

Coach Pitch Baseball

Week 1

Dynamic Warm up

(Done for 20 yards down and back)

Jog

Skips with arm circles

High knees

Butt kicks

Carioca

Side Shuffle

Forward lunges

Sprints

Static Stretches

Sitting hamstring stretch (2x20 secs each leg)

Butterfly Stretch (2x20 seconds)

Lying on side quad stretch (2x20s each leg)

Kneeling hip flexor stretch (2x20s each leg)

Standing Shoulder Stretch (2x20s each arm)

Overhead Triceps Stretch (2x20s each arm)

Team Circle / Core Value

Key Idea: Four Core Values. Gather children into a circle. "This season we'll talk about four qualities of a good person and a teammate. Number one is caring. Show ways you care about others? Helping someone when they fall? Good! Number two is honesty? What ways do you show honesty? How about if you tell someone if you played with their game or toy? That's honesty. Number three is respect. Do you know what respect is? One thing that shows respect is listening to adults when they speak to you, like you're doing right now. Number four is responsibility. One way to show you're responsible is to pick up after yourself. Don't wait for others to pick up for you." Ask them to share ways they show the four values in other areas of their lives. "Good teammates show these values to each other. We'll talk more about these four values during the season."

Skill – Throwing

1. Ready to Throw: On your whistle, all players quickly get into the throwing position. Have coaches go around to each player and check that they are holding the ball correctly. Also check their throwing stance (legs apart, foot on throwing arm side behind the body, throwing arm back and up and front shoulder toward the target). Repeat.

2. Throw to Me Coach: Line players up on a line facing a coach. Throw to the first player, who catches the ball and throws back. Continue down the line, throwing to each player. After a few practice rounds, have the kids count the number of successful catches. If necessary, start beginners with a tennis ball.

Game/ Play

Group(s) of four players- for each field, set up an infield with four players (first, second, and third base players and a shortstop). Show the players each infield position, and use cones to make each infield position. Then you or an assistant coach should throw or roll grounders to each infield position. Each player fields the grounder and throws the ball to first base. Have players rotate through the different positions counterclockwise (first, second, shortstop, third). As a motivation technique, count the number of good catches and good throws for each rotation. Challenge the children to improve on rotation to the next.

Week 2

Dynamic Warm up

(Done for 20 yards down and back)

Jog

Skips with arm circles

High knees

Butt kicks

Carioca

Side Shuffle

Forward lunges

Sprints

Static Stretches

Sitting hamstring stretch (2x20 secs each leg)

Butterfly Stretch (2x20 seconds)

Lying on side quad stretch (2x20s each leg)

Kneeling hip flexor stretch (2x20s each leg)

Standing Shoulder Stretch (2x20s each arm)

Overhead Triceps Stretch (2x20s each arm)

Team Circle / Core Value

Key idea: Responsibility. Gather children into a group. "I want us all to pretend we're eggs. Eggs have shells that can break. What would happen if we bumped into each other as eggs? We would crack and break. Let's move around the field being eggs. Don't bump each other or we'll break!" continue for about one minute. "We were all careful not to bump each other so our "shells" wouldn't break! That was great! You were in charge or "responsible" for your moving. When we're careful of each other, we're responsible for our space and other players' space. This shows responsibility during practice and games."

Skill – Batting

1. Practice Swing: Space the players out, each holding an imaginary bat. On your whistle or call, players should go through the batting sequence (stance, swing, follow through and dropping the bat). Coaches should watch and correct any bad habits.
2. Practice Swing 2: Each player swings a real bat. The batter should swing the bat where the ball would be. Coaches should evaluate the full batting sequence. 8
3. Batting Practice: Each player should get at least 5 hits. A coach should help make suggestions for improvements after each swing. On the last hit, have the batter run to first base.

Game/ Play

Goal: players will learn the basic positions of infielders: first, second, third, shortstop, pitcher, and catcher. Players will hit and run to first before the throw gets to the first-base player.

