

## Session 1

Equipment: Sharpies, basic field setup, 4 tees, 24 tennis balls, 2 buckets, 20 dots, 4 hitting mats

Check-in (10 minutes): Hand out hat, shirts, and baseball. Use sharpies to write players name on baseball and hat.

Base Running (5 minutes): Line both teams up at home plate. As a group, walk to each base and stop. At each base tell the players what the base is called, then have them yell it out.

Line everyone back in up one line at home plate. Send kids one at a time to run all the way around the bases. Tell kids to yell each base as they touch it. Have a parent or staff at each base.

Stretching (5 minutes): Basic Stretching

Hitting (10 minutes): Separate each team (one near 1<sup>st</sup> base, one near 3<sup>rd</sup> base). 2 tees per team, spit team in half. One player hits and the others field the ball and put them in a bucket. Use dots to space kids out at least 20 feet away from the hitter.

Modified Game (1 inning): One team is hitting; the other team is on defense. Line the hitting team up in the “dugout” on either the first or third base side. Each player hits a ball off the tee then runs to first base (1 base at a time). Rotate players until everyone has hit once. The last player runs all the way around the bases. The defensive team lines up behind second base. Bring one player out to the pitcher mound. Have that player run and get the baseball as fast as they can and put it in a bucket. Rotate defensive players until everyone has gone. If one team has more players, make sure all defensive players get a chance to field a ball.

## Session 2

Equipment: Basic field setup, 1 tee, 24 tennis balls (or soft baseballs), 20 dots, 2 hitting mats.

Base Running (5 minutes): Line both teams up at home plate. As a group, walk to each base and stop. At each base tell the players what the base is called, then have them yell it out.

Line everyone back in up one line at home plate. Send kids one at a time to run all the way around the bases. Tell kids to yell each base as they touch it. Have a parent or staff at each base.

Stretching (5 minutes): Basic Stretching

\*Two stations each 5-7 minutes then rotate\*

Station 1 Fielding: Spread out 10-12 dots out 3-5 feet apart. Have each player stand on a dot. Have all players put their gloves on. You will have to walk around and make sure each player has their glove on the correct hand. Explain how to catch a ball using the alligator technique. Glove out, use your non glove hand to “chomp down” the ball as it approaches the glove. Like an alligator’s mouth. Players need to bend their knees and stand in an athletic position.

**\*drill\*** Roll a tennis ball to each player. Have them field the ball like an alligator then stand up and toss the ball back to you. Move down the line rolling balls until time is up. The more people you have rolling balls, the more reps each kid will get.

Station 2 Throwing Spread out 10-12 dots out 3-5 feet apart. Have each player stand on a dot. Have all players put their gloves on. You will have to walk around and make sure each player has their glove on the correct hand. Have them stand sideways with their glove pointed towards the target and their throwing hand spread out behind them (like an airplane). Have all players make a big circle with their throwing hand (without a ball) over their head towards the target. Do a couple of reps without the ball.

**\*drill\*** Have all players throw the ball as far as they can. Make sure you have room to throw. After the all players throw the ball, have them run and grab a ball and go back to their dot. Repeat until out of time.

**\*Progression\*** have coaches walk down the line and have each player throw you the ball one at a time.

Modified game (1 inning). If you have time for 2 innings, feel free to play two innings. Make sure that all teams hit the same number of times.

## Session 3

Equipment: Basic field setup, 1 tee, 24 tennis balls (or soft baseballs), 20 dots, 2 hitting mats.

Base Running (5 minutes): Line both teams up at home plate. As a group, walk to each base and stop. At each base tell the players what the base is called, then have them yell it out.

Line everyone back in up one line at home plate. Send kids one at a time to run all the way around the bases. Tell kids to yell each base as they touch it. Have a parent or staff at each base.

Stretching (5 minutes): Basic Stretching

**\*Two stations each 5-7 minutes then rotate\***

Station 1 Hitting. Have your field set up for your game. Line your hitting team up in the dug out just like a game.

**\*Drill\*** Have one player come up to home plate and hit a ball off the tee. Have the hitting player drop the bat and run to first base. Run this drill just like your modified game except with no defensive team. Having parents on each base will help with the flow of this drill.

Station 2 Fielding/throwing: Review of week 2 fielding and throwing mechanics.

**\*Drill\*** Line up dots so each player is 3-5 feet away. Roll the participant a ball to field. Once they field have them stand up and throw the ball back to the coach. Reminder for throwing: Point the glove at the target, airplane, big throw over their head.

Modified game (2 inning). If you have time for 2 innings, feel free to play two innings. Make sure that all teams hit the same number of times.

## Session 4

Equipment: Basic field setup, 1 tee, 24 tennis balls (or soft baseballs), 20 dots, 2 hitting mats.

Base Running (5 minutes): Line everyone up one line at home plate. Send kids one at a time to run all the way around the bases. Tell kids to yell each base as they touch it. Have a parent or staff at each base.

Speed baserunning challenge: Line up all players at home plate, take turns running around all bases as fast as they can.

Stretching (5 minutes): Basic Stretching

\*Two stations each 5-7 minutes then rotate\*

Station 1 Hitting. Have each participant hit 4-6 balls. Make sure each player gets a chance to hit. (see session 1 for detailed instructions).

Station 2 Fielding/throwing: Review of week 2 fielding and throwing mechanics.

\*Drill\* Line up the defensive team just like you do in our modified game. Roll the player at the pitchers mound a ball. They will field the ball, move towards first base (use a dot for your throwing spot), then throw the ball to a parent/coach at first base. After they do go to the back of the line.

Modified game (2 inning). If you have time for 2 innings, feel free to play two innings. Make sure that all teams hit the same number of times.

\*Game Progression\* Just like in the drill, have the player that fields the ball throw it to first base.

## Session 5

Equipment: Basic field setup, 1 tee, 24 tennis balls (or soft baseballs), 20 dots, 2 hitting mats.

Base Running (5 minutes): Line everyone up one line at home plate. Send kids one at a time to run all the way around the bases. Tell kids to yell each base as they touch it. Have a parent or staff at each base.

Stretching (5 minutes): Basic Stretching

\*Two stations each 5 minutes then rotate\*

Station 1 Hitting. Have each participant hit 6-8 balls. Make sure each player gets a chance to hit.

Station 2 Catching. When explaining catching, it is basically the same as fielding using the alligator catch. Players use their throwing hand to “chomp” down on the ball when it is coming towards their glove.

\*Drill\* Line up dots so each player is 3-5 feet away. Have participants stand with their glove arm straight out and the palm facing up. Toss them the ball and have them work on catching the ball. After grabbing the ball have them throw it back to the coach using correct technique. \*Progression\* throw the ball to different positions. Have them start in ready position, either roll them a ground ball or throw a pop fly.

Modified game (2-3 inning). If you have time for 2 innings, feel free to play two innings. Make sure that all teams hit the same number of times.

\*Game Progression\* Have a player stand at first base and have the defensive player throw them the ball if appropriate.

## **Session 6**

Equipment: Basic field setup, 1 tee, 24 tennis balls (or soft baseballs), 20 dots, 2 hitting mats.

Base Running (5 minutes): Line everyone up one line at home plate. Send kids one at a time to run all the way around the bases. Tell kids to yell each base as they touch it. Have a parent or staff at each base.

Stretching (5 minutes): Basic Stretching

\*Two stations each 5 minutes then rotate\*

Station 1 Hitting. Have each participant hit 4-6 balls. Make sure each player gets a chance to hit.

Station 2 Fielding/throwing: Review of week 2 fielding and throwing mechanics.

\*Drill\* Line up the defensive team just like you do in our modified game. Roll the player that's up a ball. They will field the ball, move towards first base (use a dot for your throwing spot), then throw the ball to another player at first base. After they do go to the back of the line.

Modified game (2-3 inning). If you have time for 2 innings, feel free to play two innings. Make sure that all teams hit the same number of times.

\*Game Progression\* Have a player stand at first base and have the defensive player throw them the ball.