

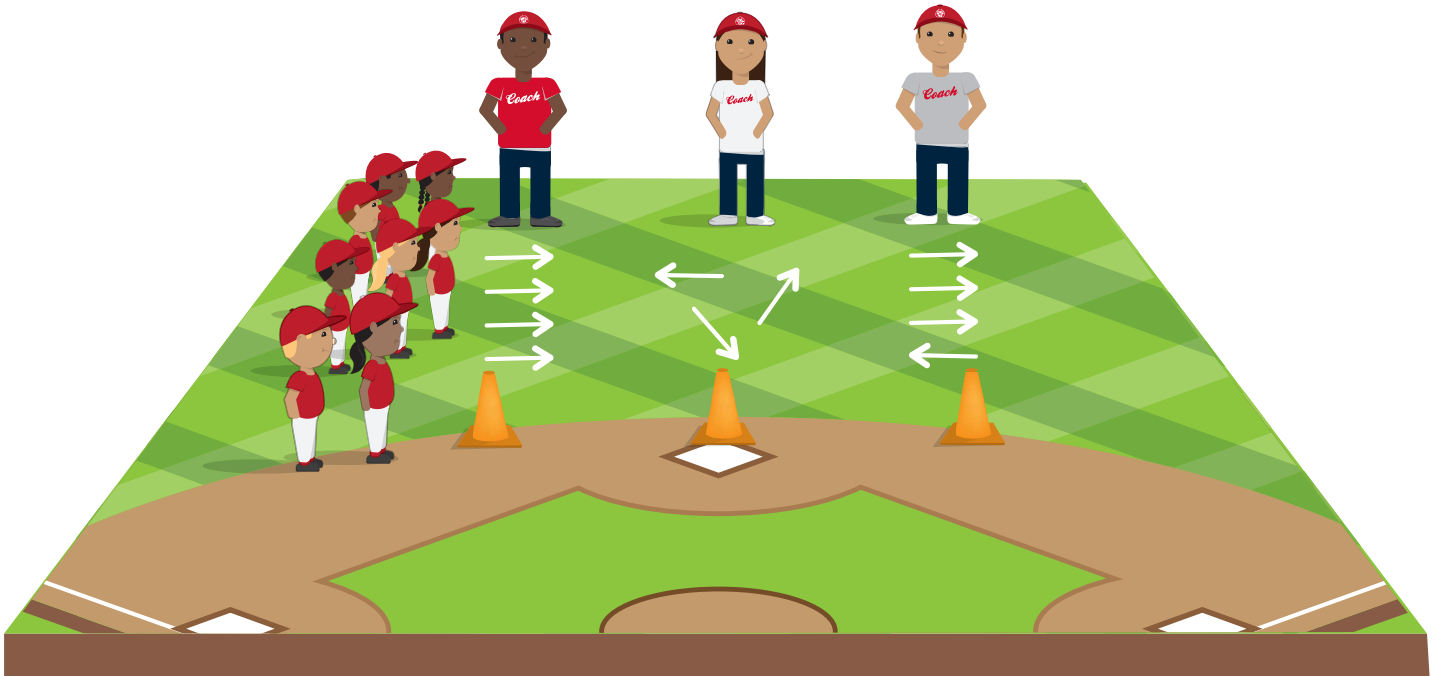
SEQUENCE 2

LEFT FIELD, CENTER FIELD, RIGHT FIELD



WHAT YOU'LL NEED:

Cones (3)



DRILL SEQUENCE:

- The players begin in left field. When the coach calls out another outfield position, the players run to the cone in that specific position.
- Once game begins, the coach can call out a position at any time, even if the players are running between positions.

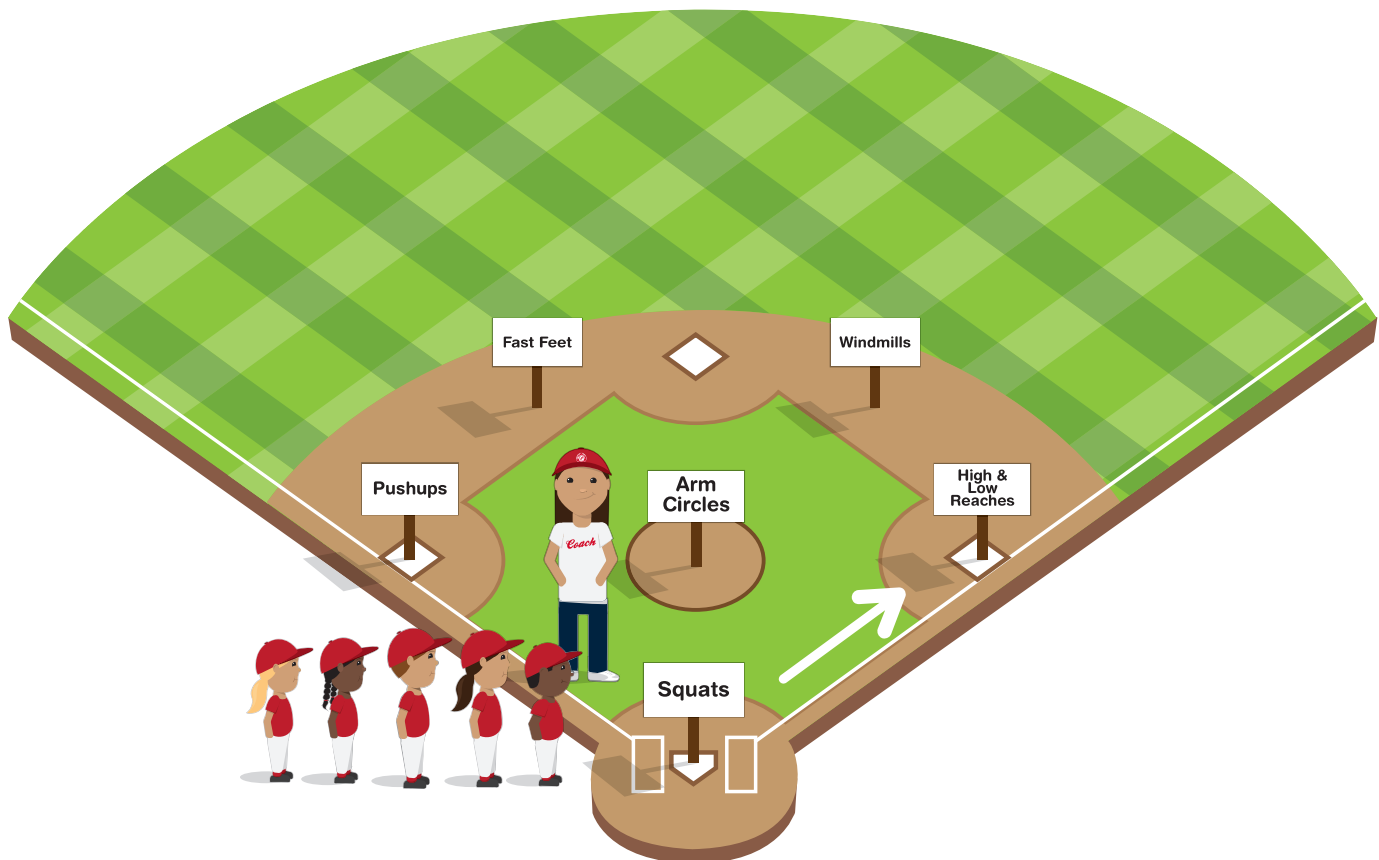


SEQUENCE 5

POSITION FITNESS

WHAT YOU'LL NEED:

No equipment needed



DRILL SEQUENCE:

- The players and coach begin at home plate. The coach announces the position, and then he or she demonstrates an exercise for the players to complete. Players and coach complete repetitions of the exercise together before moving on to the next position and exercise.

