAY

Four teams of three players each. Players will be in a straight line about 10 feet apart. Once the first player completes the drill the next player will go. This relay is the first team to complete two or three successful rounds.



PRACTICE SEQUENCE

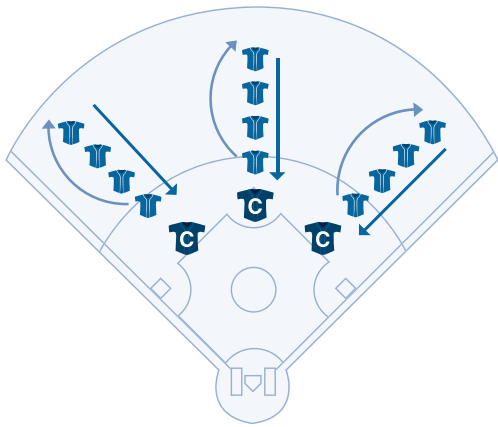
CATCHING AND THROWING (27 MINUTES)



CATCHING DRILL REVIEW

- Above / below the waist throws from the coach.
- Ten throws each
- Using plastic balls catch 15 catches each

CATCHING DRILL



DRILL

The coach will throw fly balls with tennis balls. The players will react to the throw and line up underneath the ball and try to make the catch with two hands, using T2T for above the waist catches.

The ball will be caught with the glove and the throwing hand will secure the ball, making the transition to the four-seam grip easier. Have the players line up in three single-file lines of four players each.

One coach per line 10-15 throws per player.

THROWING REVIEW

- Do not throw until you see a Two-Hand Target (2HT)
- Use a four-seam grip
- **FIVE STEPS OF THROWING**



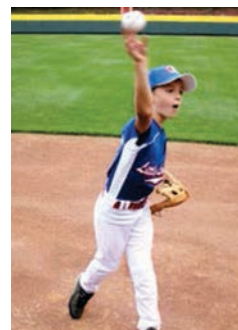
2.1 Step



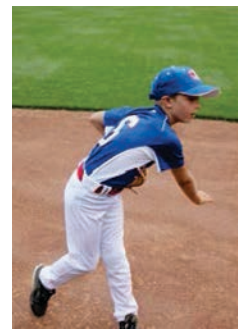
2.2 Shoulder to Partner



2.3 Launch



2.4 Delivery



2.5 Finish



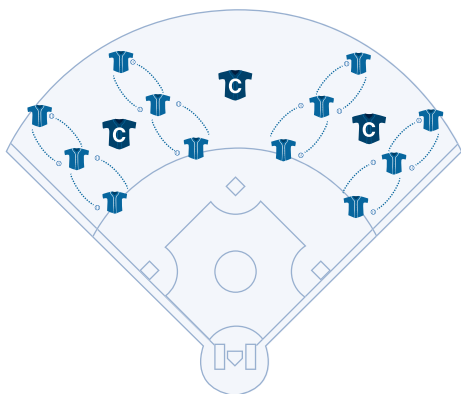
PRACTICE SEQUENCE

THROWING DRILL REVIEW

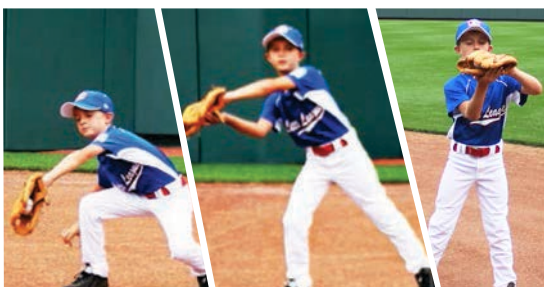
- Start in the launch position and complete 10 throws focusing on the 2HT and four-seam grip.
- Add the step and shoulder point to the throwing sequence. Complete five throws total with the player focusing on putting all five steps together.
- Complete 10 throws using the hand separation drill



THREE-MAN RELAY



GAME OF 21



1 POINT

2 POINTS

3 POINTS

DRILL

Three-Man Relay

This drill simulates the correct technique for completing a throw from the outfield, to a relay man, to the base. Emphasize correct throwing technique and to teach the skill of relaying the ball in this sequence. Players should be in a straight line approximately 25–55 feet apart. Coaches will adjust the distance for the players.

The drill begins with a ball on the ground in the outfield. The outfielder will pick the ball up and make a good throw using proper throwing mechanics to the relay man. The relay man will stand sideways with their directional shoulder (glove hand) pointed toward the target they will be relaying the ball to, in this case the base. The third man will quickly return the throw back to the relay man who will make the final throw to the outfielder. Place the ball on the ground and repeat.

Complete 15 times.

GAME

During warm-ups, have players play a game of 11 or 21.



PRACTICE SEQUENCE

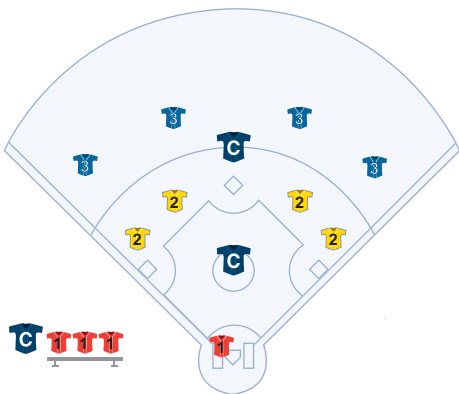
BREAK (3 MINUTES)

HITTING REVIEW (30 MINUTES)



- How to grip a bat with a proper stance and complete plate coverage.
- Dry swing drill (5 swings each)
- Hit five balls off the tee into a fence or net
- Soft toss, five hits each into a net

COACH PITCH 4X4X4



DRILL

Coach Pitch 4x4x4

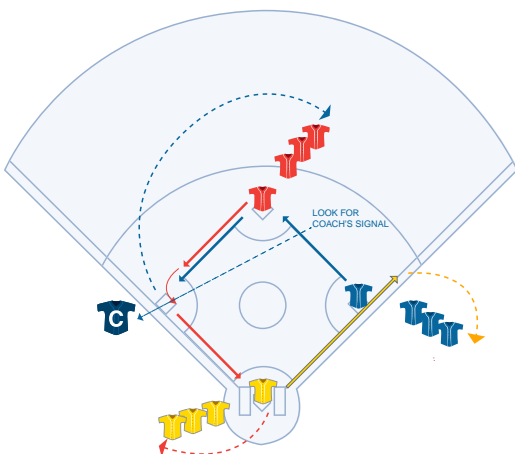
This drill/game will focus on the coach pitching to the players. Each player will approach their at-bat as if it is in a game and make sure they have proper coverage of the plate. There will be three groups of four. Group One will be batting, Group Two will be infielders and Group Three will start in the outfield. Each team will get an inning to hit (three outs) and will play the game as if it is a live game. The fielders will try and get each hitter out. Once Group One has three outs or five runs the inning will end and Group Two will come in to hit and Group Three will play the infield. Group One will play the outfield. This rotation will continue until the drill is over. Have each team hit two to three times

BASE RUNNING (8 MINUTES)



- Purpose of base running and how to score
- Two ways of running to first base (rounding and straight through)
- Merry-go-round, one time each
- Cues from Coaches

HOME PLATE-TO-FIRST BASE; FIRST BASE-TO-THIRD BASE; SECOND BASE-TO-HOME PLATE



DRILL

Home Plate-to-First Base; First Base-to-Third Base; and Second Base-to-Home Plate

Line up four players at first base, second base and at home plate. Players will start the drill on first base, on second base and in the batter's box, with the remaining three players at that station away from the playing field. Home plate - along the backstop, first base - in the coach's box and second base - in centerfield.