Description: 6v6 (may vary due to number of players)- players hit off a tee and run to first base. A point is scored if they are safe at first. They can continue running bases, but the play will only be at first base. The runner can score a run if they cross home plate. Switch sides when each player has had a chance to hit.

Week 3

Dynamic Warm up

(Done for 20 yards down and back)

Jog

Skips with arm circles

High knees

Butt kicks

Carioca

Side Shuffle

Forward lunges

Sprints

Static Stretches

Sitting hamstring stretch (2x20 secs each leg)

Butterfly Stretch (2x20 seconds)

Lying on side quad stretch (2x20s each leg)

Kneeling hip flexor stretch (2x20s each leg)

Standing Shoulder Stretch (2x20s each arm)

Overhead Triceps Stretch (2x20s each arm)

Team Circle / Core Value

Key Idea: Honesty. Gather Children into a group near two bases about 10 feet apart. "Can you step out of the base paths when you are running the bases? What if it's an accident and nobody saw you? Those of you, who think it's okay to step out of the base paths, stand by this base. Those who think it's not okay, stand by this one." Wait for children to choose. Then ask them why they chose the base they did. "Stepping out of the base paths, even if it's an accident, is against the rules. What should you do if it happens? Those of you who think you should just keep playing stand by this base, those who think you should tell the coach stand here." Wait for everyone to finish choosing. "It's important to be honest. If you step out of the base paths while you're running, even if nobody sees it, tell me."

Skill – Fielding

1. Basic Fielding: Each player stands in various positions in the fielding stance. A coach slowly rolls or hits a ball to various players. The player closest to the ball takes a few steps to the ball, fields the ball and throws it back to the coach. Rotate player positions throughout the drill.
2. Partner Pickup: Players partner up and stand 10 feet apart from each other. One player rolls the ball for his or her partner to field. Repeat back and forth.

Game/ Play

Goal: players will hit and run to first before the throw gets to the first base player. Players will field and throw the ball to first base before the runner gets there. Players will review the basic positions of infielders: first, second, third, shortstop, pitcher, and catcher play

Description: 4v4 (no more than 6v6) – the batter hits the ball off a tee and runs to first base; if safe, they score a point. The runner can continue running bases and can score a run if they cross home plate. The fielder attempt to field and throw the ball to first base before the runner gets there (a play will only be attempted at first base. The side is retired after 3 points or 3 outs, whichever comes first.

Week 4

Dynamic Warm up

(Done for 20 yards down and back)

Jog

Skips with arm circles

High knees

Butt kicks

Carioca

Side Shuffle

Forward lunges

Sprints

Static Stretches

Sitting hamstring stretch (2x20 secs each leg)

Butterfly Stretch (2x20 seconds)

Lying on side quad stretch (2x20s each leg)

Kneeling hip flexor stretch (2x20s each leg)

Standing Shoulder Stretch (2x20s each arm)

Overhead Triceps Stretch (2x20s each arm)

Team Circle / Core Value

Key idea: Caring. Gather children into a circle. Stand in the middle of the group with a ball. Toss the ball to each child and give him or her a turn to toss it back to you. "I am going to throw the ball. If a throw comes to you, toss it back to me." Work around the whole circle. Talk to the children about playing and learning when they come to practice. "Who had a turn to touch the ball? Wait for their responses. "I made sure everyone had a chance to touch the ball. Raise your hand if it felt good to be able to have a turn. How would you have felt if you did not have a turn?" Listen to their responses. "We need to share and take turns so everyone can learn and play. Sharing and talking turns shows you care."

Skill – Fielding

1. Run to First: Line players up a few feet behind home plate. The first runner stands at home plate. On your whistle or call, the player runs to first base. Be sure the player is running with correct form.

2. Catch the Players: Start 3 or 4 players about 5 seconds apart from home plate to circle the bases. Coach starts last, trying to tag the players (or snatch their caps) before they reach home.

Game/ Play

Defense and Running Activity

1. Game Simulation: Simulate a real game situation. Place defensive players on the field in various positions and keep 2-3 players in as the first batters. Have the batter step up to the tee, hit the ball and run to first base as in a real game. Rotate batters and defense so everyone gets a chance to bat and field. Coach the fielders on decision-making. Where should they throw the ball to get the out?

2. Team Race: Two players start at home plate. One runs to 3rd base, the other to 1st base. They continue running in opposite directions around the bases. First one back to home base wins. To avoid collisions, have a coach stand on second base. Instruct one runner to go in front of the coach and one runner to go behind the coach.

Week 5

Dynamic Warm up

(Done for 20 yards down and back)

Jog

Skips with arm circles

High knees

Butt kicks

Carioca

Side Shuffle

Forward lunges

Sprints

Static Stretches

Sitting hamstring stretch (2x20 secs each leg)

Butterfly Stretch (2x20 seconds)

Lying on side quad stretch (2x20s each leg)

Kneeling hip flexor stretch (2x20s each leg)

Standing Shoulder Stretch (2x20s each arm)

Overhead Triceps Stretch (2x20s each arm)

Team Circle / Core Value

Key Idea: Caring. Gather children into a group. "Let's pretend we're playing a baseball game. Watch what I do with the ball." Tell a child in the group you're throwing the ball to him. Made a bad throw. "That throw wasn't very good, was it what would you say to me so that I don't feel bad about my throw?" as children respond, toss a ball to each player who makes a supportive comment. IF players make unsupportive comments, encourage them to change their words to become more supportive; after they have changed the words, toss them the ball too. "It's very important to support your teammates, especially when they make mistakes. Saying something that makes someone feel good shows you care."

Skill – Throwing

1. One-Knee Throws: Players set on one knee (on the same side as the throwing arm). Players reach back and throw to a partner or coach.
2. Bounce to the Bucket: Place a large basket or cooler on a base. Players try to throw the ball into the container from a distance. This can be turned into a game by giving 3 points to balls thrown into the bucket, 2 points for hitting the bucket and/or 1 point for the nearest ball.

Game/ Play

Goal: players will run from first to second before the throw gets to second base. Player will field and throw the ball to second base before the runner gets there.

Description: 5v5 (no more than 6v6)- the batting team starts with a runner on first base. The batter hits and runs to first base; if the first base runner is safe at second, the batting team scores a point. Both runners can continue running bases and can score a run if they cross home plate. The fielders attempt to field and throw the ball to second base before the runner gets there. The side is retired after three points or three outs, whichever comes first. Keep scores and compare each game.

Week 6

Dynamic Warm up

(Done for 20 yards down and back)

Jog

Skips with arm circles

High knees

Butt kicks

Carioca

Side Shuffle

Forward lunges

Sprints

Static Stretches

Sitting hamstring stretch (2x20 secs each leg)

Butterfly Stretch (2x20 seconds)

Lying on side quad stretch (2x20s each leg)

Kneeling hip flexor stretch (2x20s each leg)

Standing Shoulder Stretch (2x20s each arm)

Overhead Triceps Stretch (2x20s each arm)

Team Circle / Core Value

Team Circle: Respect. Gather children into a group. "I'm going to ask you some question about things I notice on this team. Tell me if you agree. Do you try to learn new skills at practice? Do you work hard to improve your skills? Do you help your teammates? Do you follow directions? Do you feel good about yourself when you play a good game?" listen to responses following each question. "Think about players who will be your opponents what qualities or things do they have or do? Are they the same as you?" Listen for yes or not." It is important to think of your opponents in the same way we think of ourselves. You respect yourself, and you should respect your opponents. They are a lot like you and are learning the same things."

Skill – Batting

Home Run: Set out cones or markers in 5-foot increments from the batting tee. Each "zone" is worth a certain amount of points as determined by the coach. Give each player 5 hits to score as many points as possible. A ball may be hit on the ground or in the air to receive points.