SEQUENCE 6

SWING REVIEW

WHAT YOU'LL NEED:

Bats | Helmets



DRILL SEQUENCE:

- Players sit in grass while coach reviews swing and swinging safety rules.
- Players then stand up and practice dry swings.

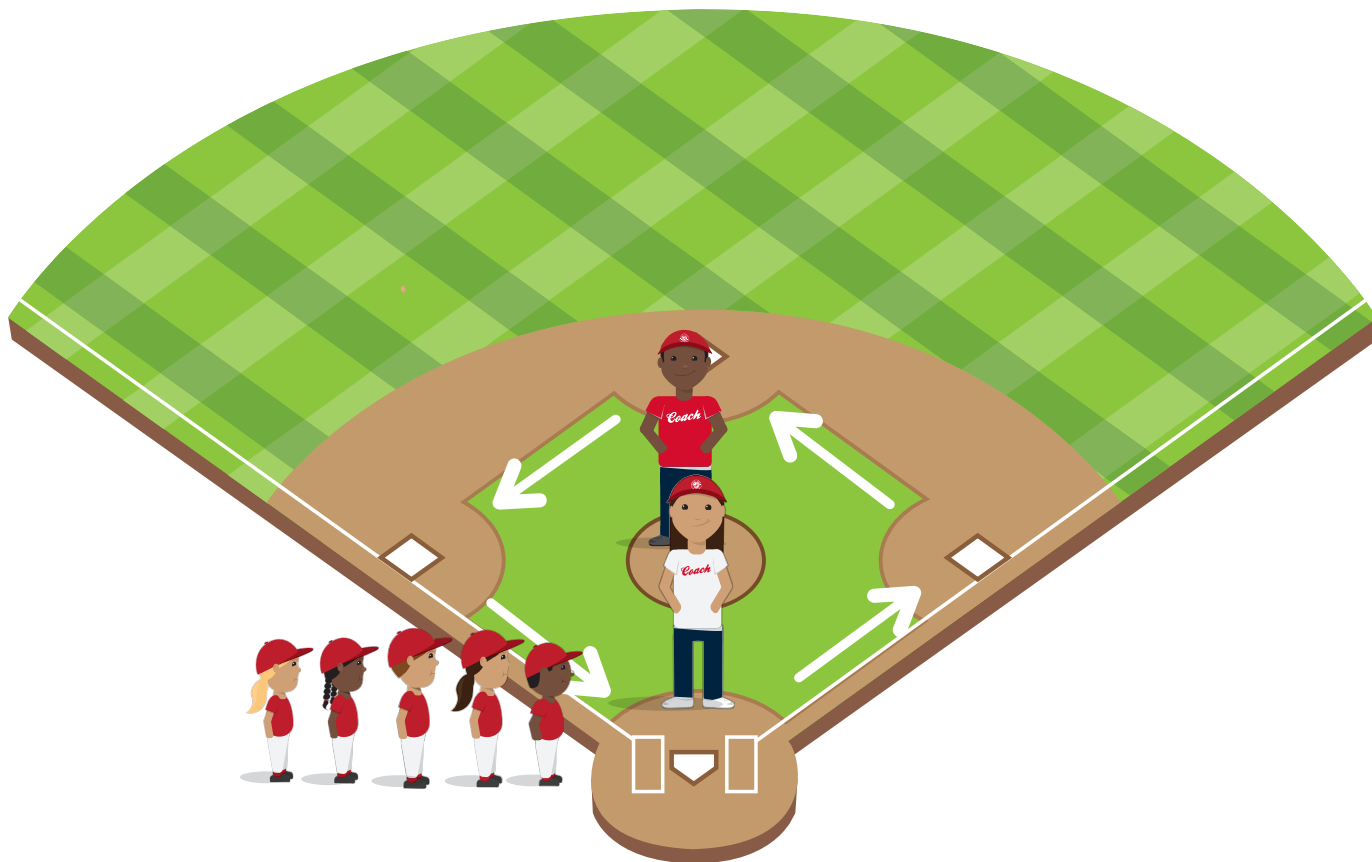


SEQUENCE 6

SWING AND RUN

WHAT YOU'LL NEED:

Bat | Bases | Helmets | *Optional Equipment: Tee and Tee Balls*



DRILL SEQUENCE:

- The game is played just like the activity “Base Running,” but now a practice swing is added before the players run.

OPTION: Have a tee set with a ball and have the players hit the ball before running instead of just taking a practice swing.

- Players advance one base at a time, and are moved to the next base by the next player.

OPTION: A coach has a ball in his/her hand and tags runners who come off of the bases at the wrong times.