On the coach's command, the player from home plate will run straight through first base, breaking down after the base and look to the right to see if there was an overthrow. The player from first base will run to third base, looking for the coach's signal to come to third base, this player will walk in the outfield back to second base and get in line. The player from second base will run to home plate and will make curve out to hit the inside of third base, trying to get in as straight a line to home plate as possible. This player will get in line at home plate. Continue this drill for two rotations times at each base.



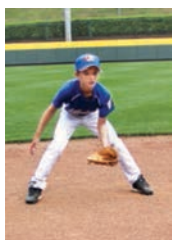
PRACTICE SEQUENCE

FIELDING (12 MINUTES)



FIELDING REVIEW

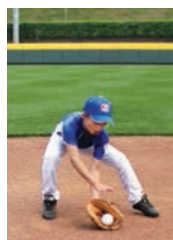
- Five Steps of fielding
- “Alligator” hands and do the drill with each player getting five balls with glove and throw to first base from (third base, shortstop, first base)
- Bare Hands - 10 throws to first base from (third base, shortstop, and second base)
- Hat in Mouth Drill
- Pick-Up Drill (five each)



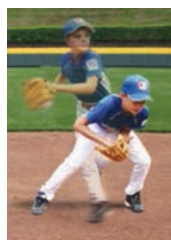
1. Creeper Steps



2. Bend Knees /
Lower Torso



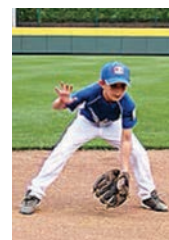
3. Glove Out-Front



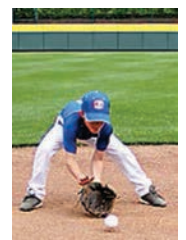
4. Receive / Suck /
Funnel / Move



5. Throw to Target



———— Alligator Hands ————



DRILL

Knee Ground Ball

Players are on their knees on the edge of the infield grass. Coach will roll ground balls to the fielder from 25 feet away. Fielders will use proper two-hand fielding technique and make a return throw to the coach. Three lines of four players and each will receive four balls do this drill five times.



CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week and remind players of next event (practice/game)
- Dismiss



COACH PITCH WEEK TEN

PRACTICE GOALS: What Your Team Should Learn

1. Use a cross/drop step to catch a fly ball using two hands (tennis ball)
2. Be able to catch a fly ball (baseball)
3. The way to play long toss

MATERIALS:

- Batting Helmets
- Bases (four)
- Baseball Bats (various sizes)
- Baseballs (two buckets)
- Batting Tee
- Buckets (three)
- Gloves
- "L" Screen
- Tennis Balls



POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

PRACTICE 1 TIP: ROOTS - Teammates (Humility)

ROOTS stands for respect for the ...

RULES
OPPONENTS
OFFICIALS
TEAMMATES
SELF

The T in ROOTS is for Teammates. We can respect teammates by supporting them. And we respect teammates by acting with humility.

Humility means you don't have to tell people how good you are or draw attention to yourself. One of the most impressive qualities a person can have in sports and life is humility, especially when they are successful.

Your players can practice humility by crediting others when they or their team is successful, and by taking partial responsibility when they, a teammate, or their team loses or fails.

One humility tool we can use is **"Share the Spotlight."** This means that when one of your players receives a compliment or award, they thank the person complimenting them, and then they acknowledge at least one other person who made the success possible.

PRACTICE 2 TIP : ROOTS - Self

Integrity means doing the right thing even when others aren't watching you.

PCA's acronym ROOTS, describes behaviors that make the game (and world around us), better. The S in ROOTS stands for respect for Self.

In sports and in life, your players show respect for themselves by living up to their own standards no matter what ... even when their opponents or classmates don't.

In any situation in which your players might be tempted to cheat or not act with integrity, they can softly pound their chest twice. They will be telling themselves that they are a person of integrity and that they will live up to their own personal high standards



QUICK PLAN

90 MINUTES

3 MINUTES

INTRODUCTION

- Welcome players
- Review names (players and coaches)
- Focus on the reason for being there/PCA tip of the week

7 MINUTES

STRETCHING AND WARM UPS

- Players run along the fence with the team
- Position Fitness
- (See full practice plan for complete instructions)

2 MINUTES

BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Show players 2- and 3- finger grips

28 MINUTES

CATCHING AND THROWING

- Review two-hand target
- Review thumb-to-thumb
- Review pinky-to-pinky
- Review two-hand target
- Catching the ball below the waist
- 5 steps of throwing
- Catching baseball pop ups
- Cross-over and drop steps
- Long toss

3 MINUTES

BREAK

17 MINUTES

HITTING

- Players will grip the bat with “knocking knuckles” lined up or shifted slightly
- “Athletic” Stance
- Bat should be able to “cover” the entire plate
- “Dry” Swings
- Soft Toss
- 4x4x4 Live Inning Game
- Game Conditioning

15 MINUTES

BASE RUNNING

- “Merry-go-round” Drill
- Cues from Coach
- (See full practice plan for complete instructions)

15 MINUTES

FIELDING

- Review 5 steps of fielding
- “Creeper” steps
- “Alligator” hands
- Bare hands throw to first base
- Roll and Toss Drill

CONCLUSION

- High five and low fives
- Review what they learned/PCA Tip of the Week
- Remind of next event (practice/game)



PRACTICE SEQUENCE

INTRODUCTION (3 MINUTES)

- Review the names of the coaches and players, review the purpose for being at the field and show enthusiasm to start practice. Split players into three groups that are different from last week. Have each player tell you their favorite position in baseball.

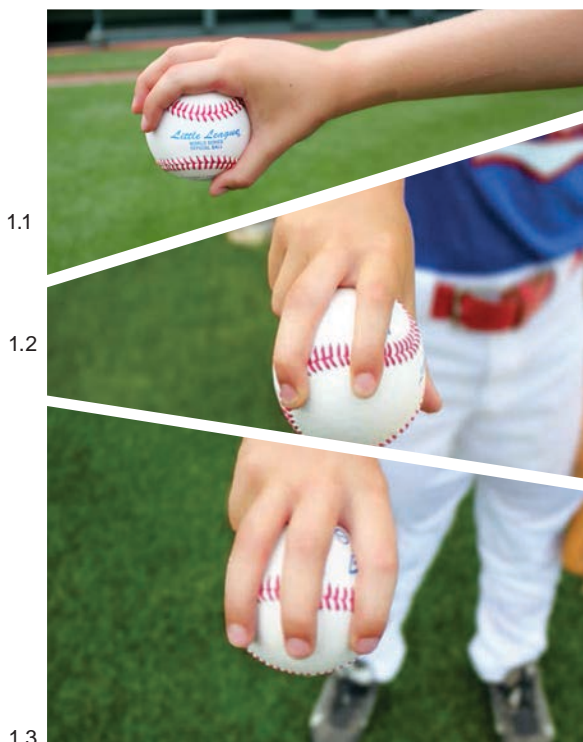
STRETCHING AND WARMUPS (7 MINUTES)

- **First, have the team run along the outfield fence and gather in the opposite outfield from which you started.**

POSITION FITNESS

- Start at home plate. Each player will do five squats, making sure their knees don't go over their toes. Bend in the same way you would sit in a chair, then stand straight again.
- Run to first base, once there, do high and low reaches.
- In a good athletic position, laterally shuffle to second base and back to where the second baseman would be positioned, there do five jumping jacks.
- Run to second base, where each player will do ten arm windmills forward and backwards.
- Shuffle to third base, where each player will do the number of push-ups as the weeks of practice, up to six.
- Run to home plate, do five squats and then jog to the pitcher's mound, where you will finish with front and back arm circles.

BASEBALL GRIP (2 MINUTES)



BASEBALL GRIP REVIEW

- Proper four-seam grip. Hold the baseball using a four-seam grip. (See Figure 1.1)
- Show two-finger (Fig. 1.2) and three-finger grips (Fig. 1.3). Index finger on the top of the ball, thumb on the bottom of the ball, middle finger on the top of the ball. The spacing between fingers should be about the size of a finger.



PRACTICE SEQUENCE

CATCHING AND THROWING (28 MINUTES)

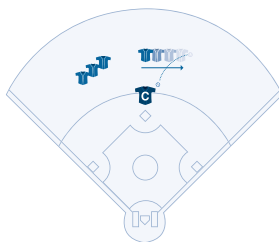


CATCHING REVIEW

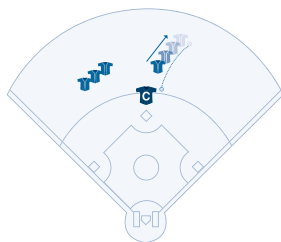
- Two-Hand Target (2HT)
- Thumb-to-Thumb (T2T)

CATCHING DRILL REVIEW

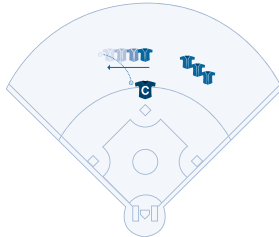
- Above / below the waist throws from the coach, five throws each
- 10 catches each using baseballs
- Fly balls, straight on, 10 catches each with baseballs



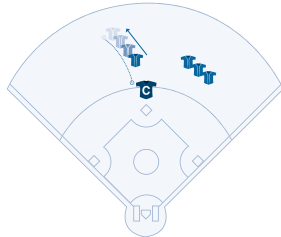
BALL OUT TO THE RIGHT



BALL OUT TO THE RIGHT
& BACK



BALL OUT TO THE LEFT



BALL OUT TO THE LEFT
& BACK

DRILL

The Coach will throw a tennis ball in one of four directions:

Ball out to the right: Players will react to the ball and cross their right foot over their left foot and run towards the ball.

Ball to the right and back: Players will react to the ball by using a drop step with the left foot and run back at an angle towards the ball, looking over their right shoulder.

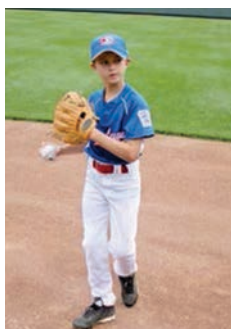
Ball out to the left: Players will react to the ball and cross their left foot over their right foot and run towards the ball.

Ball to the left and back: Players will react to the ball by using a drop step with the right foot and run back at an angle towards the ball, looking over their left shoulder.

Players will line up underneath the ball and try to make the catch with two hands using a T2T technique. The ball will be caught with the glove and the throwing hand will secure the ball, making the transition to the four-seam grip easier. Have the players line up into three single-file lines of four players each. One coach per line will make 10 throws per player.

THROWING REVIEW

- Do not throw until you see a Two-Hand Target (2HT)
- Use a four-seam grip
- **FIVE STEPS OF THROWING**



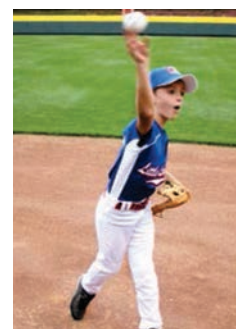
2.1 Step



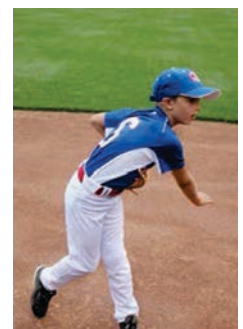
2.2 Shoulder to
Partner



2.3 Launch



2.4 Delivery



2.5 Finish



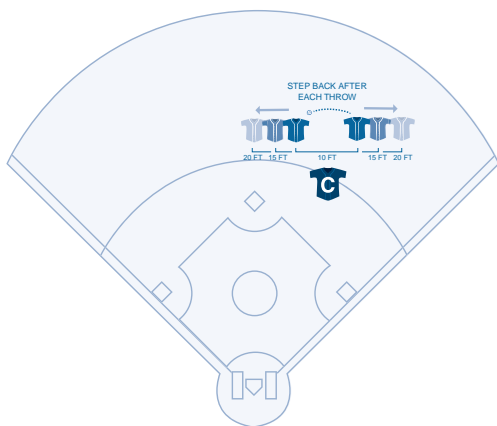
PRACTICE SEQUENCE

THROWING DRILL REVIEW

- Start in the launch position focusing on the 2HT and four-seam grip. Continue drill for 15-to-20 throws
- Add the “step” and “shoulder to partner” to the throwing sequence. Complete ten throws total with the player focusing on putting all five steps together
- Have players warm up playing the game of 11. Make sure to focus on making good throws
- Three-Man Relay do this drill four times
- Hand separation drill five throws



LONG TOSS



GAME OF 21



DRILL

Long Toss

Players will continue from the hand separation drill and play catch moving a step further away from their partner after each throw, until they are able to still throw the ball in a line using correct mechanics. 20 throws.

GAME OF 21

Match players of like ability for this game. To start the drill, play to 11, until the players are skilled enough to play to 21.

Each throw is worth points. If it is directly to the two-hand target in the chest it is worth three (3) points. If the throw is a little outside of the two-hand target, it is worth two (2) points and if the throw is well outside, then it is worth one (1) point. Every throw is worth at least one point.

During warm ups match players with like ability up and play the game of 11 or 21.



PRACTICE SEQUENCE

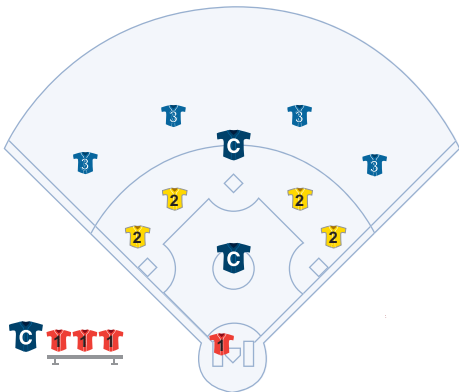
BREAK (3 MINUTES)

HITTING REVIEW (17 MINUTES)



- How to grip a bat with a proper stance and complete plate coverage.
- Dry swing drill (5 swings each)
- Hit ten balls off the tee into a fence or net
- Soft toss, five hits each into a net

COACH PITCH 4X4X4

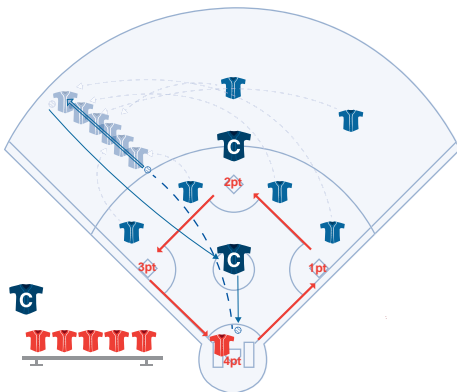


DRILL 1

Coach Pitch 4x4x4

This drill/game will focus on the coach pitching to the players. Each player will approach their at-bat as if it is in a game and make sure they have proper coverage of the plate. There will be three groups of four. Group One will be batting, Group Two will be infielders and Group Three will start in the outfield. Each team will get an inning to hit (three outs) and will play the game as if it is a live game. The fielders will try and get each hitter out. Once Group One has three outs or five runs the inning will end and Group Two will come in to hit and Group Three will play the infield. Group One will play the outfield. This rotation will continue until the drill is over. Have each team hit two to three times

GAME CONDITIONING



DRILL 2

Game Conditioning

Split the group into two groups. The first group hits while the other is in the field. A coach pitches. The first batter hits the ball and starts to run the bases. The group in the field runs to the ball and lines up behind it. They pass the ball through the legs of each player until the last player at the end of the line gets it and throws it right to the coach who is pitching. When the ball gets to the coach the runner stops. Each base the runner has touched is counted as one point for the team. Immediately the next hitter gets a pitch and the same thing happens. Once every player hits once, the total bases for the team are added up for their score. They take the field and the other team comes in to hit and try to beat their score. This game is based on fun and running with some live hitting and hustling around the bases mixed in.



PRACTICE SEQUENCE

BASE RUNNING (15 MINUTES)



BASE RUNNING REVIEW

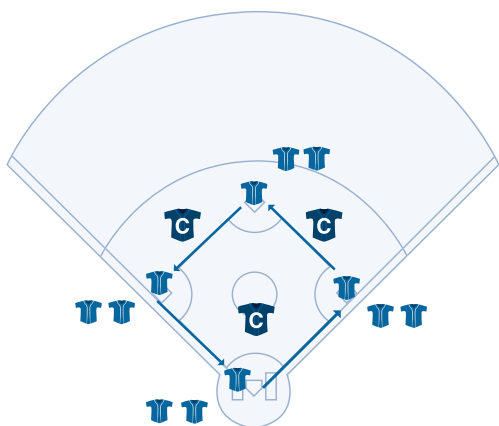
- Purpose of base running and how to score
- Two ways of running to first base two times for each way



“BASE”

“TURN”

MERRY-GO-ROUND



DRILL

Merry-Go-Round

This is a fun drill that will allow the players to run the bases and get an understanding of how to run from base-to-base. Start with an even number of players at each base. Players will approach home plate with a bat. They will get a proper grip on the bat. They will get in their stance and check to see their plate coverage. Once the coach says “Go!”, the player will swing the bat like they just hit the ball and will run toward First Base. This will set the drill in motion. The player at First base will run to Second Base. The player at Second Base will run to Third Base. The player on Third base will run to Home Plate. Each player will go to the end of the line at the next base. Continue this drill until each player has “hit” two-to-three times.



PRACTICE SEQUENCE

FIELDING (15 MINUTES)



FIELDING REVIEW

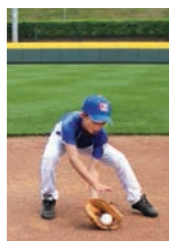
- Five Steps of fielding
- “Alligator” hands and do the drill with each player getting five balls with glove and throw to first base from (third base, shortstop, first base)
- Bare Hands - 10 throws to first base from (third base, shortstop, and second base)



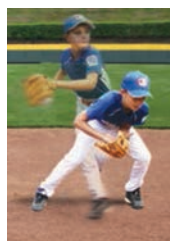
1. Creeper Steps



2. Bend Knees / Lower Torso



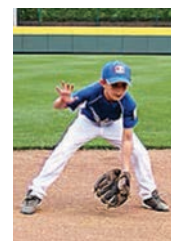
3. Glove Out-Front



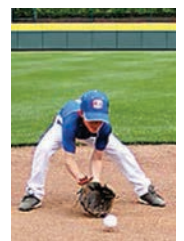
4. Receive / Suck / Funnel / Move



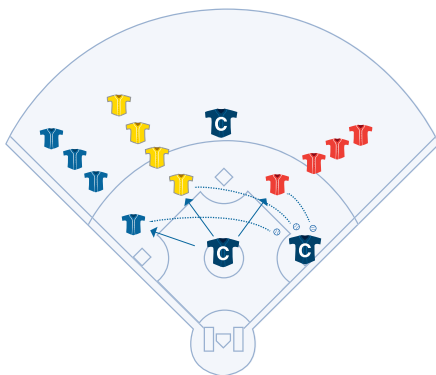
5. Throw to Target



———— Alligator Hands ————



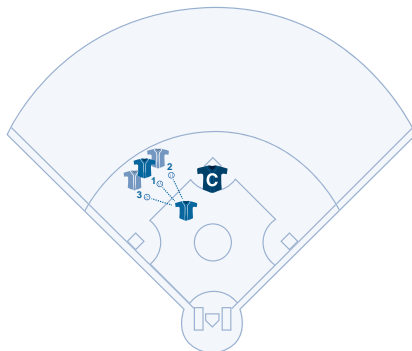
GAME: BARE HANDS



GAME: BARE HANDS

- Arrange teams in three lines of four players at third base, shortstop, and second base.
- Players will make 10 throws to first base from (third base, shortstop, and second base).
- Award one point for a successfully fielded groundball, and one point for a good throw to first base.
- Coach will roll groundballs to one position at a time.
- Teams will rotate from third base to shortstop; shortstop to second base; second base to third base until each team has fielded at all three positions.

ROLL AND TOSS DRILL



DRILL

Roll and Toss Drill

Partners will face each other 5-to-10 feet apart. One partner will start with both balls. Partner with the balls will roll a ground ball to their partner. The receiving partner will quickly field the ground ball and toss the ball back. As the ball is being tossed another ground ball will be rolled. This drill will focus on fielding ground balls while moving laterally.

Continue this drill for 15 repetitions and then switch partners.

CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week and remind players of next event (practice/game)
- Dismiss



COACH PITCH WEEK ELEVEN

PRACTICE GOALS: What Your Team Should Learn

1. Run the bases more proficiently
2. Use a cross/drop step to catch a fly ball using two hands (baseball)

MATERIALS:

- Batting Helmets
- Bases (four)
- Baseball Bats (various sizes)
- Baseballs (two buckets)
- Batting Tee
- Buckets (three)
- Gloves
- "L" Screen
- Plastic Balls



POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

PRACTICE 1 TIP: Positive Self Talk

Self Talk is something we all do. We talk to ourselves silently in our own mind.

