



## U11 Development – Practice 1

### 5-5:10PM: Dynamic Warm-Up + Arm Activation

- Jog, high knees, butt kicks, karaokes, arm circles, trunk twists
- Wrist flicks (10x each arm, no ball)
- One-knee throws (10x each arm, no ball)
- “L” position throws focusing on shoulder rotation (10x each arm, no ball)
- Emphasize wrist snap, front shoulder leads and follow-through

Coaching point: “Throw through your partner, not to your partner.” Encourage smooth rhythm, not rushing.

### 5:10-5:25: Progressive Throwing Drill Series

Goal: Build accuracy and mechanics progressively from short to full throws.

Drill Sequence (work in partners):

1. Knee Drill (5 min) – Focus on upper body rotation and wrist snap.
2. Standing, no legs (5 min) – elbow up, good rotation
3. Step and Throw (5 min) – Focus on proper footwork: “Step, point, throw.”

Coaching Cues:

- Glove side shoulder, elbow pointing at target
- Arm at 90° angle (not pushing)
- Follow through toward the target

### 5:25-5:40: Accuracy & Quick Release Games

Goal: Reinforce throwing accuracy under light pressure and fun competition.

Round 1– Knock ‘Em Down (10 min)

- Set up targets.
- Each player gets 3–5 throws to knock over targets.

Round 2– Quick Toss Challenge (5 min)

- Players in pairs: throw/catch/throw as many times as possible in 30 seconds.
- Must use proper mechanics

Focus on smooth footwork, eyes on target, and quick hands

### **5:40-5:50: Throwing on the Move**

Goal: Develop game-like throwing — moving feet and throwing on the run.

Drills:

1. Shuffle + Throw (5 min) – Shuffle feet toward target before throw.
2. Field and Throw (5 min) – Roll grounders to players who field and throw to a coach or target in one smooth motion.

Coaching point: Emphasize staying low, quick transfer, and accurate throws.

### **5:50-5:55: Throwing Game – “4 Corners”**

Goal: Reinforce teamwork, speed, and accuracy.

- Arrange players in 4 corners
- Time how fast the team completes one clean rotation.
- Run it 3–4 times, trying to beat their best time.

### **5:55-6: Cool Down & Review**

Goal: Reinforce key takeaways and encourage at-home practice.

- Arm circles, light stretches.
- Ask: “What helped your throws feel stronger or more accurate today?”
- End on a positive note — celebrate improvement!



## U11 Development – Practice 2

### 5-5:10PM: Dynamic Warm-Up + Arm Activation

- Jog, high knees, butt kicks, karaokes, arm circles, trunk twists
- Wrist flicks (10x each arm, no ball)
- One-knee throws (10x each arm, no ball)
- “L” position throws focusing on shoulder rotation (10x each arm, no ball)
- Emphasize wrist snap, front shoulder leads and follow-through

Coaching point: “Throw through your partner, not to your partner.” Encourage smooth rhythm, not rushing.

### 5:10-5:25: Progressive Throwing Drill Series

Goal: Build accuracy and mechanics progressively from short to full throws.

Drill Sequence (work in partners):

1. Knee Drill (5 min) – Focus on upper body rotation and wrist snap.
2. Standing, no legs (5 min) – elbow up, good rotation
3. Step and Throw (5 min) – Focus on proper footwork: “Step, point, throw.”

Coaching Cues:

- Glove side shoulder, elbow pointing at target
- Arm at 90° angle (not pushing)
- Follow through toward the target

### 5:25-5:40: Z Drill & Reach & Throw

Goal: Reinforce throwing accuracy and quick release under light pressure and introduce proper footwork.

Round 1– Z Drill (5 min)

- 2-4 Groups.
- Form 2 lines facing each other about 20 feet apart.
- Flip a ball to the 1<sup>st</sup> player in line and they immediately throw to the player across from them. This continues down the line.
- Progression, add a 2<sup>nd</sup> ball.

Round 2– Reach & Throw (10 min)

- 4 Groups
- Put a ball about 3' in front of the 1<sup>st</sup> player
- Step right, left, field, right, left, throw

Focus on smooth and correct footwork, eyes on target, and quick hands

### **5:40-5:55: GB's**

Goal: Develop game-like throwing — moving feet and throwing on the run.

- 2 Groups (4 bownets)
- Round 1: Straight on
- Round 2: Forehand
- Round 3: Backhand
- Round 4: Short Hop

Coaching point: Emphasize staying low, quick transfer, and accurate throws.

### **5:55-6: Cool Down & Review**

Goal: Reinforce key takeaways and encourage at-home practice.