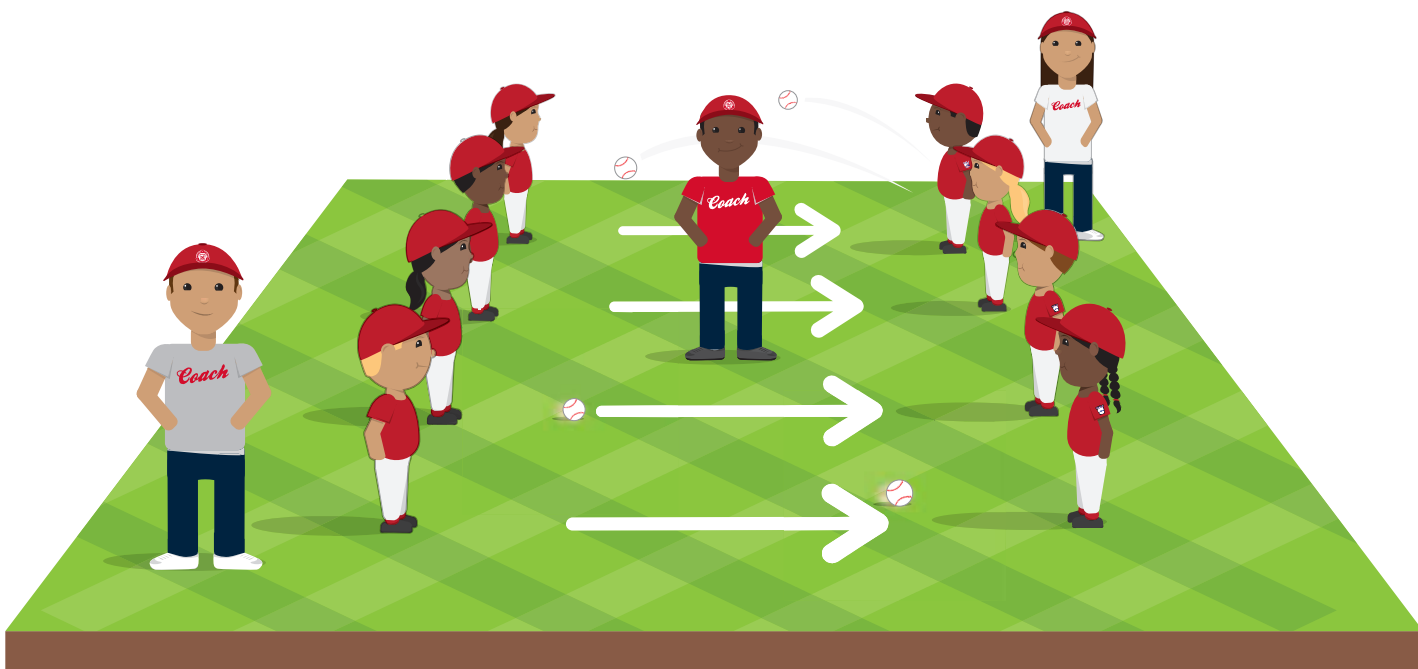


SEQUENCE 7

PRACTICE THROWING

WHAT YOU'LL NEED:

Tee Balls



DRILL SEQUENCE:

- The players play catch with a partner.
- Practice fielding a ground ball can be incorporated into this activity by players taking turns rolling the ball to each other and throwing it back.





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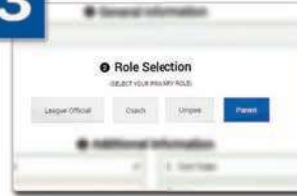
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FULL PRACTICE PLAN

WEEK FOUR

PRACTICE GOAL

The players should be able to use two hands to catch.

MATERIALS:

- Plastic Balls (15)
- Tennis Balls (15)
- Buckets for Balls (2)
- Tees/Large Traffic cones (3-4)
- Players' Gloves
- Bases (4)
- Cones (10)
- Bats (3-4)

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: The players should be able to use two hands to catch. **(3 Minutes)**

2. SET UP A LARGE SQUARE PLAYING AREA, DIVIDED IN HALF, USING CONES CLEAN UP THE BACKYARD: Divide the players into two teams, sending one team to half of the playing area and the other half to the opposite area. Spread out plastic balls and tennis balls all over the entire playing area. On "go", the players must stay on their side, pick up the balls one at a time and throw them into the other team's side or "backyard." Players from both sides are doing this until time is called (play for a minute or two, whatever seems appropriate for players). The teams then collect all of the balls in their "backyard" and count them. The team with the least amount of balls in their area, or the cleaner backyard is the winner. Repeat. Have players help clean up the game at the conclusion. **(10 minutes)**

3. FIELDING: Have players line up behind a cone (about 3 or 4 lines). Talk about taking turns to "field" balls or collect balls. Demonstrate using two hands to "scoop up" a ball. Coaches stand across from a line and roll the first player a tennis ball. After they scoop up the ball, they throw it back to the coach. Then give the next player a turn. Repeat until players seem to grasp fielding (not collapsing, but bending their knees and picking up the ball quickly). Use cues. **(5 minutes)**

- A.** Athletic position, feet shoulder width apart and knees bent
- B.** Glove out and in front
- C.** Use two hands like an alligator
- D.** Field in the center of the body

POSITION: Send players to positions in the infield. May set out cones to mark positions so players know where to stand. Talk about taking turns and that at practice we can take turns at each position, but in a game one person will be in charge of that area. Have one coach at home plate rolling tennis balls to players and another coach stands at the pitcher's plate. Players throw the ball to the coach at the pitcher's plate. **(10 minutes)**

OPTION: Call in half of the players to line up beside home plate. The other players stay in their position. On "go," the coach should roll the ball to a player who must pick it up and throw it to the coach at the pitcher's plate. Also on the same "go," a runner starts to run to first base. If the runner beats the throw to the coach, they are safe. If they do not, they are out. Continue with all the runners.

BREAK (2 minutes)

4. RUN THE BASES: Starting at home plate, everyone jogs to first, second, third, and home in a line, following the coach and calling out the bases as they go. On round 2, start the line at home plate, on "go" the first player runs to first and stays on first. On the next "go", the player on first advances to second and the new runner goes to first. Repeat with all players running and all advancing until each player scores at home plate. Optional to have a coach on the field with a ball in hand, stressing that the base means SAFE and if they are off the base they could be tagged OUT. One coach needs to be at home plate letting players leave and keeping them aware (encouraging teammates), while another coach is in the field directing. **(8 minutes)**

5. TEE HITTING: Break the players into 3 or 4 groups. Have them stand behind a tee and take turns swinging. A coach should be at each tee helping the players with the cues. Make sure the tee is in front of the player so they can hit the ball out in front. Players should start with a half swing to see where they will make contact with the bat before swinging hard. Have all players attempt to make contact with the barrel of the bat. **(12 minutes)**

- A.** Bat at fingertips with a loose grip
- B.** Feet spread shoulder width apart and in an athletic position
- C.** Head looking at pitcher with both eyes
- D.** Level swing through the ball
- E.** Follow through with both upper and lower body

6. CONCLUSION: Gather players and have them shake another player's hand. Talk about what they learned today, how it will help them be great tee ball players and the PCA tip of the week. Remind the parents of the next event. **(4 minutes)**





**POSITIVE COACHING ALLIANCE
TALKING POINTS
FOR TEE BALL COACHES**

**WEEK 4 — HONORING THE GAME
(ROOTS)**

To help your athletes remember to be good sports and Honor the Game even when you lose, you can use the word ROOTS.

- R-** Rules -Respect for the rules, even if you think we can get away with breaking them.
- O-** Opponents. You always treat your opponents the way you want be treated.
- O-** Officials. You respect officials even if you disagree with some of their calls.
- T-** Teammates. You support them and don't do anything that will embarrass them.
- S-** Self. You honoring the game, which should be a standard for your athletes, not just to make you, the coach happy.

If you win by dishonoring the game, you can't be proud of that win. And the reverse is true. If you Honor the Game and you lose, you can still feel good, even though you are disappointed that you lost.



WEEK FOUR

**QUICK PLAN
WEEK FOUR | 45 MINUTES**

0:03 INTRODUCTION

- Welcome players
- Review positions/PCA tip of the week

0:10 CLEAN UP THE BACKYARD

- Players are divided into two teams and play in a boundary trying to throw balls to the other team's side. The team with the least on their side wins when time is called
- See full practice plan for complete instructions

0:15 FIELDING



- Fielding technique and repetition in lines
- Fielding in position throwing to a coach
 - Option for base runners while fielding
- See full practice plan for complete instructions

0:02 BREAK

0:08 RUN THE BASES

- Players line up at home plate to begin
- Call out the bases as the runners go one at a time
- See full practice plan for complete instructions

0:12 TEE HITTING

- Break players into three or four groups
- Players take turns hitting off the tees

0:04 CONCLUSION

- High fives/PCA tip of the week
- Review what they learned
- Remind players of next event (practice/game)



HONORING THE GAME (ROOTS)

To help remember to be good sports even when we lose, we are going to use the words ROOTS

- The **R** in ROOTS is Respect the rules, even if we think we can get away with breaking them
- **O** is for Opponents or the other team. We always treat the other team the way we want to be treated.
- The second **O** is Officials or umpires. We respect the umpires even if we disagree with some of their calls.
- **T** is for Teammates. We support them and don't do anything that will embarrass them.
- **S** is for Self. You should be a good sport for yourself, not just to make me happy.

