

Developmental League Practice Plans: 3U, 4U & 5U

Multi-Week "Baseball Camp Style "Practice Plans Focused on: Skill Development and Skill Mastery

NOTES & DEFINITIONS FOR SPRING 2019 PRACTICES & GAMES:

Practices: PRE-scheduled times on Saturday's for **4-5 Saturday's** at Tiger Fields (see below, to be assigned)

Additional practices are available, via the lottery system at the Coaches Meeting, at the ancillary fields
Ancillary fields: Colony Park, Forest Vista Elementary, Gaston Park, Westchester Park, Windsor Park

Games: 12 Scheduled Games (FMYSA tries to guarantee 10)

Games are played primarily at Tiger Field

PRACTICE EVENTS HAVE THREE PHASES: 1) Warm Up, 2) Skill Development/Mastery, 3) Competitive Interaction

Each practice event has a PRACTICE PLAN and each event will focus on NEW SKILL DEVELOPMENT (Phase 2)

GAMES HAVE TWO PHASES: Warm-Up & Competitive Play Team VS. Team

Points earned by players *{awarded by coaches}* for demonstrating Skill Mastery at 5U (Points optional at 3U/4U)

Scheduled Practices: (5 pre-scheduled SLOTS, **PICK MIN. OF 4 DAYS TO PRACTICE**; slots assigned pre-lottery at Tiger Field)

Saturday 2/16 ALL TEAMS {3U, 4U, 5U}	{TIGER FIELD RESERVED from 9:00 AM - 4:30 PM -- Assigned Pre-Lottery}
Saturday 2/23 ALL TEAMS {3U, 4U, 5U}	{TIGER FIELD RESERVED from 9:00 AM - 4:30 PM -- Assigned Pre-Lottery}
Saturday 3/2 ALL TEAMS {3U, 4U, 5U}	{TIGER FIELD RESERVED from 9:00 AM - 4:30 PM -- Assigned Pre-Lottery}
Saturday 3/9 ALL TEAMS {3U, 4U, 5U}	{TIGER FIELD RESERVED from 9:00 AM - 4:30 PM -- Assigned Pre-Lottery}
Saturday 3/16 ALL TEAMS {3U, 4U, 5U}	{TIGER FIELD RESERVED from 9:00 AM - 4:30 PM -- Assigned Pre-Lottery}

GAMES BEGIN SATURDAY 3/23/19

{Scheduled Game Days: Saturday's + one weekday; usually Monday or Thursday.

Occasionally a team may have 3 games in a week.

The PLAN is to tentatively reserve Tuesday's for

rainout make-up games, but for some ages,

Tuesday's may also be a regular game night - TBD.}

PRACTICE TIMES:		
TIME:	3U/4U	5U
PHASE 1	10	15
PHASE 2	15	20
PHASE 3	20	20
Total Time	45	55

GAME TIMES:		
TIME:	3U/4U	5U
PHASE 1	10	15
PHASE 2	40	40
	{Phase 2 is Team VS. Team}	
Total Time	50	55

Definitions/Key Phrases: *{For Coaches and Parents}*

Hands in Front: both hands always "out in front" for fielding or receiving the baseball

Airplane: from an athletic position, "move to & through the baseball" (towards the target) when fielding a groundball

Alligator: with hands out in front, "eat the baseball" using both hands

Knuckles: ensure the "knocking knuckles" are aligned on the bat handle to ensure proper bat grip

Athletic Position: Hitting = knees bent, "hands back-weight back towards catcher" (from here work on athletic motion)

Athletic Position: Fielding = knees bent, "weight toward the toes" (from here work on athletic motion)

Athletic Motion: Hitting = smooth transition to "hands back, weight back" to swinging hard through the ball ("load")

Athletic Motion: Fielding = smooth transition of movement "to & through the ball" & to the target (rhythm & timing)

Best Effort/Attitude: encourage each player to run hard, swing hard, and give their best at everything they do (stay positive)

Rhythm & Timing: though difficult to teach, encourage it as often as possible, critical to skill mastery (natural athleticism)

HAVE FUN: in everything we teach, in the drills we do, to the games we play, HAVE FUN!!! (Can't stress this enough!)

Developmental Practice Plan 3U, 4U & 5U
Multi-Week Baseball Camp Practice Plans Focused on
Skill Development and Skill Mastery

Practice Plan #1: Fielding a Groundball, Running to First Base

EARLY ARRIVALS

Pre-practice: rolling "fungo drill", quick hands, NO gloves, work on the "Alligator" (2-3 players per coach)

PHASE ONE: (NOTE: "Phase 1" Warming Up, then Throwing will be the first part of every practice/game.)

Total Time for 3U/4U: 10 Minutes (including break before Phase 2)

Total Time for 5U: 15 Minutes (including break before Phase 2)

Team Stretches & Team Running (running will be exploding off the line & running through the target)

6 Minutes for 5U (3 minutes for 3U and 4U)

SKIPPING, HOPPING, JUMPING, then arm circles, lay on back and do leg lifts, etc.....

The Skipping, Hopping, Jumping should be short distances, like 5-10 yards. COACHES DEMONSTRATE TO PLAYERS

The Running should be short bursts and also work on deceleration - also a lap or two around the bases (fun)

Team Stretches should be simple actions like knee bends, arm circles, and mobility based movements

Team Throwing:

6 Minutes for 5U (4 minutes for 3U and 4U) (TEAM THROWING HAPPENS AFTER TEAM STRETCHES)

Every session starts "from the knee" and progresses to long toss...(FUN drill called "hit the bucket")

REINFORCE: Proper Technique on throwing from distance: shuffle, shuffle, step, separate, throw & follow through

Throwing , initially it should NOT BE PLAYER TO PLAYER. It should player to coach/parent or player to target

Get the body in motion and moving towards the target they are throwing towards as you increase distance

Long toss is relative to age....long toss at 5U could be from 2B to HP with a lot of roll involved...

MAKE HIT THE BUCKET the FUN PORTION of THROWING....

Set up a "ball bucket, tee, coaches hat, cone" for every three players and have them throw at and try to the "target"

*(*We will work in **Receiving the ball** later in the season....but with coach or parent/sibling throwing initially)*

* = will vary by 3U, 4U, & 5U ages --- receiving the ball is perhaps the hardest skill they will learn at these ages.

Please Note: Throwing & Receiving are the two most critical skills to master at a young age!