- Arm circles, light stretches.
- Ask: “What helped your throws feel stronger or more accurate today?”
- End on a positive note — celebrate improvement!



## U11 Development – Practice 3

### 5-5:10PM: Dynamic Warm-Up + Arm Activation

- Jog, high knees, butt kicks, karaokes, arm circles, trunk twists
- Wrist flicks (10x each arm, no ball)

### 5:10-5:15: Throwing

Goal: Build accuracy and mechanics.

Drill Sequence (work in partners):

1. Standing, no legs (2.5 min) – elbow up, good rotation
2. Step and Throw (2.5 min) – Focus on proper footwork: “Step, point, throw.”

Coaching Cues:

- Glove side shoulder, elbow pointing at target
- Arm at 90° angle (not pushing)
- Follow through toward the target

**5:15-5:20 Review** (no ball):

Right, Left, Field, Right, Left Throw. Intro the same with backhand.

**5:20-5:25 Flamingo Drill** (no ball):

Start with glove leg up. Glove leg foot arrives at the ball at the same time as the glove.

**5:25-5:55: Ground Ball Stations** (5 minutes per)

1. Rolling GB's. Players work on moving to and through the ball and then throwing without stopping.
2. Flamingo Drill with a ball. Throw after picking up the GB.
3. 3 Cone GB's. Players start at the front cone, back pedal around the cones and then attack through the ball while throwing
4. 3 Cone Short Hops: Same as 3 but with short hops
5. Ladder Hand/Eye Coordination: No gloves. Players move through the ladder while focusing on coach who is tossing whiffles to both sides as they move. Knock the balls down with one hand
6. Static cones. Players field balls that are placed on cones and then throw. Focus on staying low.

## **5:55-6: Cool Down & Review**

Goal: Reinforce key takeaways and encourage at-home practice.

- Arm circles, light stretches.
- Ask: “What helped your throws feel stronger or more accurate today?”
- End on a positive note — celebrate improvement!



## U11 Development – Practice 4

### 5-5:10PM: Dynamic Warm-Up + Arm Activation

- Jog, high knees, butt kicks, karaokes, arm circles, trunk twists
- Wrist flicks (10x each arm, no ball)

### 5:10-5:15: Throwing

Goal: Build accuracy and mechanics.

Drill Sequence (work in partners):

1. Standing, no legs (2.5 min) – elbow up, good rotation
2. Step and Throw (2.5 min) – Focus on proper footwork: “Step, point, throw.”

Coaching Cues:

- Glove side shoulder, elbow pointing at target
- Arm at 90° angle (not pushing)
- Follow through toward the target

### 5:15-5:45: Ground Ball Stations (5 minutes per)

1. Rolling GB's. Players work on moving to and through the ball and then throwing without stopping.
2. Flamingo Drill with a ball. Throw after picking up the GB.
3. 3 Cone GB's. Players start at the front cone, back pedal around the cones and then attack through the ball while throwing
4. 3 Cone Short Hops: Same as 3 but with short hops
5. Ladder Hand/Eye Coordination: No gloves. Players move through the ladder while focusing on coach who is tossing whiffles to both sides as they move. Knock the balls down with one hand
6. Static cones. Players field balls that are placed on cones and then throw. Focus on staying low.

**5:45-5:55: Outfield Intro: 6 stations All doing QB drill. Intro the drop step. No throws.**

### 5:55-6: Cool Down & Review

Goal: Reinforce key takeaways and encourage at-home practice.

- Arm circles, light stretches.
- Ask: “What helped your throws feel stronger or more accurate today?”
- End on a positive note — celebrate improvement!



## U11 Development – Practice 5

### 5-5:10PM: Dynamic Warm-Up + Arm Activation

- Jog, high knees, butt kicks, karaokes, arm circles, trunk twists
- Wrist flicks (10x each arm, no ball)

### 5:10-5:15: Throwing

Goal: Build accuracy and mechanics.

Drill Sequence (work in partners):

1. Standing, no legs (2.5 min) – elbow up, good rotation
2. Step and Throw (2.5 min) – Focus on proper footwork: “Step, point, throw.”

Coaching Cues:

- Glove side shoulder, elbow pointing at target
- Arm at 90° angle (not pushing)
- Follow through toward the target

### 5:15-5:20: Demo Outfield GB Safety Fielding

**5:20-5:30: 4 Groups:** work on fielding GB’s (safety) and throwing. Follow throw to opposite line.

### 5:30-5:35: Demo Field & Hop Step (do or die)

**5:35-5:45: 4 Groups:** work on fielding GB’s and throwing with a hop step. Follow throw to opposite line.

### 5:45-5:50: Self Toss Fly Balls

### 5:50-5:55: Drop Step to Glove Side Fly balls (4 Groups)

### 5:55-6: Cool Down & Review

Goal: Reinforce key takeaways and encourage at-home practice.

