



## Carver Community Youth Baseball & Softball Association 2026

### Coach Resources & Practice Planning Guide

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#### Coaching Philosophy & Best Practices

- **Make it Fun** – Keep practices enjoyable and engaging for young players
  - **Clear Communication** – Share expectations with players and parents
  - **Positive Reinforcement** – Encourage effort and highlight strengths
  - **Fundamentals First** – Start slow and allow players to learn from mistakes
  - **Small Groups / Stations** – More movement = more repetitions
  - **Safety First** – Proper equipment and a safe practice environment
  - **Parent Involvement** – Partner with parents for support and assistance
  - **Flexibility** – Adapt plans based on team needs and progress
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#### Coaching Manuals & Planning Resources

- [CCYBSA Coaches Manual & Drills](#)
  - [4/5 T Ball Practice Template & Drills](#)
  - [Little League Coach Pitch Manual](#)
  - [Chaska Baseball Association Coaching Resources](#)
  - [Coaching Clinic Skills & Drills](#)
  - [Optional Practice Plans](#)
  - [Station-Based Practice Plan](#)
  - [Dominate the Diamond](#)
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#### Arm Care & Warm-Ups

- **Jaeger Sports Arm Care Program**  
<https://www.jaegersports.com/>
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## Social Media & Video Learning

- **TikTok:** legends\_baseball
  - **MOJO App (YouTube Overview):**  
<https://m.youtube.com/watch?v=iKLXWEKGanc>
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## Skill-Specific Video Resources

### Infield Defense

- **Ground Balls:**  
<https://www.youtube.com/watch?v=oG6gQe2gXUk>
- **Slow Rollers:**  
<https://www.youtube.com/watch?v=MT778628suA>
- **Backhand Fielding:**  
<https://www.youtube.com/watch?v=iQ7e96-iLzo&t=33s>  
<https://www.youtube.com/watch?v=r45WJUYPmBs>
- **Double Plays & Feeds:**  
<https://www.youtube.com/watch?v=ySpj6hOh6OE>  
[https://www.youtube.com/watch?v=FL\\_vcqwkpmpo](https://www.youtube.com/watch?v=FL_vcqwkpmpo)  
<https://www.youtube.com/watch?v=4x836MqjrnU&t=32s>  
<https://www.youtube.com/watch?v=6zHMBAlxYm8>  
<https://www.youtube.com/watch?v=hvcNIPyAB78&t=17s>  
<https://www.youtube.com/watch?v=MkBclTwFwVg>  
<https://www.youtube.com/watch?v=hg-KzK1pnJY&t=13s>  
<https://www.youtube.com/watch?v=chpGUNbGkjg&t=21s>  
<https://www.youtube.com/watch?v=-gl04rzOHP0&t>  
<https://www.youtube.com/watch?v=inpHJ7c-G2w>
- **Tagging Runners:**  
<https://www.youtube.com/watch?v=jJUhGMrxdcs>  
<https://www.youtube.com/watch?v=RRcyNwmZ104>
- **Middle Infield Coverage:**  
Covering 2nd on a Steal – <https://www.youtube.com/watch?v=Uo5ac7V0ElQ&t>

Relays – <https://www.youtube.com/watch?v=N5fuwoCS1CI&t>

Holding Runners – <https://www.youtube.com/watch?v=sZQ94b9eYfA>

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## Hitting

- **Mechanics:**

<https://www.youtube.com/watch?v=keVyBnlHqCo&t>

<https://www.youtube.com/watch?v=fG7020cZM1Q>

[https://www.youtube.com/watch?v=lX\\_dm39fkfw](https://www.youtube.com/watch?v=lX_dm39fkfw)

- **Drills:**

<https://www.youtube.com/watch?v=KdJrIVd3b-w>

[https://www.youtube.com/watch?v=YTyqCwKj\\_LY](https://www.youtube.com/watch?v=YTyqCwKj_LY) (prevent rolling over)

<https://www.youtube.com/watch?v=73Ljh3gELfg>

<https://www.youtube.com/watch?v=e3uOMZwVYjs>

<https://www.youtube.com/watch?v=iHykiOHFuBA> (prevent stepping out)

<https://www.youtube.com/watch?v=T0eN5iveV24> (3-plate drill)

<https://www.youtube.com/watch?v=lfSTq8r42Lw>

Bounce Drill – Changeup recognition

- **Bunting:**

Technique – <https://www.youtube.com/watch?v=TJ9aN4VSaZE>

<https://www.youtube.com/watch?v=EbQc9NDEpRk>

Drills – <https://www.youtube.com/watch?v=plx9tM4NKrU>

<https://www.youtube.com/watch?v=SR8atnQMvg4>

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## Pitching & Catching

- **Pitching Mechanics:**

<https://www.youtube.com/watch?v=jEztxVktWA8&t>

<https://www.youtube.com/watch?v=kJ7YIR6bY1M&t>

- **Pitching Drills:**

<https://www.youtube.com/watch?v=Hg4x1RkPMxQ>

<https://www.youtube.com/watch?v=ydBcOcfUjCo&t>

<https://www.youtube.com/watch?v=SypTLJa7paM&t>

<https://www.youtube.com/watch?v=ubBS0T6FxGU>

- **Pitchers Covering 1st:**  
<https://www.youtube.com/watch?v=pss8tFhJdh4&t>
  - **Catching:**  
<https://www.youtube.com/watch?v=gjOZJuQUciw&t>  
[https://www.youtube.com/watch?v=\\_ANeSBipb4k](https://www.youtube.com/watch?v=_ANeSBipb4k)  
<https://www.youtube.com/watch?v=y4Ep5hji9TI>
  - **Catch & Throw Runners Out:**  
[https://www.youtube.com/watch?v=iCgR\\_JahwFw](https://www.youtube.com/watch?v=iCgR_JahwFw)
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### **First Base & Outfield**

- **1st Base Play:**  
<https://www.youtube.com/watch?v=b-NuHbW38vc>  
<https://www.youtube.com/watch?v=QR2QWQTHp-s>  
<https://www.youtube.com/watch?v=5eT4HTfgV98>  
<https://www.youtube.com/watch?v=U0NEYy3A8K8>  
<https://www.youtube.com/watch?v=Cj5lYbBniV4>  
[https://www.youtube.com/watch?v=\\_fj8UXEBP2g&t](https://www.youtube.com/watch?v=_fj8UXEBP2g&t)
  - **Outfield Play:**  
<https://www.youtube.com/watch?v=WUIM8NqNETg>  
<https://www.youtube.com/watch?v=ZMuVnmUY2CI>  
<https://www.youtube.com/watch?v=qwwkdxepqTk>  
<https://www.youtube.com/watch?v=7rAdbVEWEik>  
<https://www.youtube.com/watch?v=UYItjZ8hPg0>
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