

### 3-6U Practice Ideas

#### Catching:

- **2 Hand Small Toss:** Toss ball up to self w/ 2 Hands and Catch it
- **1 Hand Small Toss:** Same as 2 Hands but with 1 Hand.
- **Glove Small Toss:** Toss ball up to self and catch w/ Glove.
- **Team Catch:** Break into small groups, coach throws ball to one player at a time for 1 minute; team that catches the most throws, wins.
- **Partner Catch:** Play catch.
- **Partner Ground Balls:** Partners roll the ball to each other and partner fields the ball.

#### Throwing:

- **Partner Catch:** Play catch
- **Target Games:** example – Hit the ball off the tee; break into small groups, first team to knock the ball off the tee by throwing, wins.
- **Relay Race:** Break into small groups, line up about 10-15 feet apart in a straight line, throw down the line to each player, first to go down and back wins.

#### Hitting:

- Avoid being technical. Biggest thing: stepping towards the pitcher on their swing.
- Each player gets 3 swings, and they run to first on the 3<sup>rd</sup> swing.
- Work on base running while another kid hits.
- Rotation of fielding to hitting to base running.

#### Base Running:

- Ball hit on the ground: Run.
- Ball hit in the air: Freeze.
- Ball caught: Go back.

#### Other suggestions:

- Stick to a couple drills and repeat them every practice until mastered. K-I-S-S theory.
- Drill – Fun – Drill – Fun – etc...keep each activity short.
- Have every kid play all the positions