- Arm circles, light stretches.
- Ask: “What helped your throws feel stronger or more accurate today?”
- End on a positive note — celebrate improvement!



## U11 Development – Practice 6

### 5-5:10PM: Dynamic Warm-Up + Arm Activation

- Jog, high knees, butt kicks, karaokes, arm circles, trunk twists
- Wrist flicks (10x each arm, no ball)

### 5:10-5:15: Throwing

Goal: Build accuracy and mechanics.

Drill Sequence (work in partners):

1. Standing, no legs (2.5 min) – elbow up, good rotation
2. Step and Throw (2.5 min) – Focus on proper footwork: “Step, point, throw.”

Coaching Cues:

- Glove side shoulder, elbow pointing at target
- Arm at 90° angle (not pushing)
- Follow through toward the target

### 5:15-5:20: Partner Flyballs

- Toss easy flyballs back and forth. Focus on first step back and catching with 2 hands only within the body.

### 5:20-5:55: QB Stations (6 groups)

- Round 1: Drop Step to glove side
- Round 2: Drop Step to throw side
- Round 3: Drop step to glove side, switch
- Round 4: Drop step to throw side, switch
- Round 5: Straight back
- Round 6: Short
- Round 7: GB's

### 5:55-6: Cool Down & Review

Goal: Reinforce key takeaways and encourage at-home practice.

- Arm circles, light stretches.
- Ask: “What helped your throws feel stronger or more accurate today?”
- End on a positive note — celebrate improvement!



## U11 Development – Practice 7

DFA U11 Development Practice 7 (Review Day)

### 5-5:10PM: Dynamic Warm-Up + Arm Activation

- Jog, high knees, butt kicks, karaokes, arm circles, trunk twists
- Wrist flicks (10x each arm, no ball)

### 5:10-5:15: Throwing

Goal: Build accuracy and mechanics.

Drill Sequence (work in partners):

1. Standing, no legs (2.5 min) – elbow up, good rotation
2. Step and Throw (2.5 min) – Focus on proper footwork: “Step, point, throw.”

Coaching Cues:

- Glove side shoulder, elbow pointing at target
- Arm at 90° angle (not pushing)
- Follow through toward the target

**5:15-5:30: Ground balls with throws to a target.** Split into 6 groups. Roll a ground ball to the first person in line and they are to throw the ball to knock the target off of the tee.

**5:30-5:40:** Position Intro and go over bases and correct running mechanics.

### 5:40-5:45: Base Race

**5:45-5:55: Survivor:** players pair up and throw 2 hops back and forth. If the ball doesn't hop twice, the thrower is eliminated. If the receiver misses the ball, the receiver is eliminated. Keep going and adjusting the pairs until only 1 remains.

### 5:55-6: Cool Down & Review

Goal: Reinforce key takeaways and encourage at-home practice.

- Arm circles, light stretches.
- Ask: “What helped your throws feel stronger or more accurate today?”
- End on a positive note — celebrate improvement!



## U11 Development – Practice 8 (Review Day)

### 5-5:10PM: Dynamic Warm-Up + Arm Activation

- Jog, high knees, butt kicks, karaoke's, arm circles, trunk twists
- Wrist flicks (10x each arm, no ball)

### 5:10-5:15: Throwing

Goal: Build accuracy and mechanics.

Drill Sequence (work in partners):

1. Standing, no legs (2.5 min) – elbow up, good rotation
2. Step and Throw (2.5 min) – Focus on proper footwork: “Step, point, throw.”

Coaching Cues:

- Glove side shoulder, elbow pointing at target
- Arm at 90° angle (not pushing)
- Follow through toward the target

### 5:20-5:25: Quick Toss Challenge

- Players in pairs: throw/catch/throw as many times as possible in 30 seconds.
- Must use proper mechanics

Focus on smooth footwork, eyes on target, and quick hands

### 5:25-5:35: GB's in 6 groups

- Round 1 Straight on
- Round 2 To the left
- Round 3 to the right

Focus on getting wide. Right foot, left foot field, right foot, left foot throw (opposite for lefties)

**5:35-5:45: 3 Cone GB's.** Players start at the front cone, back pedal around the cones and then attack through the ball while throwing

### 5:45-5:55: Outfield QB

### 5:55-6: Cool Down & Review

Goal: Reinforce key takeaways and encourage at-home practice.