In sports and in life, it is important that we talk positively to ourselves.

This is especially important after we make a mistake or when we are facing a strong challenge.

Positive Self Talk helps us approach any situation more confidently and it helps us perform better.

PRACTICE 2 TIP : Catch Yourself Before You Complain

Earlier in the season, we talked about the importance of a positive attitude.

Sometimes when something isn't just the way we like it, we are tempted to complain about it. But your players have the ability to catch themselves before they complain, and replace complaining with something else. Something positive!

The best competitors see imperfect circumstances as challenges. They like challenges and trying to rise to meet them.

Doing this instead of complaining is one of the keys to projecting a positive attitude!



QUICK PLAN

90 MINUTES

3 MINUTES

INTRODUCTION

- Welcome players
- Review names (players and coaches)
- Focus on the reason for being there/PCA tip of the week

5 MINUTES

STRETCHING AND WARM UPS

- Players run along the fence with the team
- Coach leads the team in a series of leg and arm stretches
- Finish with 20 Jumping Jacks
- (See full practice plan for complete instructions)

4 MINUTES

BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Toss/Catch/Grip (Players will toss the ball for their partners to catch)

28 MINUTES

CATCHING AND THROWING

- Review two-hand target
- Review thumb-to-thumb
- Review pinky-to-pinky
- Catching the ball below the waist
- 5 steps of throwing
- Catching baseball pop ups
- Cross-over and drop steps
- Long toss

3 MINUTES

BREAK

22 MINUTES

HITTING

- Players will grip the bat with “knocking knuckles” lined up or shifted slightly
- “Athletic” Stance
- Bat should be able to “cover” the entire plate
- “Dry” Swings
- Soft Toss
- 4x4x4 Live Inning Game

7 MINUTES

BASE RUNNING

- Home to first base, first base to third base, second base to home
- (See full practice plan for complete instructions)

18 MINUTES

FIELDING

- Review 5 steps of fielding
- “Creeper” steps
- “Alligator” hands
- Bare hands throw to first base
- Knee groundball drill

CONCLUSION

- High five and low fives
- Review what they learned/PCA Tip of the Week
- Remind of next event (practice/game)



PRACTICE SEQUENCE

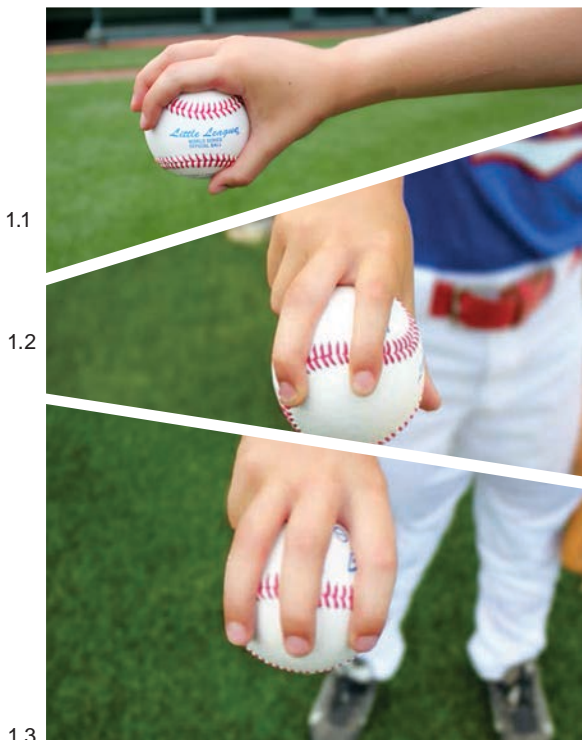
INTRODUCTION (3 MINUTES)

- Review the purpose for being at the field and show enthusiasm to start practice. Share a good memory from the season so far. If players want to share allow them.

STRETCHING AND WARMUPS (5 MINUTES)

- **First, have the team run along the outfield fence and gather in the opposite outfield from which you started.**
- Arm Circles: Short circles forward/backward, big circles forward/backward.
- Arm above the head and try to grab the middle of your back. Use the opposite arm to push arm down as far as you can reach.
- Right arm across the body, grab the elbow to stretch.
- Wrist Pull Downs. Extend your Right Arm / Left Arm out with the palm up, grab the finger tips with opposite arm and pull fingers down/back creating the stretch.
- Wrist Pull Ups. Extend your arm out with the palm down, grab the finger tips with opposite arm and pull fingers up/back creating the stretch.
- Touch your toes (standing)
- Touch your toes (sitting with both leg straight out, legs spread apart, grab toes with opposite hand, each leg once)
- Triangle seat: Seated pull feet together in to the body and use elbows to push the knees flat to the ground.
- Jumping Jacks 20 times.

BASEBALL GRIP (4 MINUTES)



BASEBALL GRIP REVIEW

- Proper four-seam grip. Hold the baseball using a four-seam grip. (See Figure 1.1)
- Show two-finger (Fig. 1.2) and three-finger grips (Fig. 1.3). Index finger on the top of the ball, thumb on the bottom of the ball, middle finger on the top of the ball. The spacing between fingers should be about the size of a finger.
- Review the toss/catch/four-seam grip. Have each player do 10 repetitions.



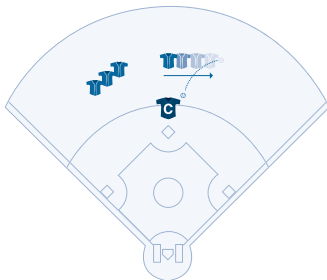
PRACTICE SEQUENCE

CATCHING AND THROWING (28 MINUTES)

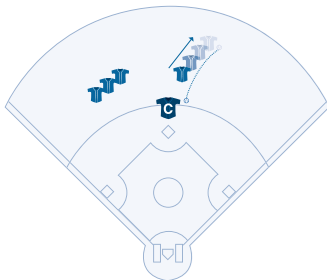


CATCHING DRILL REVIEW

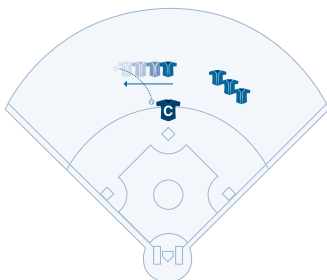
- Above / below the waist throws from the coach, five throws each
- 10 catches each using baseballs
- Fly balls, straight on, 10 catches each with baseballs



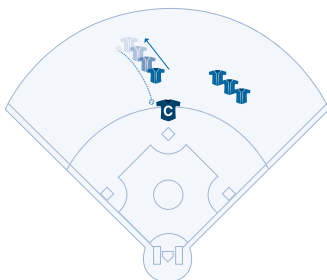
BALL OUT TO THE RIGHT



BALL OUT TO THE RIGHT
& BACK



BALL OUT TO THE LEFT



BALL OUT TO THE LEFT
& BACK

DRILL

The Coach will throw a baseball in one of four directions:

Ball out to the right: Players will react to the ball and cross their right foot over their left foot and run towards the ball.