COACHES NEEDED: All Coaches

- 1) During warm-up time: ALL COACHES actively participating and demonstrating and encouraging
- 2) During team throwing time: ALL COACHES + PARENTS/SIBLING HELPERS, on a knee presenting a big target and demonstrating how to "receive the baseball" as well as providing encouragement
- 3) Head Coach: supervisors and makes his/her way up and down the line working with all players

BREAK - up to 3 minutes

Practice Plan #1: Fielding a Groundball, Running to First Base

PHASE TWO (A NEW Skill is worked on each time the team is together) {Work on Skills Learned at practice at home}

Total Time for 3U/4U: 15 Minutes (including break before Phase 3)

Total Time for 5U: 20 Minutes (including break before Phase 3)

Practice 1 -- Skill Focus: Fielding Groundballs and Running to 1st Base

{Introducing Skill Development and Skill Mastery through Individual Athletic drills}

SPLIT TEAM INTO TWO GROUPS & ROTATE EACH GROUP THROUGH BOTH DRILLS

FIELDING GROUNDBALLS: (Group One)

9 Minutes for 5U (7 minutes for 3U and 4U)

START IN AN ATHLETIC POSITION: KNESS BENT, WEIGHT EVENLY DISTRIBUTED, HANDS OUT IN FRONT (Show them!)

NOTE: Their butt is the "elevator" that moves their glove up and down....don't let them bend over to receive the ball

BOTH HANDS OUT IN FRONT --- Glove Hand and Throwing Hand (thumbs up/palms out) (LIKE SPIDERMAN!!!!)

AIRPLANE: MOVE FORWARD, LEFT FOOT RIGHT, BOOM (Boom = airplane moving, butt & hands go out/down & get the ball)

AS THEY RECEIVE THE GROUNDBALL THEIR HANDS BECOME AN "ALLIGATORS MOUTH" AND THEY EAT UP THE BALL

Key Words: Athletic Position, Hands out in Front, Airplane "Movement to & through the ball", & Alligator "Eat it up"

Repeatedly roll baseballs to them.....they start in an Athletic Position, they have their Hands out in front (Thumbs up, palms out), as they move to and through the ball (like an airplane coming in for a landing), they eat it up like an Alligator!

BASERUNNING, HOME TO 1B: (Group Two)

9 Minutes for 5U (6 minutes for 3U and 4U)

Home Plate to First Base

First few steps -- they must EXPLODE out of the batters box

Eyes and head straight forward toward 1st base (not watching the ball)

Maximum effort (hustle is required)

Run through the bag (not to the bag) {at these ages they will want to run "to 1B", teach them, "through 1B"}

1. Run through 1B at full speed, then break down and peel to the right into foul territory
2. As they break down (slow down) peeling into foul territory, their eyes are LOOKING to the right (looking for overthrow)
3. After coming to a stop, walk back to the base

COACHES NEEDED: All Coaches

1) at home plate instructing runners on HUSTLE (max effort) & running through 1B, etc. (detailed above)

2) at 1B encouraging baserunners to HUSTLE and making sure they "Run through 1B" (detailed above)

3) on 3B SS side of field (in the dirt) instructing the fielders on fielding the baseball & throwing to target

4) on 3B SS side of field rolling the ground balls and receiving the throws from the fielders (detailed above)

Additional coaches support Head Coach as warranted

BREAK - up to 2 minutes

Practice Plan #1: Fielding a Groundball, Running to First Base

PHASE THREE (Live Inter-squad Scrimmage "game situations" working on SKILLS LEARNED from each team practice)

Total Time for 3U/4U: 20 Minutes

Total Time for 5U: 20 Minutes

{Introducing competition through athletic drills --- this form of competition is player vs player, i.e., 5 vs 5}

**Game Situation Scenario's - PHASE 3 will also be PRACTICE for Coaches/Players, "learning how to award/earn points" Coaches and Players will practice the Awarding of Points/Earning. (Points NOT required at 3U or 4U.)*

Practice 1 "Inter-Squad" -- Skill Focus: Fielding Groundballs and Running to 1st Base

SPLIT TEAM INTO TWO GROUPS & ROTATE EACH GROUP THROUGH BOTH DRILLS

5 Defensive Players at the 2nd base position

5 Players will be at home plate to practice running to first base

Coaches are positioned at: Home plate, pitchers area, first base

Coach at home plate instructs the batter to take an imaginary swing and to run hard to first base (no bats)

Coach at pitchers area, once runner takes off, rolls the baseball to the fielder at the second base position

Coach at first base, offers encouragement to the runner and also receives throw from fielder

Defender fields the ball attempts throw to 1B (as taught in PHASE 2)

The runner runs hard to 1B (as taught in PHASE 2)

COACHES NEEDED: Minimum of 3, plus a scorer:

1) at home plate instructing the batter/runner (imaginary swing, {no bat} and RUN to 1B, max hustle)

2) at pitchers area rolling the ball and instructing the fielders on fielding and throwing to 1B

3) at 1B encouraging the runner and receiving the throws (use two helpers here if possible)

***4) scorer notates points as individual skills are proven on the field (takes lead from Head Coach)**

{Scorer and Head Coach develop a sense of what merits a point, and hone this skill until 9/8!}

End practice with a FUN and COMPETITIVE "Race on the Bases":

5 on 2B and 5 on Home Plate and do a relay race. Coaches to determine the best format to fit their age and skill level

For the youngest ages, it is suggested they all start at home plate and HIT A HOME RUN and run "home to home"

BUILD CONFIDENCE IN YOUR PLAYERS! FIND SOMETHING POSITIVE TO BUILD ON W/ EVERY PLAYER AT EVERY EVENT!

Developmental Practice Plan 3U, 4U & 5U

Multi-Week Baseball Camp Practice Plans Focused on Skill Development and Skill Mastery

Practice Plan #2: Hitting and Learning Fielding Positions

EARLY ARRIVALS

Pre-practice: rolling "fungo drill", quick hands, NO gloves, work on the "Alligator" (2-3 players per coach)

PHASE ONE: (NOTE: "Phase 1" Warming Up, then Throwing will be the first part of every practice/game.)

Total Time for 3U/4U: 10 Minutes (including break before Phase 2)

Total Time for 5U: 15 Minutes (including break before Phase 2)

Team Stretches & Team Running (running will be exploding off the line & running through the target)

6 Minutes for 5U (3 minutes for 3U and 4U)

SKIPPING, HOPPING, JUMPING, then arm circles, lay on back and do leg lifts, etc.....