SEQUENCE 2

CLEAN UP THE BACKYARD

WHAT YOU'LL NEED:

Tennis Balls or Plastic Balls | Cones



DRILL SEQUENCE:

- The players are divided into two teams. Each team is responsible for one side of the playing area that is divided by cones.
- All types of soft or squishy balls (tennis or plastic balls) are scattered on both sides of the playing area.
- On “go,” players are to throw or toss the balls on their team’s side to the other team’s side continually until time is called.
- The team with the least numbers of balls on their side when time is called wins.



SEQUENCE 3

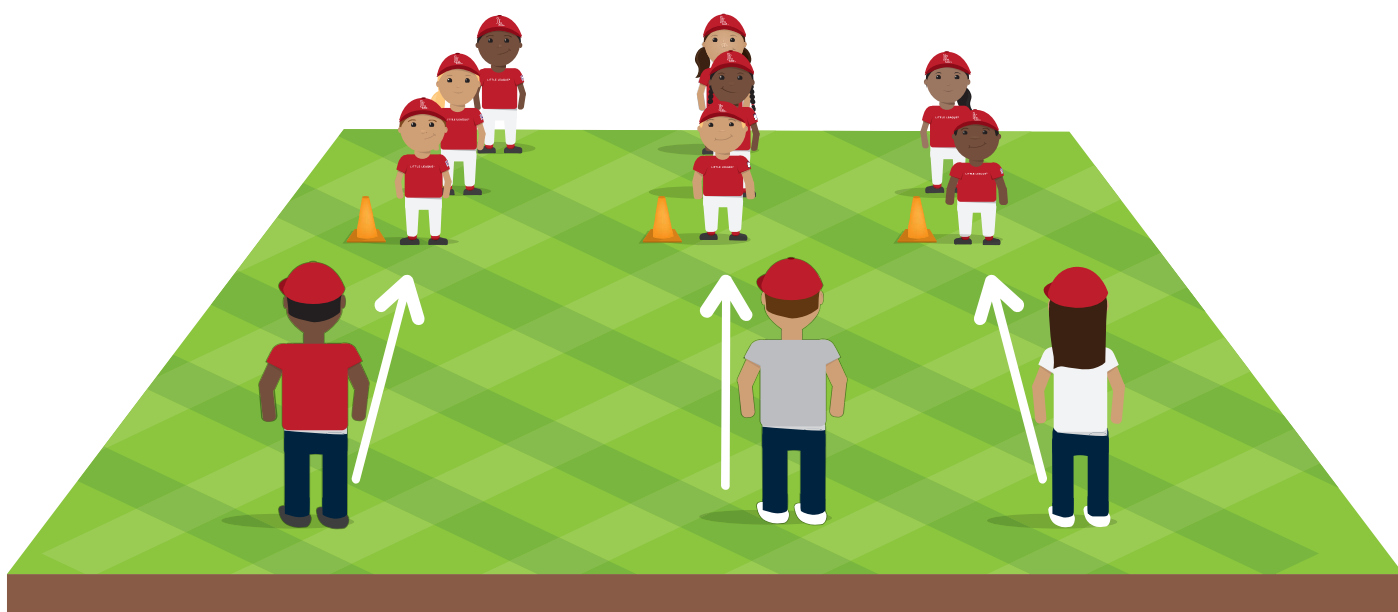
FIELDING

ONLINE VIDEO



WHAT YOU'LL NEED:

Tee Balls | Cones



DRILL SEQUENCE:

- In separate lines the players line up and receive a ground ball from a coach.
- The player fields the ground ball rolled to him/her and throws it back to the coach before returning to the end of their line.



SEQUENCE 3

FIELDING IN POSITIONS

WHAT YOU'LL NEED:

Tee Balls | Cones



DRILL SEQUENCE:

- Each position should be marked with cones before the drill starts. The players are sent to positions.
- Before the drill begins, review fielding a ground ball with the players once they are in positions.
- The coach at home plate rolls the ball to the players in position, one at a time. The player who fields the ball then throws it back to the coach on the pitcher's plate.

