

# New Richmond Baseball Club

## Minors

### Baseball Skills

1. Play catch.
2. Hit baseballs pitched from opposing players.
3. Field ground balls and pop-ups.
4. Throwing to the correct base and cutoffs.
5. Pitching.

### Social Skills

1. Have fun!
2. Learn how to win and lose with class.
3. Develop leadership skills.
4. Competitiveness.
5. Teamwork.



### Practice Time

- 1 ½ hour maximum.
- Divide into several different blocks of time and keep things moving at a good pace.

### Sample Practice Schedule

1. Dynamic Warm-up. (10 min)
2. Play Catch. (15 min)
3. Field ground balls and pop-ups. (15 min)
4. Hit live pitching from a coach, soft toss, off of a tee. (25 min)
5. Base-running. (5 min)
6. Pitching (10 min)
7. Situational Baseball Drills. (10 min)

### Minors 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. Praise first, correct second.
6. Keep the players and the action moving.
7. Break down concepts/drills into SMALL manageable portions.
8. Variety in your drills is important.
9. Emphasize at every practice and game the major goals of the Minors Program:

**Effort    Attitude    Teamwork    Competition    Fundamentals**