The Skipping, Hopping, Jumping should be short distances, like 5-10 yards. DEMONSTRATE

The Running should be short bursts and also work on deceleration - also a lap or two around the bases (fun)

Team Stretches should be simple actions like knee bends, arm circles, mobility based movements

Team Throwing:

6 Minutes for 5U (4 minutes for 3U and 4U)

Every session starts "from the knee" and progresses to long toss...(FUN drill called "hit the bucket")

REINFORCE: Proper Technique on throwing from distance: shuffle, shuffle, step, separate, throw & follow through

Throwing, initially it should NOT BE PLAYER TO PLAYER. It should player to coach/parent or player to target

Get the body in motion and moving towards the target they are throwing towards as you increase distance

Long toss is relative to age....long toss at 5U could be from 2B to HP with a lot of roll involved...

MAKE HIT THE BUCKET the FUN PORTION of THROWING....

*(*We will work in **Receiving the ball** later in the season....but with coach or parent/sibling throwing initially)*

** = will vary by 3U, 4U, & 5U ages --- receiving the ball is perhaps the hardest skill they will learn at these ages.*

Please Note: Throwing & Receiving are the two most critical skills to master at a young age!

COACHES NEEDED: All Coaches

- 1) During warm-up time: ALL COACHES actively participating and demonstrating and encouraging
- 2) During team throwing time: ALL COACHES + PARENTS/SIBLING HELPERS, on a knee presenting a big target and demonstrating how to "receive the baseball" as well as providing encouragement
- 3) Head Coach: supervisors and makes his/her way up and down the line working with all players

BREAK - up to 3 minutes

Practice Plan #2: Hitting and Learning Fielding Positions

PHASE TWO (A NEW Skill is worked on each time the team is together) {Work on Skills Learned at practice at home}

Total Time for 3U/4U: 15 Minutes (including break before Phase 3)

Total Time for 5U: 20 Minutes (including break before Phase 3)

Practice 2 -- Skill Focus: Hitting and Learning Fielding Positions

{Introducing Skill Development and Skill Mastery through Individual Athletic drills}

SPLIT TEAM INTO TWO GROUPS & ROTATE EACH GROUP THROUGH BOTH DRILLS

HITTING: (Group One)

9 Minutes for 5U (7 minutes for 3U and 4U)

START WITH "SWING GRIP" --- KNUCKLES ALLIGNED

ATHLETIC STANCE - knees bent, hands back, "load" (hands move back slightly as weight moves back, they should feel their weight shift to their back leg, then explode forward keeping their hands close to the body...)

SWING HARD - from an early age, they need to learn to swing for the fences!

Hitting Stations: 1) Right field line, hitting towards CF, 2) Left field line, hitting towards CF (divide group in half)

Hitting Drills: Tee-Work --- Proper Grip, "Door knocking" Knuckles Aligned, with the correct grip, "let it rip" (in other words, SWING HARD). Reps are 5 swings per player, and rotate, rotate, rotate (each players should get 25-30 reps)

Key words:

Knuckles: ensure the knocking knuckles are aligned

Athletic Position: knees bent, "hands back-weight back" (work on athletic motion)

Athletic Motion: by this we mean smooth transition to hands-back weight back to swinging hard through the ball (load)

Best Effort: encourage each player to swing hard and **HAVE FUN** hitting the baseball

LEARNING FIELDING POSITIONS: (Group Two)

9 Minutes for 5U (6 minutes for 3U and 4U)

Designed for young players to learn each position on the baseball field. The goal is for coaches to eventually be able to assign positions from a team huddle and have the players "run out to their assigned position"

Use markers such as cones to show players where the positions are

Repeat over and over during allotted time, one position at a time

ENCOURAGE and REWARD success!

IF ALREADY MASTERED AT 5U - HAVE A THRID HITTING STATION AT HOME PLATE WITH LIVE COACH PITCH SWINGS

COACHES NEEDED: All Coaches

1) In RF with Tee. Instructing as detailed above. (Parent to help retrieve baseballs)

2) In LF with Tee. Instructing as detailed above. (Parent to help retrieve baseballs)

3) Head Coach to teach position awareness (Parents help as needed)

OR 3) Head Coach to manage hitting station at home plate as detailed above. (Parents help as needed)

Additional coaches support Head Coach as warranted with either drill.

BREAK - up to 2 minutes

Practice Plan #2: Hitting and Learning Fielding Positions

PHASE THREE (Live Inter-squad Scrimmage "game situations" working on SKILLS LEARNED from each team practice)

Total Time for 3U/4U: 20 Minutes

Total Time for 5U: 20 Minutes

{Introducing competition through athletic drills --- this form of competition is player vs player, i.e., 5 vs 5}

*Game Situation Scenario's - PHASE 3 will also be PRACTICE for Coaches/Players, "learning how to award/earn points" Coaches and Players will practice the Awarding of Points/Earning. (Points NOT required at 3U or 4U.)

Practice 2 "Inter-Squad" -- Skill Focus: HITTING AND FIELDING ASSIGNED POSITIONS

SPLIT TEAM INTO TWO GROUPS & ROTATE EACH GROUP THROUGH BOTH DRILLS

Assign & rotate defensive players to positions (ROTATE OFTEN, they all will want to play pitcher) {Do from team huddle}

5 Players will be on offense and will practice hitting and running to 1B

Coaches are positioned at: Home plate, pitchers area, first base

Coach at home plate instructs the batter, encourage hard swings, and works with batter to run hard to first base

Coach at pitchers area, supervises the DEFENSIVE POSITIONS (no dog piles on the baseball, LOL, expect tears)

Coach at first base, offers encouragement to the runner and also receives throw from fielder

Defenders "man their positions" and field balls hit to them and attempts throw to 1B

The runner runs hard to 1B (as taught in PRACTICE 1)

COACHES NEEDED: Minimum of 3, plus a scorer:

1) at home plate instructing the batter/runner (hit the ball, drop bat, and RUN to 1B, max hustle)

2) at pitchers area supervising the integrity of the assigned defensive positions (rotating players)

3) at 1B encouraging the runner and receiving the throws (and instructing first baseman on the position)

*4) scorer notates points as individual skills are proven on the field (takes lead from Head Coach)

{Scorer and Head Coach develop a sense of what merits a point, and hone this skill until 9/8!}

End practice with a FUN and COMPETITIVE "Race on the Bases":

5 on 2B and 5 on Home Plate and do a relay race. Coaches to determine the best format to fit their age and skill level

For the youngest ages, it is suggested they all start at home plate and HIT A HOME RUN and run "home to home"

BUILD CONFIDENCE IN YOUR PLAYERS! FIND SOMETHING POSTIVE TO BUILD ON W/ EVERY PLAYER AT EVERY EVENT!