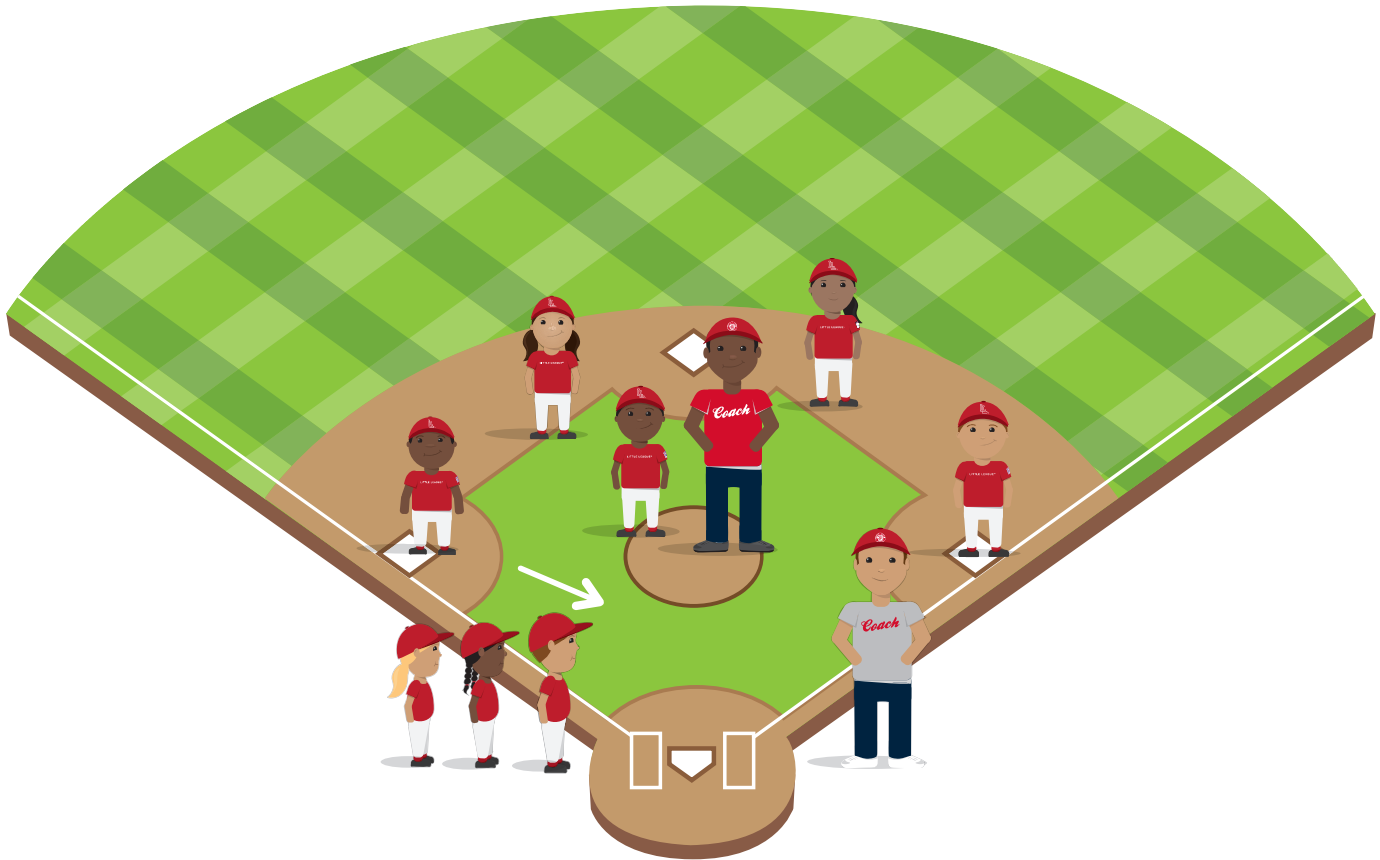


SEQUENCE 3

FIELDING WITH A RUNNER (OPTIONAL DRILL)

WHAT YOU'LL NEED:

Tee Balls | Bases



DRILL SEQUENCE:

- Players are in position on the field with any extra players in a small line by the coach at home plate.
- On “go” the coach rolls a ball from home plate to a position and the runner at home plate runs to first base at the same time.
- The fielder must field the ball and throw it to the pitcher before the runner gets to first base. If the runner “beats the play” they stay at first base and if the runner does not “beat the play” they go back to the end of the line at home plate.

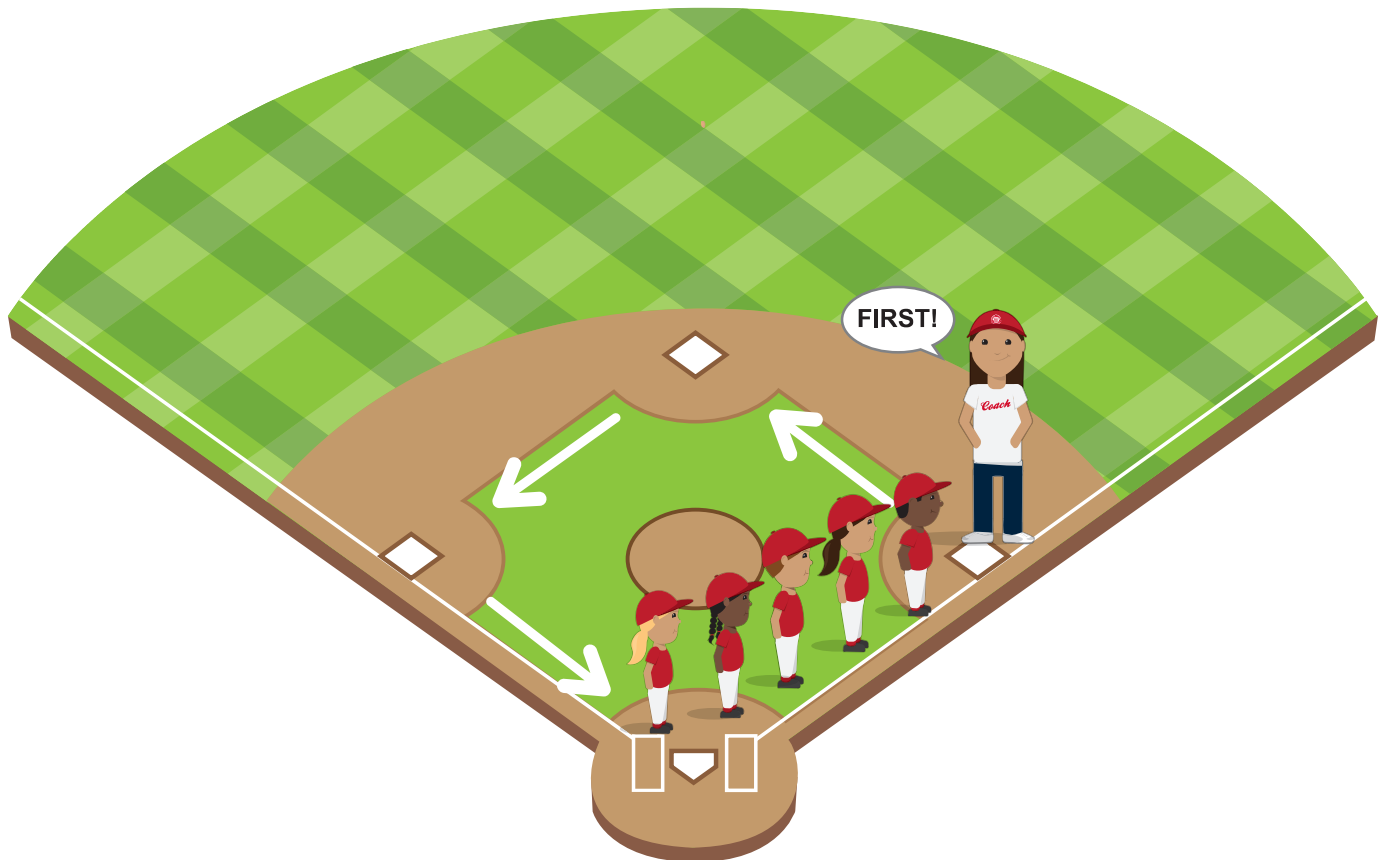


SEQUENCE 4

RUN THE BASES

WHAT YOU'LL NEED:

Bases



DRILL SEQUENCE:

- Starting at home plate, everyone jogs to first, second, third, and home in a line, following the coach and calling out the bases as they go.
- On round 2, start the line at home plate, on “go” the first player runs to first and stays on first. On the next “go”, the player on first advances to second and the new runner goes to first. Repeat with all players running and all advancing until each player scores at home plate.
- Optional to have a coach on the field with a ball in hand, stressing that the base means SAFE and if they are off the base they could be tagged OUT.



SEQUENCE 5

TEE HITTING

WHAT YOU'LL NEED:

Tee Balls | Tees | Helmets



DRILL SEQUENCE:

- The players are split into groups and take turns hitting off a tee into a net, fence, or open field with a coach.



FULL PRACTICE PLAN

WEEK FIVE

PRACTICE GOAL

The players should be able to stay in their position to field the ball and throw it to the correct coach/player to attempt an "out".

