**INTRODUCTIONS**

**SAFETY – HELMET/BAT RULES**

**WARM UP – 5 MINUTES**

Run the bases – Use this to talk about what each base is. Blow whistle for start/stop

**THROWING (whole team) – 20 MINUTES (9:05-9:25)**

5 minutes: Throwing on Knees with partner

5 minutes: Standing with glove facing target – glove extended towards target. Pull glove back and throw towards target (feet don’t move)

5 minutes: Throwing but step towards target

5 minutes: As a group – Line up and throw towards bucket (in front of back stop)

**HITTING STATIONS (10 minutes each station) (9:25-9:55)**

1. Hitting towards the back stop off T (3-4 players) - Use tballs
2. Practicing Swing (3-4 players)
3. Soft Toss (3-4 players) – Use wiffle balls

***Reminders about Proper Hitting***

Stance: Draw line in front of T for front foot

 Legs shoulder with apart

 Knees slightly bent

 **Front toe in (pigeon toed) so knees facing T, not first base**

Line up: Hold bat down towards plate – straight arm touching plate – right distance from T

 Hands at ears, with bat up

T height: At belly button

Picking bat: Have player grip bat at end and extend level with ground for 3 seconds without wobbling. If shaky, go lighter

**FIELDINGSTATIONS (10 minutes each station) (9:55-10:25)**

1. Grounders (3-4 players) – Use baseballs

Knees bent, Butt down, Top hand is like an alligator coming down

Get kids moving – start slow

1. Catching thrown balls (3-4 players) – Use tennis balls

Teach proper glove position: Fingers up above belt or Fingers down below depending on height of throw

Use bare hand to cover ball

1. Catching fly balls (3-4 players) – Use tennis balls

Start with ~10 feet

Start without glove (progress to glove)

Teach running to get under the ball

Catching ball above head

**END OF PRACTICE – Hitting/Fielding/Running Bases (10:25-?)**

Teach field positions

Have each player hit and run to first base. Advance base with each batter. After first 4 players have rounded, have them repeat, and then switch batters and fielders

Begin to demonstrate fielding – throwing to first, 2nd, etc. to tag runners out