Ball to the right and back: Players will react to the ball by using a drop step with the left foot and run back at an angle towards the ball, looking over their right shoulder.

Ball out to the left: Players will react to the ball and cross their left foot over their right foot and run towards the ball.

Ball to the left and back: Players will react to the ball by using a drop step with the right foot and run back at an angle towards the ball, looking over their left shoulder.

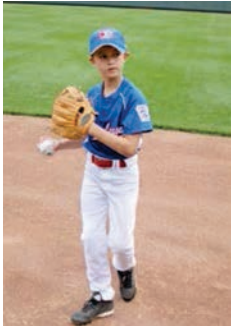
Players will line up underneath the ball and try to make the catch with two hands using a T2T technique. The ball will be caught with the glove and the throwing hand will secure the ball, making the transition to the four-seam grip easier. Have the players line up into three single-file lines of four players each. One coach per line will make 10 throws per player.



PRACTICE SEQUENCE

THROWING REVIEW

- Do not throw until you see a Two-Hand Target (2HT)
- Use a four-seam grip
- **FIVE STEPS OF THROWING**



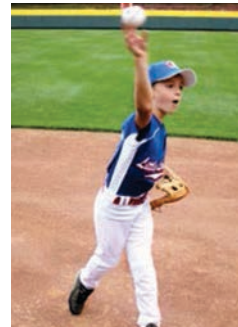
2.1 Step



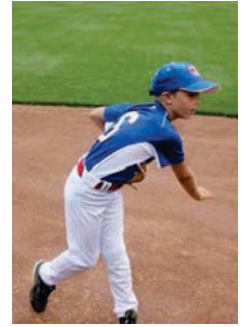
2.2 Shoulder to Partner



2.3 Launch



2.4 Delivery

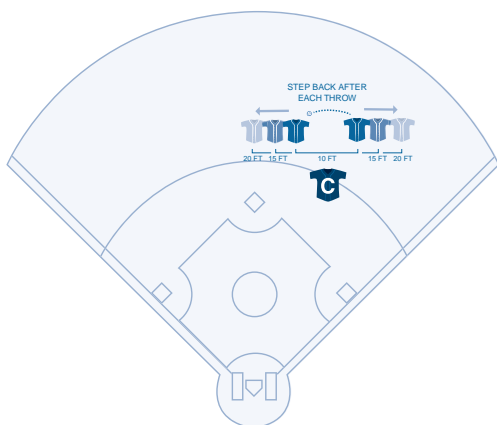


2.5 Finish

THROWING DRILL REVIEW

- Start in the launch position focusing on the 2HT and four-seam grip. Continue drill for 15-to-20 throws.
- Add the “step” and “shoulder to partner” to the throwing sequence. Ten throws total with the player focusing on putting all five steps together.
- Have players warm up playing the game of 11. Make sure to focus on making good throws.

LONG TOSS



DRILL

Long Toss

Players will continue from the hand separation drill and play catch moving a step further away from their partner after each throw, until they are able to still throw the ball in a line using correct mechanics. 20 throws.



PRACTICE SEQUENCE

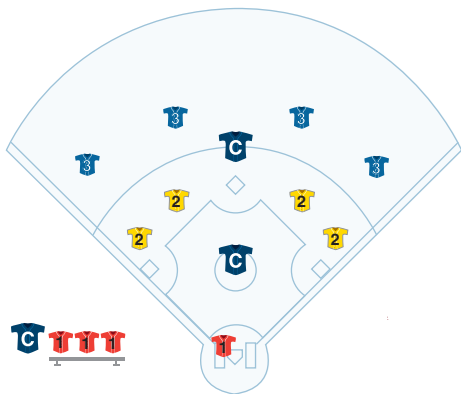
BREAK (3 MINUTES)

HITTING REVIEW (22 MINUTES)



- How to grip a bat with a proper stance and complete plate coverage.
- Dry swing drill (10 swings each)
- Hit ten balls off the tee into a fence or net
- Soft toss, five hits each into a net

COACH PITCH 4X4X4



DRILL

Coach Pitch 4x4x4

This drill/game will focus on the coach pitching to the players. Each player will approach their at-bat as if it is in a game and make sure they have proper coverage of the plate. There will be three groups of four. Group One will be batting, Group Two will be infielders and Group Three will start in the outfield. Each team will get an inning to hit (three outs) and will play the game as if it is a live game. The fielders will try and get each hitter out. Once Group One has three outs or five runs the inning will end and Group Two will come in to hit and Group Three will play the infield. Group One will play the outfield. This rotation will continue until the drill is over. Have each team hit two to three times.

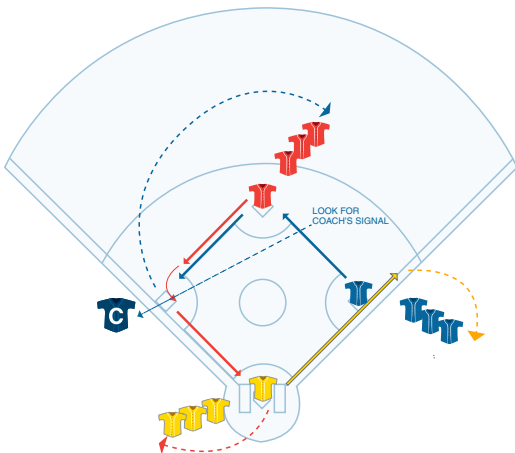
BASE RUNNING (7 MINUTES)



BASE RUNNING REVIEW

- Purpose of base running and how to score.

HOME PLATE-TO-FIRST BASE; FIRST BASE-TO-THIRD BASE; SECOND BASE-TO-HOME PLATE



DRILL

Home Plate-to-First Base; First Base-to-Third Base; and Second Base-to-Home Plate

Line up four players at first base, second base and at home plate. Players will start the drill on first base, on second base and in the batter's box, with the remaining three players at that station away from the playing field. Home plate - along the backstop, first base - in the coach's box and second base - in centerfield.

On the coach's command, the player from home plate will run straight through first base, breaking down after the base and look to the right to see if there was an overthrow. The player from first base will run to third base, looking for the coach's signal to come to third base, this player will walk in the outfield back to second base and get in line. The player from second base will run to home plate and will make curve out to hit the inside or third base, trying to get in as straight a line to home plate as possible. This player will get in line at home plate. Continue this drill for two rotations times at each base.



PRACTICE SEQUENCE

FIELDING (18 MINUTES)

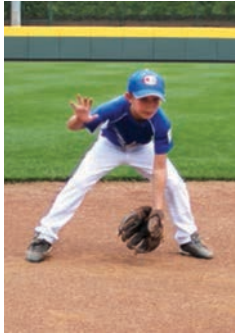


FIELDING REVIEW

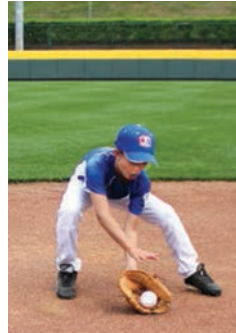
- Fielding Five Steps of fielding
- Dry Ground Balls (five each)



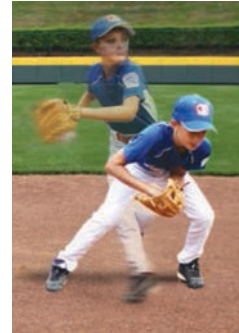
1. Creeper Steps



2. Bend Knees /
Lower Torso



3. Glove Out-Front



4. Receive / Suck /
Funnel / Move



5. Throw to Target

DRILL

Knee Ground Ball

Players are on their knees on the edge of the infield grass. Coach will roll ground balls to the fielder from 25 feet away. Fielders will use proper two-hand fielding technique and make a return throw to the coach. Three lines of four players and each will receive four balls do this drill five times.



CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week and remind players of next event (practice/game)
- Dismiss



COACH PITCH WEEK TWELVE

PRACTICE GOALS: What Your Team Should Learn

1. Enjoy the game of baseball and softball
2. Reflect on the season and how they improved throughout the season

MATERIALS:

- Batting Helmets
- Bases (four)
- Baseball Bats (various sizes)
- Baseballs (two buckets)
- Batting Tee
- Buckets (three)
- Gloves
- "L" Screen
- Plastic Balls



POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

PRACTICE 1 TIP:

Post-Game Ritual (Honoring the Game)

This week, and for the rest of the season, have your team be the best sports they can be and Honor the Game by treating their opponents with respect.

Whether you win or lose, have each person seek out each player on the other team, look them in the eye, shake hands, and thank them for competing.

You can make this a ritual after every game. After a loss, congratulate the other team. This may not be easy so you might really have to work at this including role playing it in practice.

PRACTICE 2 TIP :

End with a Flourish

Try to have your team End with a Flourish. That means playing with as much enthusiasm and effort at the end of the season as they did at the beginning.

Some people stop learning at the end of a season, but your players can learn as much as they did at the start if they keep up their Teachable Spirit.

Ending with a Flourish is a way for your athletes to say "Thank you" to their teammates and the coaches and people who helped them this year.



QUICK PLAN

90 MINUTES

5 MINUTES

INTRODUCTION

- Welcome players
- Review names (players and coaches)
- Focus on the reason for being there/PCA tip of the week

7 MINUTES

STRETCHING AND WARM UPS

- Players run along the fence with the team
- Position Fitness
- (See full practice plan for complete instructions)

3 MINUTES

BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Show players Two- and Three-finger grips

10 MINUTES

CATCHING AND THROWING

- Review two-hand target
- Review thumb-to-thumb
- Review pinky-to-pinky
- Catching the ball below the waist
- 5 steps of throwing
- Catching baseball pop ups
- Cross-over and drop steps

3 MINUTES

BREAK

52 MINUTES

HITTING

- 6x6 Game
- (See full practice plan for complete instructions)

5 MINUTES

BASE RUNNING

- Home to second base; second base to home relay
- (See full practice plan for complete instructions)

5 MINUTES

FIELDING

- Review five steps of fielding
- Roll and Toss drill

CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week
- Remind of next event (practice/game)



PRACTICE SEQUENCE

INTRODUCTION (5 MINUTES)

- Review the purpose for being at the field and show enthusiasm to start practice. Talk about how thankful you are to be able to coach this group of players and praise how much progress they've made from the beginning of the season until the end. Have players talk about what they have learned and how they have improved this year, make sure to highlight their strengths.

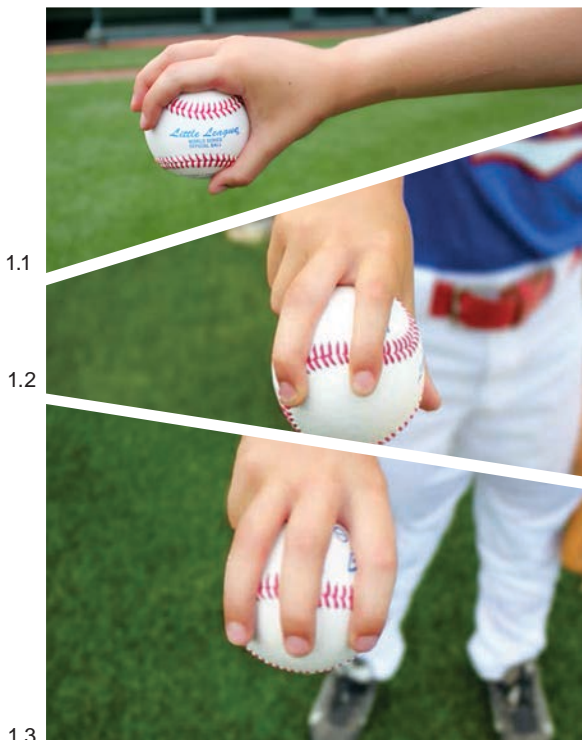
STRETCHING AND WARMUPS (7 MINUTES)

- **First, have the team run along the outfield fence and gather in the opposite outfield from which you started.**

POSITION FITNESS

- Start at home plate. Each player will do five squats, making sure their knees don't go over their toes. Bend in the same way you would sit in a chair, then stand straight again.
- Run to first base, once there, do high and low reaches.
- In a good athletic position, laterally shuffle to second base and back to where the second baseman would be positioned, there do five jumping jacks.
- Run to second base, where each player will do ten arm windmills forward and backwards.
- Lateral shuffle to third base and back to the shortstop position. Once there, each player will do ten high knees.
- Run to third base, once there do 12 push-ups.
- Run to home plate, do five squats and then jog to the pitcher's mound, where you will finish with front and back arm circles.

BASEBALL GRIP (3 MINUTES)



BASEBALL GRIP REVIEW

- Proper four-seam grip. Hold the baseball using a four-seam grip. (See Figure 1.1)
- Show two-finger (Fig. 1.2) and three-finger grips (Fig. 1.3). Index finger on the top of the ball, thumb on the bottom of the ball, middle finger on the top of the ball. The spacing between fingers should be about the size of a finger.



PRACTICE SEQUENCE

CATCHING AND THROWING (10 MINUTES)



CATCHING REVIEW

- Two-Hand Target (2HT)
- Thumb-to-Thumb (T2T)
- Pinky-to-Pinky (P2P)

CATCHING DRILL REVIEW

- Above/Below the waist throws from the coach. Five throws each
- Plastic Balls catch. Ten catches each
- Fly balls, straight on, with hardballs. Ten each
- Directional Fly Balls. Ten each