- Arm circles, light stretches.
- Ask: “What helped your throws feel stronger or more accurate today?”
- End on a positive note — celebrate improvement!



## U11 Development – Practice 9

### 5-5:10PM: Dynamic Warm-Up + Arm Activation

- Jog, high knees, butt kicks, karaoke's, arm circles, trunk twists
- Wrist flicks (10x each arm, no ball)

### 5:10-5:15: Throwing

Goal: Build accuracy and mechanics.

Drill Sequence (work in partners):

1. Standing, no legs (2.5 min) – elbow up, good rotation
2. Step and Throw (2.5 min) – Focus on proper footwork: “Step, point, throw.”

Coaching Cues:

- Glove side shoulder, elbow pointing at target
- Arm at 90° angle (not pushing)
- Follow through toward the target

### 5:20-5:30: Diving intro and Progression, demo proper technique, arms straight out, don't use throwing hand as a break

1. Split into 6 groups
2. Players will start from 2 knees and dive to their glove side
3. Players will start from 2 knees and dive to their throwing hand side

**5:30-5:40: Sliding.** Teach proper sliding mechanics for a feet first slide. Use a PVC pipe to help them get their hands up.

1. Players split into 6 groups and work on sliding into a base.

**5:40-5:50:** Lead offs/baserunning

**5:50-5:55:** Lead-off, baserunning, sliding relay race

**5:55:** Clean up and review.

Goal: Reinforce key takeaways and encourage at-home practice.

- Arm circles, light stretches.
- Ask: “What helped your throws feel stronger or more accurate today?”
- End on a positive note — celebrate improvement!



## U11 Development – Practice 10

### 5-5:10PM: Dynamic Warm-Up + Arm Activation

- Jog, high knees, butt kicks, karaoke's, arm circles, trunk twists
- Wrist flicks (10x each arm, no ball)

### 5:10-5:15: Throwing

Goal: Build accuracy and mechanics.

Drill Sequence (work in partners):

1. Standing, no legs (2.5 min) – elbow up, good rotation
2. Step and Throw (2.5 min) – Focus on proper footwork: “Step, point, throw.”

Coaching Cues:

- Glove side shoulder, elbow pointing at target
- Arm at 90° angle (not pushing)
- Follow through toward the target

**5:20-5:30: Diving Progression**, demo proper technique, arms straight out, don't use throwing hand as a break

1. Split into 4 groups
2. Players will start from feet and dive to their glove side
3. Players will start from feet and dive to their throwing hand side

**5:30-5:40: Diving Progression.**

1. Players split into 4 groups
2. Players will get a running start to their glove hand slide
3. Players will come straight on and slide feet first

**5:40-5:50: Lead offs/baserunning/diving back**

**5:50-5:55: Base Race**

**5:55: Clean up and review.**

Goal: Reinforce key takeaways and encourage at-home practice.

- Arm circles, light stretches.
- Ask: “What helped your throws feel stronger or more accurate today?”
- End on a positive note — celebrate improvement!



## U11 Development – Practice 11 – Pitching & Catching Day

### 5-5:10PM: Dynamic Warm-Up + Arm Activation

- Jog, high knees, butt kicks, karaoke's, arm circles, trunk twists
- Wrist flicks (10x each arm, no ball)

### 5:10-5:15: Throwing

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### 5:15-5:45: **PITCHING** (1/2 the group)

#### 5–10 min — Grip & Stance Basics

Goal: comfort with the ball + balance

- Show **basic fastball grip**
  - Fingers across seams, thumb underneath
- Stance:
  - Feet shoulder-width
  - Throwing shoulder facing target
- Drill: **Balance Hold**
  - Lift front leg
  - Hold for 3 seconds
  - Reset (no throwing yet)

Make it a game:

“Who can stay frozen the longest without wobbling?”

#### 10–15 min — Arm Path (No Full Pitching Yet)

Goal: correct arm motion without stress

- **Kneeling throws**
  - Glove knee down, throw to partner
  - Focus on:
    - Elbow up
    - Hand on top of the ball

- **Cue words:**
  - *“Show the ball”*
  - *“Throw over your shoulder”*

Short distance only.

### **15–22 min — Short Pitching Distance**

Goal: feel success + accuracy

- Move pitchers to **half distance**
- Pitch into:
  - Partner
- Focus on:
  - Smooth motion
  - Hitting the target area
- Count **strikes as points** to keep it fun

No more than **10–12 throws per kid**.