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Practice Plan #3: Hitting and Playing First Base

EARLY ARRIVALS

Pre-practice: rolling "fungo drill", quick hands, NO gloves, work on the "Alligator" (2-3 players per coach)

PHASE ONE: (NOTE: "Phase 1" Warming Up, then Throwing will be the first part of every practice/game.)

Total Time for 3U/4U: 10 Minutes (including break before Phase 2)

Total Time for 5U: 15 Minutes (including break before Phase 2)

Team Stretches & Team Running (running will be exploding off the line & running through the target)

6 Minutes for 5U (3 minutes for 3U and 4U)

SKIPPING, HOPPING, JUMPING, then arm circles, lay on back and do leg lifts, etc.....

The Skipping, Hopping, Jumping should be short distances, like 5-10 yards. DEMONSTRATE

The Running should be short bursts and also work on deceleration - also a lap or two around the bases (fun)

Team Stretches should be simple actions like knee bends, arm circles, mobility based movements

Team Throwing:

6 Minutes for 5U (4 minutes for 3U and 4U)

Every session starts "from the knee" and progresses to long toss...(FUN drill called "hit the bucket")

REINFORCE: Proper Technique on throwing from distance: shuffle, shuffle, step, separate, throw & follow through

Throwing, initially it should NOT BE PLAYER TO PLAYER. It should player to coach/parent or player to target

Get the body in motion and moving towards the target they are throwing towards as you increase distance

Long toss is relative to age....long toss at 5U could be from 2B to HP with a lot of roll involved...

MAKE HIT THE BUCKET the FUN PORTION of THROWING....

*(*We will work in **Receiving the ball** later in the season....but with coach or parent/sibling throwing initially)*

** = will vary by 3U, 4U, & 5U ages --- receiving the ball is perhaps the hardest skill they will learn at these ages.*

Please Note: Throwing & Receiving are the two most critical skills to master at a young age!

COACHES NEEDED: All Coaches

- 1) During warm-up time: ALL COACHES actively participating and demonstrating and encouraging
- 2) During team throwing time: ALL COACHES + PARENTS/SIBLING HELPERS, on a knee presenting a big target and demonstrating how to "receive the baseball" as well as providing encouragement
- 3) Head Coach: supervisors and makes his/her way up and down the line working with all players

BREAK - up to 3 minutes

Practice Plan #3: Hitting and Playing First Base

PHASE TWO (A NEW Skill is worked on each time the team is together) {Work on Skills Learned at practice at home}

Total Time for 3U/4U: 15 Minutes (including break before Phase 3)

Total Time for 5U: 20 Minutes (including break before Phase 3)

Practice 3 -- Skill Focus: Hitting and Playing First Base

{Introducing Skill Development and Skill Mastery through Individual Athletic drills}

SPLIT TEAM INTO TWO GROUPS & ROTATE EACH GROUP THROUGH BOTH DRILLS

HITTING: (Group One)

9 Minutes for 5U (7 minutes for 3U and 4U)

START WITH "SWING GRIP" --- KNUCKLES ALLIGNED

ATHLETIC STANCE - knees bent, hands back, "load" (hands move back slightly as weight moves back, they should feel their weight shift to their back leg, then explode forward keeping their hands close to the body...)

SWING HARD - from an early age, they need to learn to swing for the fences!

Hitting Stations (divide this group into two smaller groups and rotate hitting stations):

1) Right field line "Tee Work," hitting towards CF (tee work, "best effort - swing for the fences")

2) Left field line "Live Hitting," hitting towards CF (live pitching, "athletic stance and motion" & "rhythm and timing")

Hitting Drills: Tee & Live --- Proper Grip, "Door knocking" Knuckles Aligned with the correct grip, then "let it rip" (in other words, SWING HARD). Reps are: 5 swings per player, and rotate, rotate, rotate (each players should get 25-30 reps)

Key words:

Knuckles: ensure the knocking knuckles are aligned

Athletic Position: knees bent, "hands back-weight back" (work on athletic motion)

Athletic Motion: by this we mean smooth transition to hands-back weight back to swinging hard through the ball (load)

Best Effort: encourage each player to swing hard and **HAVE FUN** hitting the baseball

PLAYING FIRST BASE: (Group Two)

9 Minutes for 5U (6 minutes for 3U and 4U)

Fundamentals of playing first base regarding footwork and preparing to receive a thrown ball

At the youngest ages all players want to "run to the ball" regardless of where it is hit, first basemen must cover the bag

Teach first basemen to go to the bag, vs. chasing the ball, then "set-up" properly with their feet

Repeat over and over during allotted time, and ensure all players have multiple learning opportunities during the drill.

ENCOURAGE and REWARD success!

IF ALREADY MASTERED AT 5U - HAVE A THRID HITTING STATION AT HOME PLATE WITH ONE-SWING AND RUN TO 1B

COACHES NEEDED: All Coaches

1) In RF with Tee. Instructing as detailed above. (Parent to help retrieve baseballs)

2) In LF with Tee. Instructing as detailed above. (Parent to help retrieve baseballs)

3) Head Coach to teach fielders how to play the first base position

OR 3) Head Coach to manage hitting station at home plate as detailed above. (Parents help as needed)

Additional coaches support Head Coach as warranted with either drill.

BREAK - up to 2 minutes

Practice Plan #3: Hitting and Playing First Base

PHASE THREE (Live Inter-squad Scrimmage "game situations" working on SKILLS LEARNED from each team practice)

Total Time for 3U/4U: 20 Minutes

Total Time for 5U: 20 Minutes

{Introducing competition through athletic drills --- this form of competition is player vs player, i.e., 5 vs 5}

*Game Situation Scenario's - PHASE 3 will also be PRACTICE for Coaches/Players, "learning how to award/earn points"

Coaches and Players will practice the Awarding of Points/Earning. (Points NOT required at 3U or 4U.)