MATERIALS:

- Plastic Balls (15)
- Tennis Balls (15)
- Buckets for Balls (2)
- Tees (3-4) or Large Traffic cones
- Players' Gloves
- Bases (4)
- Cones (10) - or anything that can act as a barrier
- Bats (3-4)

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: Briefly review the correct way to field a ground ball, have a player demonstrate, and discuss the PCA tip of the week. (3 minutes)

2. RED LIGHT, GREEN LIGHT: Explain game to players and have them line up on the foul line or on a mock line in between two cones. A coach stands a distance across from the players. When the coach yells, "green light," they run, and when the coach yells, "red light," they must stop as quickly as they can. Repeat until the players arrive at the coach. The first player is the "winner" of that round. Turn players around and repeat game back to the starting point. (6 minutes)

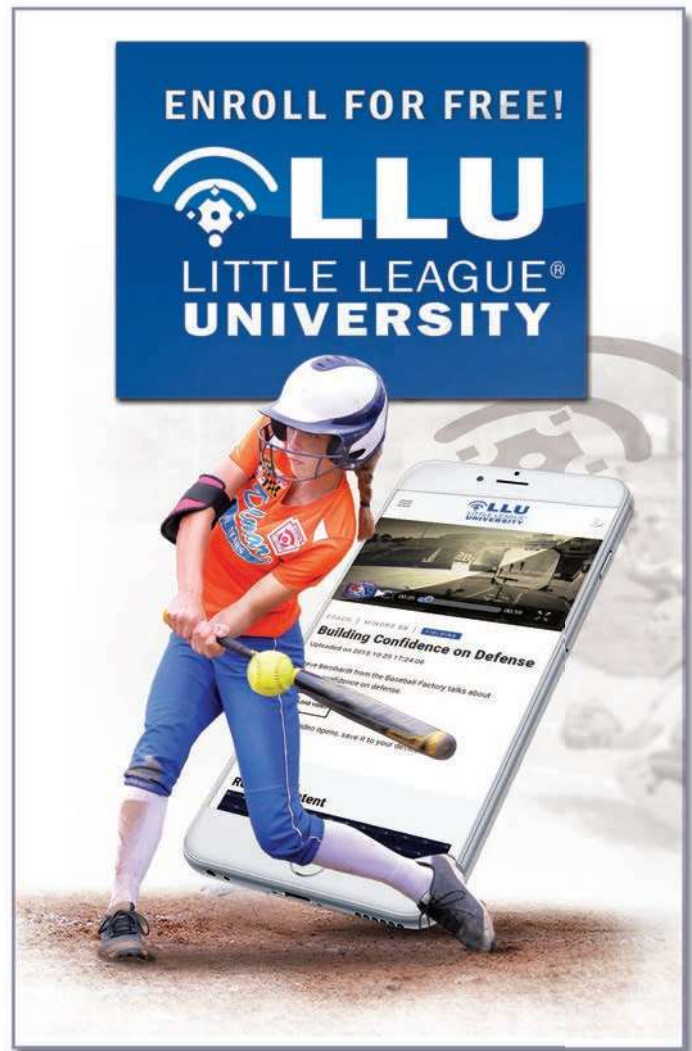
3. CATCHING PRACTICE: Have players get their gloves and find a personal space. Give each player a tennis ball. Have each player "challenge" himself or herself and toss the tennis ball (not too high) into the air and squeeze it in their glove. Stress watching the ball the whole time and covering the ball with the bare hand after the ball hits the glove. When players have practiced for a few minutes, ask them to see how many catches they can make in a row. Have players gather and return tennis balls to bucket. (4 minutes)

4. OFFENSE AND DEFENSE: Spread the players out in the field. Put a bucket on first base, second base, and third base. Designate one player the rest of the team must get the ball to (by throwing to them or running to them). That player is then responsible to put the ball in a bucket to make an out. The coach stands at home plate and rolls balls into the field to each position, one at a time. Players then must stay in position and get the ball to the designated person to place in the bucket for an out. Switch the player who is placing the ball in the bucket. (8 minutes)

PROGRESSION 2: Players MUST throw to the designated player. Designated player must place the ball in the specified bucket. (8 minutes)

PROGRESSION 3: Separate players into two groups. Send half out into the field behind a line of cones and the other half to home plate. The players in the field must stay behind this line during the game. There is also a bucket out in the field behind the cones. At home plate, have three or four tees (depending on number of players) set out apart from each other. Evenly send the players at home plate to the tees. On "go," the players at each tee take turns hitting the ball into the field (3 or 4 balls are being hit at once). The players in the field must collect the balls and put them into the bucket. Players at home plate rotate continuously (quickly) and take turns. Play for a specified time (4-5 minutes) then switch sides. (12 minutes)

5. CONCLUSION: Gather players and have them shake another player's hand. Talk about what they learned today and the PCA tip of the week. Remind the parents of the next event. (2 minutes)





**POSITIVE COACHING ALLIANCE
TALKING POINTS
FOR TEE BALL COACHES**

**WEEK 5 — TRYING HARD
(DIMITT)**

In order to get good at anything, you need to give your best efforts at every practice and in every game.

Many people think that talent is the most important thing in being good at a sport (or anything else in life). They think that either you are good at something or you aren't, but really any of us can get better if we work hard and have determination to improve.

That's why we say **“Determination Is More Important Than Talent.”** To help you remember, take the first letter of each word in that sentence and it spells **DIMITT**.

Remember DIMITT and have your athletes use it whenever things seem to be getting hard. We are going to have days when things come easily and days when it seems really hard. Let's remember DIMITT when things get hard.



WEEK FIVE

**QUICK PLAN
WEEK FIVE | 45 MINUTES**

0:03 INTRODUCTION

- Welcome players
- Review fielding a ground ball/PCA tip of the week

0:06 RED LIGHT, GREEN LIGHT

- Players are lined up, while a coach stands a distance away and calls “green light” for players to run, “red light” for them to stop. The first player to reach the coach wins
- See full practice plan for complete instructions

0:04 CATCHING PRACTICE

- Players are in a personal space with their glove and a tennis ball tossing and catching with themselves

0:28 OFFENSE AND DEFENSE



- Three Progressions
 1. Players in position run or throw the ball to the designated player.
 2. Players in position throw the ball to the designated player
 3. Half players are hitting and half are fielding

0:02 CONCLUSION

- Shake another's hand/PCA tip of the week
- Review what they learned
- Remind players of next event (practice/game)



TRYING HARD (DIMITT)

In order to get good at anything, you need to give your best efforts at every practice and in every game.

Many people think that talent is the most important thing in being good at a sport (or anything else in life). They think that either you are good at something or you aren't, but really any of us can get better if we work hard and have determination

That's why we say “Determination is More Important Than Talent.”

Remember DIMITT and have your athletes use it whenever things seem to be getting hard. We are going to have days when things come easily and days when it seems really hard. Let's remember DIMITT when things get hard.

SEQUENCE 2

RED LIGHT, GREEN LIGHT

WHAT YOU'LL NEED:

No equipment needed



DRILL SEQUENCE:

- All players line up on the foul line in the outfield and the coaches face the players a distance away. When a coach calls out “green light,” the players begin running toward the coach. When the coach calls out “red light,” the players must stop or freeze.
- The coach continues to call out green and red light until players reach a determined distance.



SEQUENCE 3

CATCHING PRACTICE

WHAT YOU'LL NEED:

Gloves | Tennis Balls



DRILL SEQUENCE:

- The players find a personal space anywhere in the playing area. The players should all have his/her glove and tennis ball.
- Players toss the ball in the air to themselves and catch it, or “squeeze it,” in their gloves.