### **22–27 min — Target Game**

Goal: accuracy without pressure

- Set up:
  - Hula hoop / cone / taped square
- Kids get **5 pitches**
- Every hit = team point
- Celebrate effort, not speed

**5:15-5:45: CATCHING (1/2 the group)**

### **5–10 min — Catching Stance Basics**

Goal: balance + comfort

- Show **basic catcher stance**
  - Feet wide
  - Heels down (or slightly up if comfortable)
  - Chest tall
  - Glove out front

- Drill: **Freeze Pose**
  - Coach says “SET!”
  - Kids drop into stance and freeze
- Make it fun:
  - “Statue contest” — who looks the most balanced?

### **10–15 min — Receiving the Ball (No Throwing Yet)**

Goal: soft hands, no flinching

- Use **tennis balls or soft baseballs**
- Partner tosses from **10–15 feet**
- Focus on:
  - Watching ball into glove
  - Catching out front
  - Slight “give” with glove

Praise courage — especially kids who are nervous.

### **15–22 min — Blocking Basics**

Goal: confidence stopping the ball

- No balls at first — just movement
  - Drop to knees
  - Chin down
  - Glove between legs
  - Chest forward
- Add rolled balls
  - Partner rolls from 10–12 feet

### **22–27 min — Throwing From Catcher**

Goal: simple + safe footwork

- Start **without the ball**
  - Catch → replace feet → point → throw
- Add light tosses
  - Catcher throws to a coach at short distance
- Focus on:
  - Quick feet
  - Accuracy over speed

- Cue:
  - *“Catch, step, throw.”*

### **27–30 min — Fun Catcher Game + Cool Down**

Goal: end with energy

- **Target Toss**
    - Throw to bucket or cone
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### **5:45-5:55: Relay Race**

1. 6 Groups each split into 2
2. 1 line is the pitcher and the other is the catcher
3. Pitch the ball to the catcher, follow the pitch to the back of the catcher line. Catcher throws to the next pitcher and follows the throw to the back of the pitcher line. Continues until everyone has been pitcher and catcher.

### **5:55: Clean up and review.**

Goal: Reinforce key takeaways and encourage at-home practice.

- Arm circles, light stretches.
- Ask: “What helped your throws feel stronger or more accurate today?”
- End on a positive note — celebrate improvement!



## **U11 Development – Practice 12 – Hitting**

### **5-5:05PM: Dynamic Warm-Up**

- Jog, high knees, butt kicks, karaoke's, arm circles, trunk twists
- Wrist flicks (10x each arm, no ball)

### **5:05-5:20: Intro/demo proper grip, neutral stance, load, launch, to contact and to extension**

### **5:20-5:55: 6 Stations (rotate through 3)**

1. 4 hitters (working to contact), 2 front tossers, 2 dry swingers
2. 4 tee's (to contact), 2 hitter per tee and 1 to feed
3. 4 hitters (working to extension), 2 front tossers, 2 dry swingers

### **5:55: Clean up and review.**

Goal: Reinforce key takeaways and encourage at-home practice.



## **U11 Development – Practice 13 – Hitting**

### **5-5:05PM: Dynamic Warm-Up**

- Jog, high knees, butt kicks, karaoke's, arm circles, trunk twists
- Wrist flicks (10x each arm, no ball)

### **5:05-5:20: Intro/demo proper grip, neutral stance, load, launch, to contact and to extension**

### **5:20-5:55: 6 Stations (rotate through 3)**

1. 4 hitters (working to contact), 2 front tossers, 2 dry swingers
2. 4 tee's (to contact), 2 hitter per tee and 1 to feed
3. 4 hitters (working to extension), 2 front tossers, 2 dry swingers

### **5:55: Clean up and review.**

Goal: Reinforce key takeaways and encourage at-home practice.



## **U11 Development – Practice 14 – Hitting**

### **5-5:05PM: Dynamic Warm-Up**

- Jog, high knees, butt kicks, karaoke's, arm circles, trunk twists
- Wrist flicks (10x each arm, no ball)

### **5:05-5:20:**

**Intro/demo proper grip, neutral stance, load, launch, to contact and to extension**

### **5:20-5:55: 6 Stations (rotate through 3)**

1. 4 hitters (working to contact), 2 front tossers, 2 dry swingers
2. 4 tee's (to contact), 2 hitter per tee and 1 to feed
3. 4 hitters (working to extension), 2 front tossers, 2 dry swingers

### **5:55: Clean up and review.**

Goal: Reinforce key takeaways and encourage at-home practice.