Practice 3 "Inter-Squad" -- Skill Focus: HITTING AND PLAYING FIRST BASE

SPLIT TEAM INTO TWO GROUPS & ROTATE EACH GROUP THROUGH BOTH DRILLS

Rotate Defensive Players at First Base (ROTATE OFTEN, and reward skill development and mastery as you see it)

5 Players will be on offense and will practice hitting and running to 1B

Coaches are positioned at: Home plate, pitchers area, first base

Coach at home plate instructs the batter, encourage hard swings, and works with batter to run hard to first base

Coach at pitchers area, supervises the DEFENSIVE POSITIONS (no dog piles on the baseball, LOL, expect tears)

Coach at first base, offers encouragement to the runner and also works with 1B on proper technique at the bag

Defenders "man their positions" and fields balls hit to them and attempts throw to 1B

The runner runs hard to 1B (as taught in PRACTICE 1)

COACHES NEEDED: Minimum of 3, plus a scorer:

1) at home plate instructing the batter/runner (hit the ball, drop bat, and RUN to 1B, max hustle)

2) at pitchers area supervising the integrity of the assigned defensive positions (rotating players)

3) at 1B encouraging the runner and receiving the throws (and instructing first baseman on the position)

*4) scorer notates points as individual skills are proven on the field (takes lead from Head Coach)

{Scorer and Head Coach develop a sense of what merits a point, and hone this skill until 9/8!}

End practice with a FUN and COMPETITIVE "Race on the Bases":

5 on 2B and 5 on Home Plate and do a relay race. Coaches to determine the best format to fit their age and skill level

For the youngest ages, it is suggested they all start at home plate and HIT A HOME RUN and run "home to home"

BUILD CONFIDENCE IN YOUR PLAYERS! FIND SOMETHING POSTIVE TO BUILD ON W/ EVERY PLAYER AT EVERY EVENT!

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Practice Plan #4: Hitting and Receiving the Baseball

EARLY ARRIVALS

Pre-practice: rolling "fungo drill", quick hands, NO gloves, work on the "Alligator" (2-3 players per coach)

PHASE ONE: (NOTE: "Phase 1" Warming Up, then Throwing will be the first part of every practice/game.)

Total Time for 3U/4U: 10 Minutes (including break before Phase 2)

Total Time for 5U: 15 Minutes (including break before Phase 2)

Team Stretches & Team Running (running will be exploding off the line & running through the target)

6 Minutes for 5U (3 minutes for 3U and 4U)

SKIPPING, HOPPING, JUMPING, then arm circles, lay on back and do leg lifts, etc.....

The Skipping, Hopping, Jumping should be short distances, like 5-10 yards. DEMONSTRATE

The Running should be short bursts and also work on deceleration - also a lap or two around the bases (fun)

Team Stretches should be simple actions like knee bends, arm circles, mobility based movements

Team Throwing:

6 Minutes for 5U (4 minutes for 3U and 4U)

Every session starts "from the knee" and progresses to long toss...(FUN drill called "hit the bucket")

REINFORCE: Proper Technique on throwing from distance: shuffle, shuffle, step, separate, throw & follow through

Throwing, initially it should NOT BE PLAYER TO PLAYER. It should player to coach/parent or player to target

Get the body in motion and moving towards the target they are throwing towards as you increase distance

Long toss is relative to age....long toss at 5U could be from 2B to HP with a lot of roll involved...

MAKE HIT THE BUCKET the FUN PORTION of THROWING....

*(*We will work in Receiving the ball later in the season....but with coach or parent/sibling throwing initially)*

* = will vary by 3U, 4U, & 5U ages --- receiving the ball is perhaps the hardest skill they will learn at these ages.

Please Note: Throwing & Receiving are the two most critical skills to master at a young age!

COACHES NEEDED: All Coaches

- 1) During warm-up time: ALL COACHES actively participating and demonstrating and encouraging
- 2) During team throwing time: ALL COACHES + PARENTS/SIBLING HELPERS, on a knee presenting a big target and demonstrating how to "receive the baseball" as well as providing encouragement
- 3) Head Coach: supervisors and makes his/her way up and down the line working with all players

BREAK - up to 3 minutes

Practice Plan #4: Hitting and Receiving the Baseball

PHASE TWO (A NEW Skill is worked on each time the team is together) {Work on Skills Learned at practice at home}

Total Time for 3U/4U: 15 Minutes (including break before Phase 3)

Total Time for 5U: 20 Minutes (including break before Phase 3)

Practice 4 -- Skill Focus: Hitting and Receiving the Baseball

{Introducing Skill Development and Skill Mastery through Individual Athletic drills}

SPLIT TEAM INTO TWO GROUPS & ROTATE EACH GROUP THROUGH BOTH DRILLS

HITTING: (Group One)

9 Minutes for 5U (7 minutes for 3U and 4U)

START WITH "SWING GRIP" --- KNUCKLES ALLIGNED

ATHLETIC STANCE - knees bent, hands back, "load" (hands move back slightly as weight moves back, they should feel their weight shift to their back leg, then explode forward keeping their hands close to the body...)

SWING HARD - from an early age, they need to learn to swing for the fences!

Hitting Stations (divide this group into two smaller groups and rotate hitting stations):

1) Right field line "Tee Work," hitting towards CF (tee work, "best effort - swing for the fences")

2) Left field line "Live Hitting," hitting towards CF (live pitching, "athletic stance and motion" & "rhythm and timing")

Hitting Drills: Tee & Live --- Proper Grip, "Door knocking" Knuckles Aligned with the correct grip, then "let it rip" (in other words, SWING HARD). Reps are: 5 swings per player, and rotate, rotate, rotate (each players should get 25-30 reps)

Key words:

Knuckles: ensure the knocking knuckles are aligned

Athletic Position: knees bent, "hands back-weight back" (work on athletic motion)

Athletic Motion: by this we mean smooth transition to hands-back weight back to swinging hard through the ball (load)

Best Effort: encourage each player to swing hard and **HAVE FUN** hitting the baseball

RECEIVING THE BASEBALL: (Group Two)

9 Minutes for 5U (6 minutes for 3U and 4U)

Fundamentals of receiving a thrown baseball: "Hands in Front", "Thumbs up/Fingers up", "Glove arm at a 90 degree angle", "Glove position roughly head high & slightly off to the side". **This is the HARDEST thing to learn at an early age.**

START SMALL: 1) Get player in the proper position, 2) from 3-5 ft. away and from a knee, toss the ball into their glove.

Repeat over and over during allotted time, and ensure all players have multiple learning opportunities during the drill.