SEQUENCE 4

OFFENSE AND DEFENSE - PROGRESSION 1 & 2

ONLINE VIDEO



WHAT YOU'LL NEED:

Tee Balls | Bases | Buckets (3)



DRILL SEQUENCE:

- The players begin the drill in positions. The coach rolls the ball to any position. The player at the specific position must field the ball and then either run it or throw it to a designated player (usually the person playing first base). That player then drops the ball into the bucket beside him/her and it counts as an "out."
- **PROGRESSION 2:** The player who fields the ball must throw the ball (and not run it) to the designated player with the bucket for an out.



SEQUENCE 4

OFFENSE AND DEFENSE - PROGRESSION 3

ONLINE VIDEO



WHAT YOU'LL NEED:

Tee Balls | Bases | Buckets (3) | Bats | Helmets | Tees



DRILL SEQUENCE:

- The players are divided into two teams. One team must go behind the line of cones in the field, and the other team is near home plate with a tee and plastic balls (or in line at a tee ready to take a turn).
- On “go”, the players at the tees all swing and hit their plastic balls into the field. The players in the field stay behind the cone line to field the balls and then run to place them in the bucket that is also behind the cone line in the field.
- The game is continuous and teams should switch sides after a specific time or until all of the balls are gone. All players (or most) are moving at all times.



FULL PRACTICE PLAN

WEEK SIX

PRACTICE GOAL

The players will be able to call for the ball before they catch it or field it. They will be able to recognize a team effort by encouraging and being attentive to others' actions on the field.

MATERIALS:

- Plastic Balls (15)
- Tennis Balls (15)
- Tee Balls (15)
- Buckets for Balls (3)
- Tees (3-4) or Large Traffic cones
- Players' Gloves
- Bases (4)
- Cones (16) - or anything that can act as a barrier
- Bats (3-4)

PRACTICE SEQUENCE

1. GATHER AND WELCOME PLAYERS: Talk about what the players liked most about the last game, what they had the most fun doing and the PCA tip of the week. **(3 minutes)**

2. ZIGZAGGING: Set out 4 lines of cones for lines of players to stand behind and zigzag through. Separate players into four groups behind each line of cones. On "go," the first player from each group runs and zigzags through the cones. When they get to the end, they circle around the last cone, zigzag back and tag the next player's hand. The next player goes. Repeat until each player takes a turn. **(5 minutes)**

3. TEE-HITTING: Break the players into 3 or 4 groups. Have them stand behind a tee and take turns swinging. A coach should be at each tee helping the players with the cues. Make sure the tee is in front of the player so they can hit the ball out in front. Players should start with a half swing to see where they will make contact with the bat before swinging hard. Have all players attempt to make contact with the barrel of the bat. Continue to reinforce the proper hitting mechanics. Review the proper grip on the bat. Talk about how tight they should hold the bat. Have players spread their feet slightly wider than their shoulders in an athletic position with knees slightly flexed. Their feet and shoulders should be in line with the pitcher's plate. Have them take a swing trying keep the bat level to the ground. Encourage them to swing hard while staying balanced. Remind the players that they should watch the ball the whole time. They should follow through by finishing with their hands near their lead shoulder and the laces on their back shoe should be facing the pitcher's plate. **(12 minutes)**

BREAK (2 minutes)

4. POP-UPS: Separate players into groups for fly balls. Each coach should take a group and begin with a small tosses to each player (with the group spread out in a semi-circle). The coach should call the player's name (whoever is being tossed to) and that player then calls the ball. After a few tosses to each player, have the players back up a few steps and the coach should now make higher tosses. After a few rounds, progress to one player

catching as many as they can in a row. When they are through (if they catch 1 or 10), the other players in that group do as many jumping jacks as that player caught and then say, "Good Job". (i.e. – Johnny is up and catches 4 fly balls in a row before he drops one. The other players in the group then do four jumping jacks for the fly balls he caught and then chant, "Good Job, Johnny.") Use cues. Catching is perhaps the most difficult skill for these young players to learn. Begin with no glove and allow players to catch a plastic ball in a "basket catch" method with fingers facing the coach. Gradually move to catching the plastic ball above the head with the fingers up. Once the player has a comfort level with catching the plastic ball, graduate to a tennis ball and have players put on their gloves. Begin with the basket catch and move to the proper technique of catching the ball with fingers up and thumbs together. Stress two hands by having players cover the ball with their bare hand each time it goes into the glove. **(10 minutes)**

5. RUN THE BASES RELAY: Review running the bases. Create two teams. Each team lines up behind a specified base (e.g. second base and home plate) and use a cone to have them stand behind (about 3 feet behind) the base. On "go," the first player of each team begins to run the bases with a plastic ball in hand (like a baton), tagging each base and returns to the base where they started. When they get back, they hand the plastic ball to the next player and go sit down at the end of the line. The next player begins to run the bases when they get the ball and it repeats through the line. The first team done wins. **(8 minutes)**

6. CONCLUSION: Gather players and have them tell another teammate one thing that they are going to try to do well in the next game and discuss the PCA tip of the week. Remind the parents of the next event. **(2 minutes)**





**POSITIVE COACHING ALLIANCE
TALKING POINTS
FOR TEE BALL COACHES**

WEEK 6 —TEACHABLE SPIRIT

(WAG)

You want your athletes to learn and get better every week this season. That means they need to have a Teachable Spirit.

People often stop learning because while they are learning something new, and they are not yet good at it, they don't want to look foolish. But the really foolish person is the one who stops learning.

When it's time for your team to learn, you can WAG! The letters W-A-G help us remember how to learn

W is for Watch. Your athletes can learn a lot just by watching someone do something that they want to know how to do.

A is for Ask. Many people don't ask questions because they think.

G is for Get coaching. Your athletes can get a coach to help them learn what they want to learn.



WEEK SIX

**QUICK PLAN
WEEK SIX | 45 MINUTES**

0:03 INTRODUCTION

- Welcome players
- Talk about what the players had the most fun doing at the previous game/PCA tip of the week

0:05 ZIGZAGGING

- Players are broken into lines and zigzagging around their cones
- See full practice plan for complete instructions

0:12 TEE HITTING



- Break players into three or four groups
- Players take turns hitting off the tees

0:02 BREAK

0:10 POP-UPS

- Players are in groups, each group is in a semi circle, players are tossed pop-ups and called by name, the player calls the ball
- Progress with difficulty
- How many can each player catch in a row
- Jumping jacks for number of catches

0:08 RUN THE BASES RELAY

- Divide players into two teams
- One team begins at home and the other team at second base
- Players run one at a time with a plastic ball as a baton, and hand off
- First team finished wins
- See full practice plan for complete instructions

0:02 CONCLUSION

- High fives
- Review what they learned/PCA tip of the week
- Remind players of next event (practice/game)



TEACHABLE SPIRIT (WAG)

People often stop learning because while they are learning something new and they are not yet good at it, they don't want to look silly. But the really silly person is the one who stops learning. The letters W-A-G or "Wag" can help us remember how to learn.

