

Trumbull Little League Coaching Clinic.

Organization- players per day versus coaches, know your splits.

- For example: 12 players, 3 coaches, 4 per group.

AS FUNDAMENTAL AS IT SOUNDS: learn names fast. Laminate a roster and look at it and the kid, put a face to the name, name to the face. The quicker you do this, the faster you set a consistent tone with your group!

- Have a Plan or Routine. (Ex: Tuesday reps versus Thursday Teams Defense/hitting)

CAN'T EVER GO WRONG WITH REPS THEY NEED to LEARN HOW TO CATCH & THROW BEFORE LEARNING ANYTHING ELSE

How To Organize at the start of a practice: 3 examples in this document.

1. Small groups of Four
 1. Speed latter
 2. Square/footwork
 3. Ground balls/no glove versus glove
 4. Routes/tennis balls to hard balls/football
 5. Side to side pick up put down
 6. One Two Present

OBJECTIVE IS TO PREACH BEING ATHLETIC AND MOVING FAST UNDER CONTROL

2. Two Behind A Ball — this is a classic Segway into throwing lines.

Sample Dynamic Warm Up

1. High knee
2. Side shuffles
3. **Lunges with a reach up:** here you can evaluate movements, stability and core strength.
4. Secondary lead
5. Straight steal
6. Arm ladders

3. 20 seconds on 10 seconds off/three exercises

- a. Jumping Jack
- b. Squats
- c. Plank
- d. Mountain climbers
- e. Arm Circles
- f. Skaters

PICK THREE AND EXECUTE THREE ROUNDS.

Throwing lines:

- 1. Transfers
- 2. Power Position & Go
- 3. Pre Set
- 4. One shuffle
- 5. Two shuffles
- 6. Position (IF,OF,C,P)

**THROWING LINES IS THE KEY TO THE ENTIRE PRACTICE. Catch the ball, throw the ball!
HUGE EMPHASIS ON CATCHING THE BALL.**

Catch and Throw Drills

A. Star

B. Line

C Square throws versus fielding

Fielding

A. Batten Drills/knees and standing

B. PVC Pipes

C. Reps/footwork left

Outfield

A. Drop steps

B. Routes

C. Football

Hitting

A. Tee work

1. Walk to Launch
2. Stride & Go

MAKE SURE PLAYER UNDERSTANDS SPACING BETWEEN THEM AND THE BALL

B. BP versus Front Toss

1. Body Awareness
2. Control