THROWING REVIEW

- Do not throw until you see a Two-Hand Target (2HT)
- Use a four-seam grip

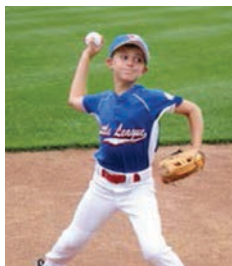
– FIVE STEPS OF THROWING



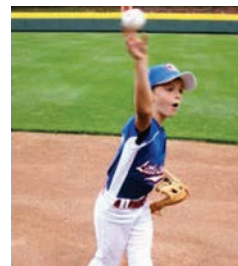
2.1 Step



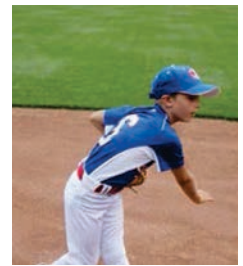
2.2 Shoulder to Partner



2.3 Launch



2.4 Delivery

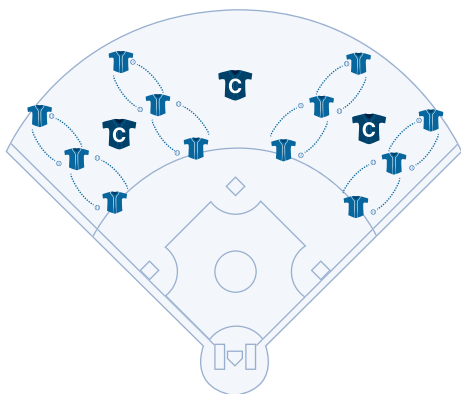


2.5 Finish

THROWING DRILL REVIEW

- Start in the launch position focusing on the 2HT and four-seam grip. Continue drill for 15-to-20 throws
- Add the “step” and “shoulder to partner” to the throwing sequence. Ten throws total with the player focusing on putting all five steps together
- Have players warm up playing the game of 11. Make sure to focus on making good throws

THREE-MAN RELAY



DRILL

Three-Man Relay

This drill simulates the correct technique for completing a throw from the outfield, to a relay man, to the base. Emphasize correct throwing technique and to teach the skill of relaying the ball in this sequence. Players should be in a straight line approximately 25–55 feet apart. Coaches will adjust the distance for the players.

The drill begins with a ball on the ground in the outfield. The outfielder will pick the ball up and make a good throw using proper throwing mechanics to the relay man. The relay man will stand sideways with their directional shoulder (glove hand) pointed toward the target they will be relaying the ball to, in this case the base. The third man will quickly return the throw back to the relay man who will make the final throw to the outfielder. Place the ball on the ground and repeat. Do this 15 times.



PRACTICE SEQUENCE

BREAK (3 MINUTES)

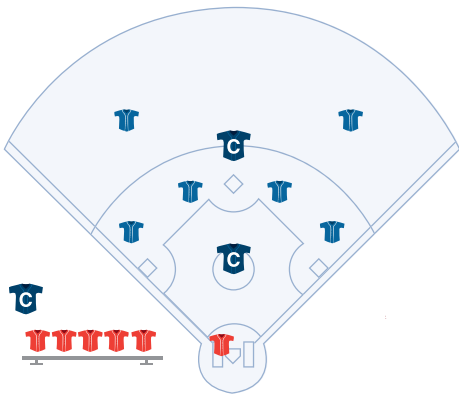
HITTING (52 MINUTES)



HITTING REVIEW

- How to grip a bat with a proper stance and complete plate coverage.
- Dry swing drill (10 swings each)
- Hit ten balls off the tee into a fence or net
- Soft toss, five hits each into a net

COACH PITCH 6X6



DRILL

Coach Pitch 6x6

This game will be similar to a regular baseball game, playing four innings. Coach will pitch to the players from a knee or standing from 40 feet away. Each player will approach their at-bat as if it is in a game and make sure they have proper coverage of the plate. There will be two groups of six players each. Group One will be batting, Group Two will be infielders and outfielders. The three players who are outfielders in the first inning will be infielders the next inning. Keep this rotation for the remainder of the game. Each team will get an inning to hit (three outs) and will play the game as if it is a live game. The fielders will try and get each hitter out. Once Group One has three outs or five runs scored the inning will end and Group Two will come in to hit and Group One will play the field. This rotation will continue until the game is over.

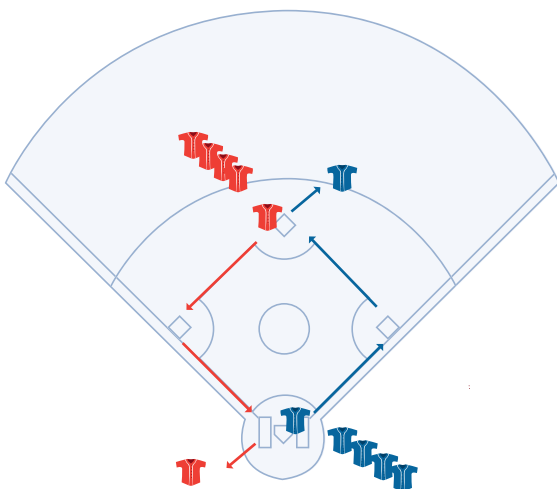
BASE RUNNING (5 MINUTES)



BASE RUNNING REVIEW

- Purpose of base running and how to score.

HOME PLATE RELAY RACE



DRILL

Home Plate Relay Race

Break players into teams of six. Six players will start at home plate. Five players will line up in the grass to the right of home plate and one player will put their foot on the outside corner of home plate closest to first base to start the drill. This team will run from home plate to second base. Once their teammate touches second base, the next player in line will run to second base, once there they will take a seat in the grass. Six players will start at second base. Five players will line up in the grass behind of second base. One player will start with their foot on the edge of second base towards third base and run from second base to home plate. Once their teammate crosses home, the next player will replace the previous player.



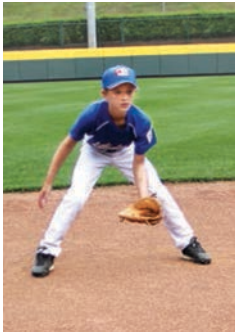
PRACTICE SEQUENCE

FIELDING (5 MINUTES)



FIELDING REVIEW

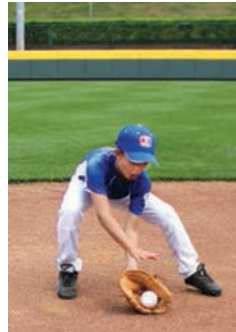
- Five Steps of fielding



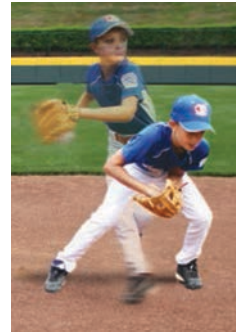
1. Creeper Steps



2. Bend Knees /
Lower Torso



3. Glove Out-Front

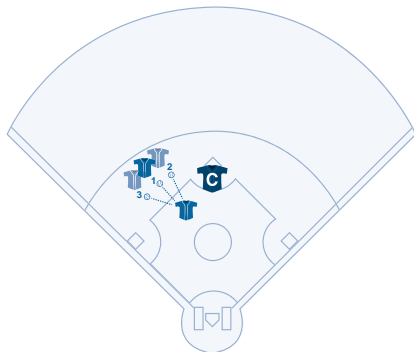


4. Receive / Suck /
Funnel / Move



5. Throw to Target

ROLL AND TOSS DRILL



DRILL

Roll and Toss Drill

Partners will face each other 5-to-10 feet apart. One partner will start with both balls. Partner with the balls will roll a ground ball to their partner. The receiving partner will quickly field the ground ball and toss the ball back. As the ball is being tossed another ground ball will be rolled. This drill will focus on fielding ground balls while moving laterally.

Continue this drill for 15 repetitions and then switch partners.

CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week and remind players of next event (practice/game)
- Dismiss