Game/ Play

Team Defense:

Place 8 players on the field at the proper positions. The rest of the team serves as base runners. Start a base runner on first and second base. The coach at home plate throws the ball randomly to each fielder as the runners try to advance. The fielders catch the ball and try to get the runners out. Before the coach throws each ball, the defense should shout out the next situation, such as "The play is at third base!" Be sure each fielder receives a ball to field.

Week 7

Dynamic Warm up

(Done for 20 yards down and back)

Jog

Skips with arm circles

High knees

Butt kicks

Carioca

Side Shuffle

Forward lunges

Sprints

Static Stretches

Sitting hamstring stretch (2x20 secs each leg)

Butterfly Stretch (2x20 seconds)

Lying on side quad stretch (2x20s each leg)

Kneeling hip flexor stretch (2x20s each leg)

Standing Shoulder Stretch (2x20s each arm)

Overhead Triceps Stretch (2x20s each arm)

Team Circle / Core Value

Team Circle: Caring. Gather children into a group. Dump five to six balls, bats, and gloves out of a mesh ball bag, leaving them where they stop. "Pretend we just finished one activity in a practice and we're getting ready to do something else. Everyone walk away from the equipment and make a group circle." Pick up the balls, bats, and gloves, and then go to the group. Dump equipment out again. "Now come back and help me pick up the balls, bats, and gloves, and then go make a circle...which way makes it's faster for me to get to your circle?" listen to their responses. "What do you think we should do with the equipment?" Listen to their responses. Discuss picking up equipment before doing another activity. "We can have more fun and learn more when we work together and share the responsibility."

Skill – Fielding

1. Block It: Coach hits the ball directly to a fielder, who tries to stop the ball from getting through to the outfield. Turn this activity into a game by awarding 2 points for a catch, 1 point for a block and 0 points if the ball is not stopped.
2. Charge It: Set a ball about 5 feet in front of a fielder or throw a ball that stops a few feet in front of the fielder. The fielder should run to the ball, pick it up with his or her bare hand and throw it to the proper base.

Game/ Play

Group(s) of four players- for each field, set up an infield with four players (first, second, and third base players and a shortstop). Show the players each infield position, and use cones to make each infield position. Then you or an assistant coach should throw or roll grounders to each infield position. Each player fields the grounder and throws the ball to first base. Have players rotate through the different positions counterclockwise (first, second, shortstop, third). As a motivation technique, count the number of good catches and good throws for each rotation. Challenge the children to improve on rotation to the next.

Week 8

Dynamic Warm up

(Done for 20 yards down and back)

Jog

Skips with arm circles

High knees

Butt kicks

Carioca

Side Shuffle

Forward lunges

Sprints

Static Stretches

Sitting hamstring stretch (2x20 secs each leg)

Butterfly Stretch (2x20 seconds)

Lying on side quad stretch (2x20s each leg)

Kneeling hip flexor stretch (2x20s each leg)

Standing Shoulder Stretch (2x20s each arm)

Overhead Triceps Stretch (2x20s each arm)

Team Circle / Core Value

Key Idea: Responsibility. Gather Children into a circle. You're in the middle of the circle with a ball and a bat the children will have two changes to keep the ball from escaping the circle. During on turn they'll use minimal effort, and during the second they'll use their maximum effort. "I'm going to try to hit the ball out of the circle. Everyone work together to keep the ball in the circle. Pretend that you're snails that can't get to the ball fast enough." Try to get the ball out of the circle, reminding players that snails move slowly. "Okay, good. Now this time move like busy bees, "What you try to be like busy bees, you're being responsible to your teammates.

Skill – Running

1. Run to First: Line players up a few feet behind home plate. The first runner stands at home plate. On your whistle or call, the player runs to first base. Be sure the player is running with correct form.

2. Catch the Players: Start 3 or 4 players about 5 seconds apart from home plate to circle the bases. Coach starts last, trying to tag the players (or snatch their caps) before they reach home.

Game/ Play

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