W - is for Watch. You can learn a lot just by watching someone do something

A - is for Ask. Many people don't ask questions because they think it makes them look silly. But, it's smart to ask questions!

G - is for Get coaching. Get a coach to help you learn.

SEQUENCE 2

ZIGZAGGING

WHAT YOU'LL NEED:

Cones



DRILL SEQUENCE:

- The players are broken up into groups. Each group lines up behind a line of spaced out cones.
- On “go”, the first player in each line zigzags through the cones, circles around the last cones, and zigzags back between the cones. They then tag the next person in line to proceed through the cones.
- Finish when all players are complete or turn the drill into a race between teams.



SEQUENCE 3

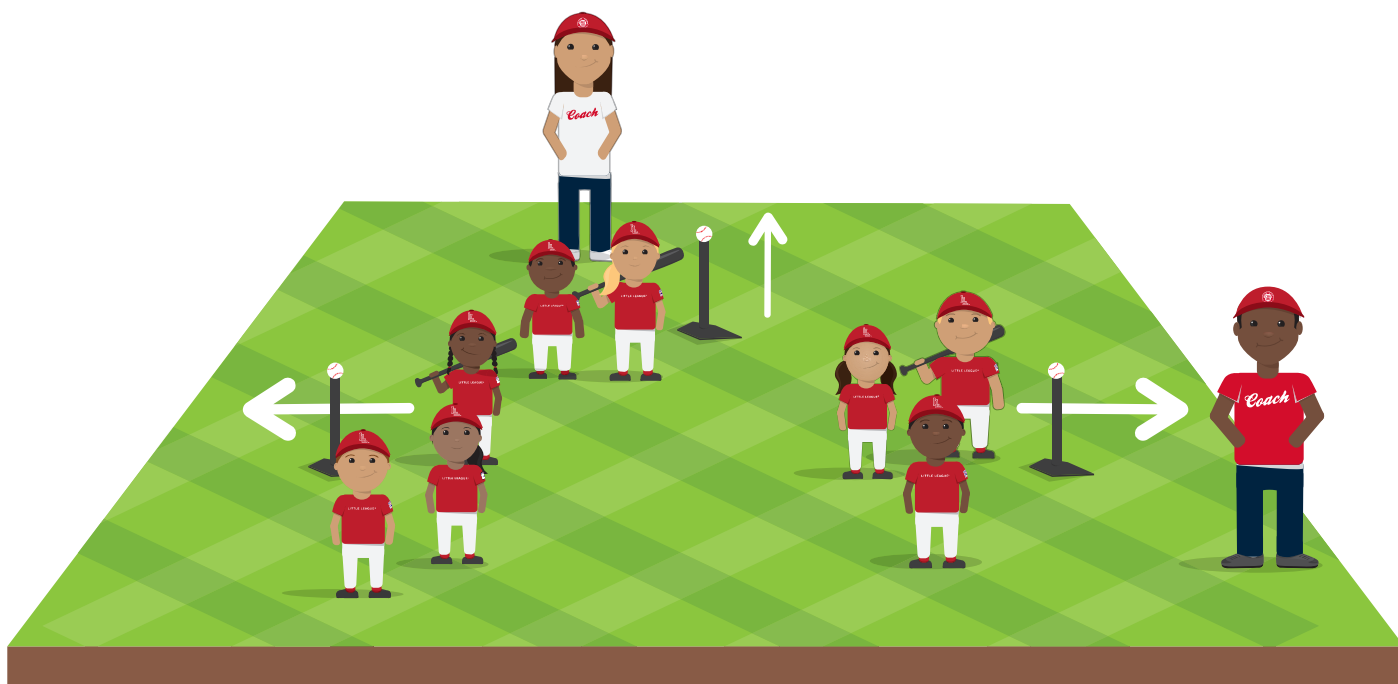
TEE HITTING

ONLINE VIDEO



WHAT YOU'LL NEED:

Tee Balls | Tees | Helmets



DRILL SEQUENCE:

- The players are split into groups and take turns hitting off a tee into a net, fence, or open field with a coach.

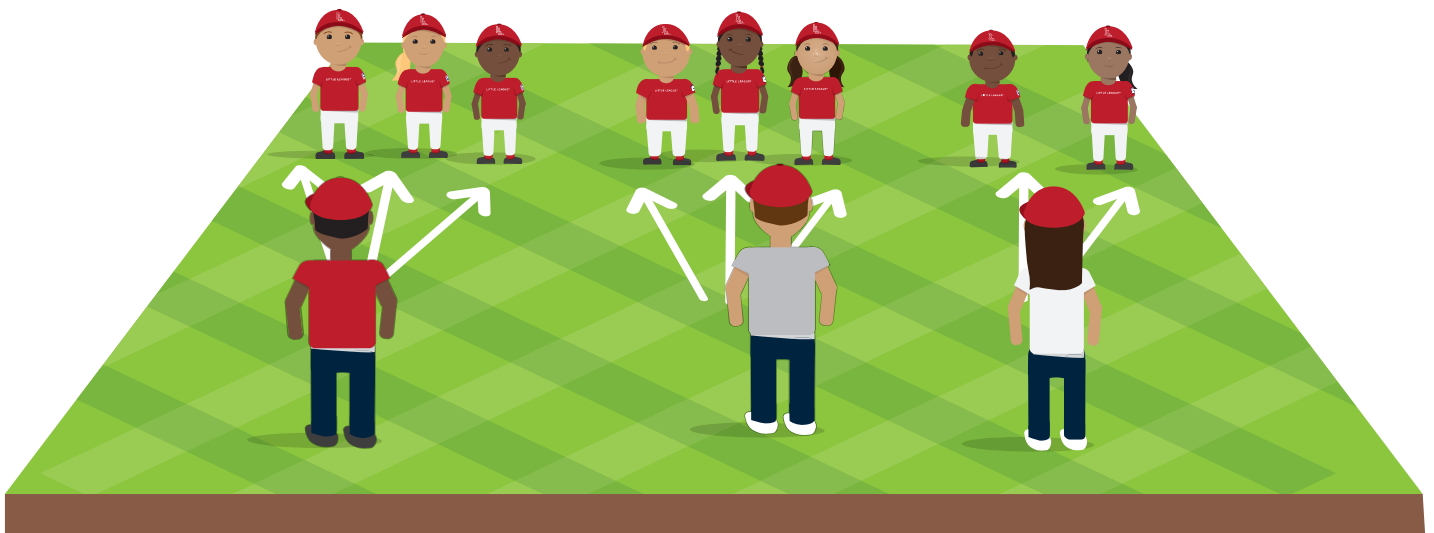


SEQUENCE 4

POP-UPS

WHAT YOU'LL NEED:

Gloves | Tee Balls



DRILL SEQUENCE:

- The players are split up into groups and paired with a coach.
- Each group circles around or spreads out around the coach. The coach takes turn with each player and tosses him/her a very shallow pop-up, progressing higher and higher with each turn.
- After a few practice rounds, each group has a contest within itself to see which player can catch the most pop ups in a row. However many each player catches within each group, the other group members do that many jumping jacks before the next player's turn.

