



JOIN TEAM CODE

6MZR5Y8



PRACTICE

U6 Baseball

AGE: 5 OR YOUNGER

06/9/2025 - 50 MINUTES



Have parents join
team by scanning
with camera.

OVERVIEW

- Follow the Leader - 10 minutes
- Extreme Catch - 10 minutes
- Name Game - 10 minutes
- Jog-the-Bases - 10 minutes
- Basepath Relay - 10 minutes

Practice Notes:



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Follow the Leader

10 minutes

DESCRIPTION

Players improve their agility and coordination in this easy warm up.

WHAT YOU NEED

4 cones

SETUP

Use 4 cones to mark 2 end lines, and tell the team to spread out along the starting line. (If you don't have cones, you can mark lines with any objects you have handy.) Choose a leader. To start, that's you!

Call out a series of actions that the team performs while moving across the field.

First up, it's time for high knees. Make sure they keep those arms pumping!

Then, a few butt-kickers.

After that, turn them around and have them jog backwards.

Next, work their lateral movement with some side shuffles... in both directions!

Then finish up with a good, old-fashioned sprint!

When you're finished, play again—and choose a volunteer to be the new leader.

WHAT TO EXPECT

This is a great activity to kick off practice... or warm up for a game. Getting players familiar with the movements their bodies will make out on the field will improve their performance when it's time to play ball.

Additional Notes:



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Extreme Catch

10 minutes

DESCRIPTION

Players build arm strength and throwing accuracy in this go-to game.

WHAT YOU NEED

1 bucket of balls
1 glove per player
4 cones

SETUP

More experienced baseball and softball players use this as a warm-up to loosen their arms... but for beginners, you'll want to give it more structure and turn it into a game.

Divide players into pairs, then create a line using 4 cones—3 spaced 5 feet apart, and another cone 20 feet away.

One player stands at the far cone, holding a ball, with their partner facing them at the next cone.

On your call, the player with the ball throws it to their partner, who catches it and throws it back. With each successful catch, the player on the line moves back a cone.

After throwing from the last cone, they start moving forward again, first to the middle cone, then the starting cone.

Give each pair a turn, then have players switch roles and play again.

WHAT TO EXPECT

Inexperienced players may have trouble reaching their partner on the fly. That's OK—not everyone has an arm like the natural. The rest of us need to use our whole bodies when throwing.

COACHING TIPS

Make sure players are working on the fundamentals of catching and throwing.

Remind your players to use both hands and to move their feet!

CHANGE IT UP



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Add a different kind of movement. Instead of a straight line of cones, have players set up an imaginary circle. As one player shuffles around the circle, the other player throws to them from the center. The player on the outside of the circle has to successfully catch the ball and throw it back while moving. Continue for about a minute, then have the players swap positions—and go again.

Add Hot Potato rules. Instead of stepping back for a longer throw each time, the idea is to catch the ball and get rid of it quickly, without moving the feet. This variation helps players work on their ball transferring skills.

DO IT AT HOME

Players can keep working on their throwing and catching skills at home with [Go Long](#). Available with MOJO+.

Additional Notes:



Name Game

10 minutes

DESCRIPTION

In this warmup, players get to know who's sitting next to them in the dugout.

WHAT YOU NEED

1 bucket of balls
1 glove per player

SETUP

Circle up your team, so your players are at arm's-length apart. Give one player a ball.

On go, whoever has the ball tosses it to a teammate, who must shout their own name before catching it.

Once everyone in the circle has had a turn, switch it up! Make the player with the ball call out the name of the teammate they're throwing to.

COACHING TIPS

Remind players to make eye contact with their throwing target before tossing them the ball. Safety first—and hey, it's polite!

Once they get the hang of it, challenge them to each choose a nickname, then play again using those, instead of their real ones. Out on the diamond, nicknames are just as important as real ones.

CHANGE IT UP

Make it a spiderweb. Have your players form a large circle, with one player standing in the center. That player is the spider. On your call, the spider tosses the ball back and forth with each player standing around them—saying their name each time.

Once the spider passes to everyone and builds its web, have the players rotate so a different player gets to be the spider in the next round.

Additional Notes:



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Jog-the-Bases

10 minutes

DESCRIPTION

In this game, ball players learn to find their way home.

SETUP

Line your team up behind home plate, with you at the front of the line, and tell them to follow the leader. If there's a second coach, have them bring up the rear of the line.

Start jogging around the bases. When you reach a base, call out which one it is. But more importantly, make sure your players do the same!

When your team makes it all the way around the diamond, and the last player in line touches home, pretend it's the winning run of the world series and go crazy!

COACHING TIPS

Remind them to step on the inside corner when rounding a base. It's the fastest way to change directions—and avoid slipping!

CHANGE IT UP

Take it up a notch! When you start jogging, the last player in line sprints to the front. Then, when *that* person gets there, the next person at the end of the line sprints to the front of the line. And so on, until the whole team makes it home.

Additional Notes:



Basepath Relay

10 minutes

DESCRIPTION

Players race their way around the diamond in this game.

SETUP

Divide players into two equal teams. Then divide each team in half.

One group from each team lines up at home base; the others line up at second.

On your call, the first players lined up at home start running to second—one by way of first base and another by way of third.

When they reach their destination, the runners high-five the teammate waiting for them... who takes off in the opposite direction, running to tag the next teammate in line at home.

The first team to complete each leg of the relay wins the race.

WHAT TO EXPECT

Remember, there's a difference between being fast and quick. Some players are born fast, but anyone learn to be quick if they round the bags correctly—keeping their heads down and arms pumping!

COACHING TIPS

Encourage players to touch the inside of the bag when touching each base.

CHANGE IT UP

You can always choose different starting or end points—have one group run from home to the right field foul pole and the other to left.

Additional Notes: