

Time: _____

	Warm Up		
5min	1. A few simple stretches (Circles, each arm across chest, touch toes, etc)		
	Throwing		
15 min	1. Short Flip 2. Coach lead catch 3. 4 seam grip, correct footwork, give a good target to throw to 4. Coaches walk around helping process, and set distances to throw 5. Play a catch game, last group to drop it or kids throw it to partner glove target		
Skill Work	Infield-Switch after 10 mins		
10 mins	1. After teaching stance, ready position, glove up and out, on balls of feet 2. Rolling ground balls to kids (at body, forehand, backhand) 3. Roll groundballs where they have to move (forward, left, right. 4. Hit/Roll groundballs and have kids throw to 1st		
Skill work	Outfield-switch after 10 mins		
10 mins	1. After teaching ready position, communication (yell "Ball, Ball), no basket catch if possible, footwork 2. Throw pop-ups at player 3. Start pop-ups where players have to move forward, backward, left right 4. Fielding a grounder and where to throw it on hit		
	Baserunning		
10 mins	1. Home to 1st run through the base on play at 1st- never slide 2. Home to 1st rounding the base on a hit 3. Home to 2nd, when to go, when to stay at 1st 4. 1st to 2nd, run on a grounder, part way (1/3 or 1/2) on a pop up		
	Team Defense		
10 mins	1. Positioning 2. Communication on pop-ups and grounders 3. Backing each other up 4. Throwing to correct bases 4. Force out rules Much of this can be accomplished with fielders at positions with extra kids running bases, coaches hitting to the team. Rotating kids at different positions		
	Hitting		
20 mins	Try and keep kids moving by having 2-3 groups. One group hitting on the field from home, one group practicing defense at positions, and another hitting soft toss or tees on the side or in the outfield. Have adult with each group *See skill grid of what things to look for in fundamentals and drills *keep it simple, fun, active		
	Game or Activity		
	*If time, try to scrimmage, play a game, or do a fun activity		