

**Fundamental Throwing Steps:**

Point glove hand or elbow at target  
Ball hand behind ear higher than shoulder  
Step opposite foot to target  
Follow through hand all the way to opposite hip

1) Fence/Hula Hoop Throw:

- a) Kids line up on a baseline facing dugout fence, space out between each other
- b) Run through just arm motion half of the time
- c) Then give each kid a ball to throw at fence (can tape targets like hula hoops to fence)
- d) Make sure kids do not throw when a kid is getting a ball in front of them

2) Throwing Warm Up Routine: [See video](#)

**Fundamental Hitting Steps:**

Comfortable stance at the plate, straight line from toes points to pitcher  
Hands up behind ear, knees bend  
“Load”: weight on back foot, slight hip and hands movement back  
“Explode”; small step to pitcher, hips turn, drive knob of bat to ball/pitcher

1) Load/Explode:

- a) Space kids out
- b) Everyone runs through motions without bat/ball
- c) Work on stance, Work on strong, level compact swing
- d) Add bats
- e) Not using a ball allows all kids to swing

**Fundamental Fielding Position:**

Feet shoulder width, knees bent, head up, back straight  
Glove hand down in dirt, Throwing hand above glove  
Field the ball in front of feet (foot/hands/foot make a “V”)

1) Alligator /Skateboard [See Video](#), [Video](#)

- a) Practice fundamental grounder position (Arms make alligator mouth)
- b) Everyone runs through motions without ball first
- c) Line up kids, each gets 3-5 balls on their turn
- d) Start at about 10 ft rolling the ball to them
- e) Kids can drop or flip the ball back to you. Throwing adds complication and time
- f) Once ball is fielded shuffle feet and hop into throw like hopping on a “skateboard”

**Fundamental Catching:**

Above waist thumbs together  
Below waist pinkies together

1) Catching [See Video](#)

- a) Start with soft /tennis balls
- b) Work on straight on, small pop-ups, side to side, in and out motion
- c) Without the glove, with the glove



**Optional Activities:**

King of the Hill:

- Timed one at a time HR run
- Fastest time is the King

Pitching Knockout:

- Everyone lines up
- One at a time throws a pitch to coach
- Strikes keep going, Balls are out
- Go until 1 kid

Grounder Knockout:

- Everyone lines up
- One at a time take grounder from coach
- Stops keep going, Misses are out
- Go until 1 kid

Running Race: Always run the correct way around the bases

- Half the team runs Home - 2nd
- Half the team runs 2nd - Home
- Both teams start at same time one player leaves there base
- When player reaches his final base (home or 2nd) next player goes from the original base
- Coaches help prevent collisions at home and 2nd
- First team to get all kids to opposite base win

