

Des Plaines Youth Baseball Stars of Tomorrow

Throwing Mechanics – turn body so that the front shoulder points toward the target; keep elbow above the shoulder, step toward the target with nonthrowing foot and release

Catching – follow ball with eyes into the glove, whether on the ground or in the air, use two hands to catch and field; try to catch the ball in front of your body

Learning Positional Play – If the ball is hit to your buddy let him or her field it

Hitting – how to hold and swing a bat, batting safety; hitting off tee; hitting softly tossed balls

Baseball Skills to teach

- Play to have some fun
- Follow the instructions of the coaches
- Learn to be a part of a “team” respecting other players, coaches and parents
- Identify the bases and the order in which they should be touched
- Identify the nine field positions
- Throw infield ground balls to first base, throw outfield ground balls to second base
- Make solid contact with the ball when hitting off the tee
- Run straight through the first base bag – No little league turn
- Warm up in outfield grass prior to game
- Proper throwing technique

Des Plaines Youth Baseball Stars of Tomorrow Practice #1

Main Objectives – Fielding, Throwing, Hitting

Warm up – (5 minutes)

Tour of the bases – gather the players at home plate, have them take imaginary swings and run the bases. This can be used to teach base identification. Have player call out bases as they pass them.

Throwing – (10 minutes) players pair up and throw to each other. Quickly identify player's skill level and pair accordingly.

Fielding Ground balls – teach and demonstrate fielding a ground ball using two hands – start with not gloves and force the action of two-handed fielding – graduate to gloves **Hitting** – Players practicing mechanics of swing as whole group – players practicing hitting off tee or soft toss,

Game Situation – (balance of practice) set up a regular defensive infield. Have players as base-runners Coach hits ground balls to various positions to simulate game conditions. Rotate players around regularly

Closure – Re-emphasize throwing skills and fielding with two hands. Give players tips for practicing at home and set up next practice time.

Des Plaines Youth Baseball Stars of Tomorrow Practice #2

Run the bases

- Explain that first is the only base you can run past.
- Explain that you must touch the bases in order or be called out
- Play Follow the leader Stretch – Quick and Simple Practice in Stations – 7-10 min per and rotate
- Hitting off tee and tossed balls
- Fielding and catching
- Throwing

Play a scrimmage or other instructional game

Run the bases and review skills and baseball concepts

Re-emphasize throwing skills and fielding with two hands.

Give players tips for practicing at home and set up next practice time