ENCOURAGE and REWARD success! When they learn to receive the ball, their CONFIDENCE SOARS!!!

IF ALREADY MASTERED AT 5U from a short distance, introduce longer and longer distances. Once Mastered, introduce throwing and receiving with player partners.

COACHES NEEDED: All Coaches

1) In RF with Tee. Instructing as detailed above. (Parent to help retrieve baseballs)

2) In LF with Tee. Instructing as detailed above. (Parent to help retrieve baseballs)

3) Head Coach to teach fielders how to play the first base position

OR 3) Head Coach to manage hitting station at home plate as detailed above. (Parents help as needed)

Additional coaches support Head Coach as warranted with either drill.

BREAK - up to 2 minutes

Practice Plan #4: Hitting and Receiving the Baseball

PHASE THREE (Live Inter-squad Scrimmage "game situations" working on SKILLS LEARNED from each team practice)

Total Time for 3U/4U: 20 Minutes

Total Time for 5U: 20 Minutes

{Introducing competition through athletic drills --- this form of competition is player vs player, i.e., 5 vs 5}

*Game Situation Scenario's - PHASE 3 will also be PRACTICE for Coaches/Players, "learning how to award/earn points"

Coaches and Players will practice the Awarding of Points/Earning. (Points NOT required at 3U or 4U.)

Practice 4 "Inter-Squad" -- Skill Focus: HITTING AND RECEIVING THE BASEBALL AT 1B

SPLIT TEAM INTO TWO GROUPS & ROTATE EACH GROUP THROUGH BOTH DRILLS

Rotate 5 Defensive Players at First Base (ROTATE OFTEN, and reward skill development and mastery as you see it)

5 Players will be on offense and will practice hitting and running to 1B

Coaches are positioned at: Home plate, pitchers area, first base

Coach at home plate instructs the batter, encourage hard swings, and works with batter to run hard to first base

Coach at pitchers area, supervises the DEFENSIVE POSITIONS (no dog piles on the baseball, LOL, expect tears)

Coach at first base, FOCUSES ON instructing 1B on proper technique and receiving the baseball (reinforce "hands out in front", "Thumbs/Fingers pointed up", and receiving the ball using both the glove and the free hand.

NOTE: On each play, the Coach in the pitchers area should "move towards 1B and throw a ball {softly} to 1B if the fielders aren't able to do it. We want to develop the "receiving" skill as much as possible during this time.

Defenders "man their positions" and fields balls hit to them and attempts throw to 1B

The runner runs hard to 1B (as taught in PRACTICE 1)

COACHES NEEDED: Minimum of 3, plus a scorer:

- 1) at home plate instructing the batter/runner (hit the ball, drop bat, and RUN to 1B, max hustle)
 - 2) at pitchers area supervising the integrity of the assigned defensive positions (rotating players frequently) and throwing the ball to 1B as needed.
 - 3) at 1B instructing the player on "receiving the throws" (and instructing first baseman on proper footwork)
 - *4) scorer notates points as individual skills are proven on the field (takes lead from Head Coach)
- {Scorer and Head Coach develop a sense of what merits a point, and hone this skill until Game Day}**

End practice with a FUN and COMPETITIVE "Race on the Bases":

5 on 2B and 5 on Home Plate and do a relay race. Coaches to determine the best format to fit their age and skill level

For the youngest ages, it is suggested they all start at home plate and HIT A HOME RUN and run "home to home"

BUILD CONFIDENCE IN YOUR PLAYERS! FIND SOMETHING POSITIVE TO BUILD ON W/ EVERY PLAYER AT EVERY EVENT!

Additional Developmental Practice Plan for 5U
Multi-Week Baseball Camp Practice Plans Focused on
Skill Development and Skill Mastery
Practice Plan #5: Force Outs and Receiving the Baseball

EARLY ARRIVALS

Pre-practice: rolling "fungo drill", quick hands, NO gloves, work on the "Alligator" (2-3 players per coach)

PHASE ONE: (NOTE: "Phase 1" Warming Up, then Throwing will be the first part of every practice/game.)

Total Time for 3U/4U: 10 Minutes (including break before Phase 2)

Total Time for 5U: 15 Minutes (including break before Phase 2)

Team Stretches & Team Running (running will be exploding off the line & running through the target)

6 Minutes for 5U (3 minutes for 3U and 4U)

SKIPPING, HOPPING, JUMPING, then arm circles, lay on back and do leg lifts, etc.....

The Skipping, Hopping, Jumping should be short distances, like 5-10 yards. DEMONSTRATE

The Running should be short bursts and also work on deceleration - also a lap or two around the bases (fun)

Team Stretches should be simple actions like knee bends, arm circles, mobility based movements

Team Throwing:

6 Minutes for 5U (4 minutes for 3U and 4U)

Every session starts "from the knee" and progresses to long toss...(FUN drill called "hit the bucket")

REINFORCE: Proper Technique on throwing from distance: shuffle, shuffle, step, separate, throw & follow through

Throwing, initially it should NOT BE PLAYER TO PLAYER. It should player to coach/parent or player to target

Get the body in motion and moving towards the target they are throwing towards as you increase distance

Long toss is relative to age....long toss at 5U could be from 2B to HP with a lot of roll involved...

MAKE HIT THE BUCKET the FUN PORTION of THROWING....

*(*We will work in **Receiving the ball** later in the season....but with coach or parent/sibling throwing initially)*

** = will vary by 3U, 4U, & 5U ages --- receiving the ball is perhaps the hardest skill they will learn at these ages.*

Please Note: Throwing & Receiving are the two most critical skills to master at a young age!

COACHES NEEDED: All Coaches

- 1) During warm-up time: ALL COACHES actively participating and demonstrating and encouraging
- 2) During team throwing time: ALL COACHES + PARENTS/SIBLING HELPERS, on a knee presenting a big target and demonstrating how to "receive the baseball" as well as providing encouragement
- 3) Head Coach: supervisors and makes his/her way up and down the line working with all players

BREAK - up to 3 minutes

Practice Plan #5: Force Outs and Receiving the Baseball

PHASE TWO (A NEW Skill is worked on each time the team is together) {Work on Skills Learned at practice at home}

Total Time for 3U/4U: 15 Minutes (including break before Phase 3)

Total Time for 5U: 20 Minutes (including break before Phase 3)

Practice 5 -- Skill Focus: Force Outs and Receiving the Baseball

{Introducing Skill Development and Skill Mastery through Individual Athletic drills}

SPLIT TEAM INTO TWO GROUPS & ROTATE EACH GROUP THROUGH BOTH DRILLS

FORCE OUTS: (Group One)

9 Minutes for 5U (7 minutes for 3U and 4U)

Divide Group One into two smaller groups.

- 1) One group works fielding at Pitcher and Receiving at First Base (rotating)
- 2) Second group works fielding at Shortstop and Receiving at Second Base (rotating)

Force out Situations are:

Group One - Ball hit back to the Pitcher with no runners on base. FORCE OUT at First Base.

Group Two - Ball hit to Shortstop with runner on First Base. FORCE OUT at Second Base.

Coaches verbally instruct the SITUATION to the players and have them execute the Force Out.

Coach at home plate rolling balls to Pitcher, and Coach near pitchers area rolling balls to Shortstop.

Coach at 1B instructs players on Receiving the ball. Coach at 2B instructing players on Receiving the ball.

Repeat as many times as possible, rotating groups at four (4) minutes. Get as many reps in as possible.

Key words:

Force Out: When a runner can be called out by force play vs. being tagged out. A runner on First Base is forced to run to Second Base when the Batter hits a groundball and runs towards First Base. The runner may be Forced Out by the defensive player stepping on the bag (while in possession of the baseball) vs. having to be tagged out.

You may have to work through the definition with them a few times before they fully absorb it.

RECEIVING THE BASEBALL: (Group Two)

9 Minutes for 5U (6 minutes for 3U and 4U)

Fundamentals of receiving a thrown baseball: "Hands in Front", "Thumbs up/Fingers up", "Glove arm at a 90 degree angle", "Glove position roughly head high & slightly off to the side". **This is the HARDEST thing to learn at an early age.**

START SMALL: 1) Get player in the proper position, 2) from 3-5 ft. away and from a knee, toss the ball into their glove.

Repeat over and over during allotted time, and ensure all players have multiple learning opportunities during the drill.

ENCOURAGE and REWARD success! When they learn to receive the ball, their CONFIDENCE SOARS!!!

IF ALREADY MASTERED AT 5U from a short distance, introduce longer and longer distances. Once Mastered, introduce throwing and receiving with player partners.

COACHES NEEDED: All Coaches

- 1) Coach with sub-group one at Pitchers Mound & First Base.
- 2) Coach with sub-group two at Shortstop & Second Base.
- 3) Head Coach to oversee and reinforce the FORCE OUT DRILLS (reminding players why it's a Force Out)
- 4) Parents/Siblings assist a Coach with Receiving Drills

BREAK - up to 2 minutes

Practice Plan #5: Force Outs and Receiving the Baseball

PHASE THREE (Live Inter-squad Scrimmage "game situations" working on SKILLS LEARNED from each team practice)

Total Time for 3U/4U: 20 Minutes

Total Time for 5U: 20 Minutes

{Introducing competition through athletic drills --- this form of competition is player vs player, i.e., 5 vs 5}

*Game Situation Scenario's - PHASE 3 will also be PRACTICE for Coaches/Players, "learning how to award/earn points"

Coaches and Players will practice the Awarding of Points/Earning. (Points NOT required at 3U or 4U.)

Practice 5 "Inter-Squad" -- Skill Focus: FORCE OUTS & RECEIVING THROWS AT 1B & 2B

SPLIT TEAM INTO SMALL GROUPS (see below) & ROTATE EACH GROUP THROUGH THE DRILLS SEVERAL TIMES

(Take a short Break at the 8 minute mark. Get water, provide encouragement, etc.)

Rotate all Players at Pitcher (throwing to 1B) & at Shortstop (throwing to Second Base)

Rotate all Players at First Base (receiving throws from Pitcher) & Second Base (receiving throws from Shortstop)

Reinforce the GAME SITUATION: "Runner at 1B, FORCE OUT at 2B". Coach rolls groundball to SS & SS throws to 2B

Reinforce the GAME SITUATION: "No runners on base, FORCE OUT at 1B". Coach rolls groundball to P & P throws to 1B

***** After the players get in the groove of things, INTRODUCE actual BASERUNNERS for them to FORCE OUT *****

Rotate, rotate, rotate to get each player experience in each situation.

COACHES NEEDED: Minimum of 4, plus a scorer:

- 1) Coach at Home plate - rolling balls to player Pitcher who fields and throws to 1B for the FORCE OUT
- 2) Coach next to Pitchers area - rolling balls to the SS who fields and throws to 2B for the FORCE OUT
- 3) Coach at 1B Position working with First Baseman on "getting to the bag" to RECEIVE the throw from the P
- 4) Coach at 2B Position working with Second Baseman on "getting to the bag" to RECEIVE the throw from SS

*scorer notates points as individual skills are proven on the field (takes lead from Head Coach)

{Scorer and Head Coach develop a sense of what merits a point, and hone this skill preparing for Game Day}

End practice with a FUN and COMPETITIVE "Race on the Bases":

5 on 2B and 5 on Home Plate and do a relay race. Coaches to determine the best format to fit their age and skill level

For the youngest ages, it is suggested they all start at home plate and HIT A HOME RUN and run "home to home"

BUILD CONFIDENCE IN YOUR PLAYERS! FIND SOMETHING POSITIVE TO BUILD ON W/ EVERY PLAYER AT EVERY EVENT!

Developmental League: 3U, 4U & 5U

Skill Development and Skill Mastery

RULES FOR GAMEPLAY 3U-4U Baseball

TEAMS MUST COMPLETE PHASE 1: WARM-UP BEFORE INITIATING GAME PLAY

RULES GOVERNING PHASE 2 --- GAMEPLAY:

- All players assume a defensive position on the field. Teams are allowed 1 pitcher and 1 catcher. The child-pitcher must position themselves on either the right or left side of the **35'** pitching rubber and be no more than 3' from the rubber. The team is allowed to have up to four infielders in addition to the pitcher and catcher. The remainder of the defensive players should be spread throughout the outfield, at least 15 feet behind the baseline.
- EVERY player is required to play at least 2 consecutive innings of infield (1st, 2nd, 3rd, SS, Catcher or Pitcher) in each game. This requirement must be met in 4 defensive innings. If a team has more than 12 players, or games last fewer than 4 innings, coaches are responsible for ensuring players' infield and outfield time is balanced over the course of a season. [\(This may be the case, so coaches must pay attention here.\)](#)
- Coaches will bat the entire lineup every game, and will do so in such a way that ALL players bat leadoff and bat last, during the course of the season. All players bat every inning. Last batter for each team hits a home run.
- Each batter may swing up to five times to hit a fair ball. If the child is unable to hit the ball in 5 swings, an out will be declared. (Allow the batter to "run to first" if unable to hit the ball -- all runners advance one base.)
- When hitting from the tee, a foul ball will be called unless the ball is hit out of the dirt arch in front of the batter box or if the batter swings and hits the tee only, causing the ball to travel outside the dirt arch area in front of the batter box.
- In addition to the normal ways in which a batter/runner may be put out, the following rule will apply with respect to force plays at any base. A runner may be declared out if the runner is being forced to the base, and:
1) The fielders is in contact with the base, and 2) The ball makes contact with the fielders glove or body, prior to the runner touching the base. The fielder need not catch the ball. The out is recorded for defensive purposes, the runner may stay at the base and play continues.
- Runners can only advance one base on any hit. Runners can not advance on overthrows. The 3U & 4U league is played offensively as station to station baseball. Exception: on the last batter. The last batter hits a home run and all players run all the way home.
- Up to three defensive coaches are allowed on the field. The coaches must place themselves in such a way as to not physically interfere with play. (But can provide instruction after each play.)
- **All Coaches are encouraged to MAKE GAME PLAY FUN.**

Developmental League: 3U, 4U & 5U

Skill Development and Skill Mastery

RULES FOR GAMEPLAY 5U Baseball

TEAMS MUST COMPLETE PHASE 1: WARM-UP BEFORE INITIATING GAME PLAY

RULES GOVERNING PHASE 2 --- GAMEPLAY:

- All players assume a defensive position on the field. Teams are allowed 1 pitcher and 1 catcher. The child-pitcher must position themselves on either the right or left side of the 38' pitching rubber and be no more than 3' from the rubber. The team is allowed to have up to four infielders in addition to the pitcher and catcher. The remainder of the defensive players should be spread throughout the outfield, at least 15 feet behind the baseline. (Pitching Coach may use floating rubber 35' to 38', player remains at 38')
- EVERY player is required to play at least 2 consecutive innings of infield (1st, 2nd, 3rd, SS, Catcher or Pitcher) in each game. This requirement must be met in 4 defensive innings. If a team has more than 12 players, or games last fewer than 4 innings, coaches are responsible for ensuring players' infield and outfield time is balanced over the course of a season. (This may be the case, so coaches must pay attention here.)
- Coaches will bat the entire lineup every game, and will do so in such a way that ALL players bat leadoff and bat last, during the course of the season. All players bat every inning. Last batter for each team hits a home run.
- Each batter may receive up to six pitches in which to hit a fair ball. If the child is unable to hit one of the first four pitches, the coach can (optionally) have the player hit from a tee for the last two pitches. If the player is unable to hit a fair ball after 6 pitched balls or 4 pitched balls and two swings with the ball on a tee, a strikeout will be recorded. No continuous foul balls.
- Coach pitchers should bring a minimum of 2 baseballs to the mound to speed up play.
- When hitting from the tee, a foul ball will be called unless the ball is hit out of the dirt arch in front of the batter box or if the batter swings and hits the tee only, causing the ball to travel outside the dirt arch area in front of the batter box.
- In addition to the normal ways in which a batter/runner may be put out, the following rule will apply with respect to force plays at any base. A runner may be declared out if the runner is being forced to the base, and: 1) The fielders is in contact with the base, and 2) The ball makes contact with the fielders glove or body, prior to the runner touching the base. The fielder need not catch the ball. The out is recorded for defensive purposes, the runner may stay at the base and play continues.
- Runners can only advance one base on any hit. Runners can not advance on overthrows. The 5U league is played offensively as station to station baseball.
- Up to three defensive coaches are allowed on the field. The coaches must place themselves behind their outfielders and shall not physically interfere with play. (But should provide instruction after the play.)
- In an effort to speed up play, the defensive team will place someone (a coach or other person 12 years of age or older) at the backstop to retrieve pitched balls and return them to the pitcher. No coaching or communication can be made from this position.
- All Coaches are encouraged to MAKE GAME PLAY FUN.

3U, 4U, 5U Developmental League Scoresheet for Skill Mastery Demonstration

3/4U T-Ball & 5U Baseball Scoresheet (Use tick marks as multiple opportunities will occur within each category)

PLAYER NAME:	Running to First Base (Max 3 points)	Hitting the Baseball (Max 1 point)	Fielding the Baseball - Groundball (Max 2 points)	Fielding the Baseball - FLYBALL (Max 3 points)	Throwing the Baseball (Max 3 points)	Running the Bases (Max 2 points)	Attitude and Effort (Max 3 points)	Being a Good Teammate (Max 1 point)	Sportsmanship (Max 2 points)	Leadership (Max 1 point)	TOTAL:

1. Running to first base. Max 3 points: i) Did they give their best effort (HUSTLE) ii) Did they run through the bag into foul territory iii) Did they look to the right
2. Hitting the baseball. Max 1 point: i) Did they hit baseball within max swings
3. Fielding a Groundball. Max 2 points: i) Did they field the ball ii) Did they demonstrate "airplane" and have both hands out in front
4. Field a Flyball. Max 3 points: i) Did they catch it (2 points) ii) Did they have both hands up above the chest
5. Throwing the baseball. Max 3 points: i) Did they attempt to throw in the right direction ii) Did they take two steps iii) Did the throw make it to the target
6. Running the bases. Max 2 points: i) Did they run in the right direction ii) Did they give their best effort (HUSTLE)
7. Attitude. Max 3 points: i) Regardless of outcome, did they give their best effort ii) Did they express having FUN iii) Did they encourage others
8. Good Teammate. Max 1 point: PLEASE ENCOURAGE THIS
9. Sportsmanship. Max 2 points: i) PLEASE ENCOURANGE AND ACKNOWLEDGE
10. Leadership. Max 1 point: i) Look for it, encourage it, acknowledge it

After each game the coach will hold a short post-game meeting to provide positive feedback to the young players.
 Coaches may award "points" as a group or do individually with each player. (3U & 4U points are optional. At 5U points are strongly encouraged)
BUILD CONFIDENCE IN YOUR PLAYERS! FIND SOMETHING POSTIVE TO BUILD ON W/ EVERY PLAYER AT EVERY EVENT!