

New Richmond Baseball Club

Coach Pitch

Baseball Skills

1. Play catch.
2. Hit pitched balls from a coach.
3. Field ground balls.
4. Field pop ups.
5. Throw to the correct base.

Social Skills

1. Have fun!
2. Social interaction.
3. Follow directions.



Athletic Skills

1. Running.

Practice Time

- 1 hour maximum.
- Divide into several different blocks of time and keep things moving at a good pace.

Sample Practice Schedule

1. Greet all of the kids by name. Ask them all a question they can answer, for example; What is your favorite sport? Team? Player? Position? (5 min) Explain what activities they will be doing during practice.
2. Running Activity. Any running activity will be great, kids love races and relays. (5 min.)
3. Play Catch. (10 min)
4. Field ground balls and pop ups. (10 min)
5. Hit soft toss, hit pitches from a coach, hit off of a tee. (15 min)
6. Run the bases, situational running. (5 min)
7. Coach pitch scrimmage, emphasize skills. (10 min)
8. Contest. Example: Throwing balls at a bucket, Hitting the ball the farthest, Racing around the bases, etc. (5 min)

Coach Pitch Coaching Tips

1. All the players and coaches should have FUN!
2. Be organized.
3. Have a plan.
4. Be flexible enough to change the plan if it's not working.
5. Enlist the help of other parents.
6. Praise first, correct second.
7. Keep the players and the action moving.
8. Break down concepts/drills into SMALL manageable portions.
9. Variety in your drills is important.
10. Remember it is only a game.

*Coach Pitch level should try to schedule between 3-5 practices in addition to what is already scheduled. Fields will be available Wednesday – Sunday.