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1. Pre-K (Tee Ball Introduction)

Age: 4–5

Practice Length: 60 minutes

Players: ~10

Goal: Introduce baseball through fun activities that build coordination, confidence, and a basic understanding of the game.

Main Skills: Hitting off a tee, catching with two hands, throwing motion, running bases, teamwork.

Warm-Up & Stretching (10 min)

1. Arm Circles – small and large, forwards/backwards, 10 each.
2. Wrist Twists – rotate wrists clockwise/counterclockwise, 10 each.
3. Shoulder Shrugs – 10 reps.
4. Jog Around Bases – 1–2 laps.
5. Gentle Toss – underhand toss to partner, 5–10 throws.
6. High-Five Catch – toss ball lightly, clap hands before catching.

Drills

Pre-K (Tee Ball) — detailed drills

Drill 1 — Hit & Run

- Purpose: Teach safe batting sequence and base running habit.
- Setup: One tee at home plate, soft balls, bat, first base.
- Steps: Player steps in, sets stance, hits ball off tee, drops bat safely (to side), runs to first and touches it. Coach retrieves ball and returns tee to next batter. Rotate quickly.
- Coaching cues: “Feet shoulder width,” “Watch the ball,” “Drop the bat, run fast!”
- Progressions: Add “touch and turn” to practice rounding to second (later ages).
- Common errors & fixes: Player holds bat — teach a drop-zone and practice dropping; player stops before base — reinforce “run through first.”
- Time: 6–8 minutes (with 10 players keep rotation tight).

Drill 2 — Alligator Catch

- Purpose: Teach two-hand catching and soft hands.
- Setup: Soft foam balls, space for kids to sit/stand.
- Steps: Coach rolls or lightly tosses ball to player; player shows “alligator mouth” glove hand and top hand, catches, gives ball back. Repeat.
- Coaching cues: “Thumbs together, fingers spread,” “Watch it all the way in.”
- Progressions: Move tosses progressively higher/longer, then short underhand toss.
- Errors/fixes: One-hand catches — insist on two-hand tap after catch; glove too high — lower to waist then up.
- Time: 5 minutes.

Drill 3 — Bucket Toss

- Purpose: Develop basic throwing accuracy and introduce stepping into throws.
- Setup: 1–2 buckets 10–15 ft away.
- Steps: Players line up and step-throw to bucket, collect ball and return to line. Award points.
- Coaching cues: “Step, point, throw,” “Follow through to target.”
- Progression: Increase distance or set smaller target.
- Errors/fixes: No step — practice stepping with no throw first; throws wild — shorten distance.
- Time: 5–7 minutes.

Drill 4 — Base Race

- Purpose: Teach base path order and running with urgency.
- Setup: Bases set normally.
- Steps: Players line at home; on coach signal they run home→first→second→third→home or do one-base relays. Coach times or makes it a fun race.
- Coaching cues: “Touch the base,” “Run through the bag.”
- Progression: Add live fielding (hit then run).

- Errors/fixes: Cutting corners — mark path and demonstrate; slowing down — praise hustle.
- Time: 4–6 minutes.

Drill 5 — Ground Ball Roll

- Purpose: Introduce fielding fundamentals: getting in front of ball, two-hand scoop.
- Setup: Coach with several soft balls.
- Steps: Coach rolls ball to player; player gets in front, field with glove down, two hands, and throw to coach. Rotate.
- Cues: “Butt down, eyes up,” “Glove to ball.”
- Progression: Add glove transfer to throwing motion.
- Errors/fixes: Reaching with glove — have player shuffle forward before fielding; standing upright — demo bent knees.
- Time: 6–8 minutes.

Drill 6 — Tee Hitting Rotation

- Purpose: Improve swing mechanics and repetition with one tee.
- Setup: One tee, one batter at a time, players fielding.
- Steps: Batter takes 3–5 swings, then rotates; while waiting, players practice fielding a rolled ball to first base.
- Cues: “Chin on shoulder, eyes on ball, big front foot.”
- Progression: Add zone targets (cones) to aim direction.
- Errors/fixes: Poor stance — set feet for player; no follow through — coach demonstrates.
- Time: 10 minutes (main hitting component).

Drill 7 — Catch the Coach

- Purpose: Fun warm-up that reinforces base running order.
- Setup: Coach jogs between bases; players chase.
- Steps: Coach gives head start, players try to tag. Emphasize running path.
- Cues: “Touch each base,” “Eyes on coach.”
- Variation: Let player be the coach occasionally to increase motivation.
- Time: 3–4 minutes.

Drill 8 — Throw to Target

- Purpose: Reinforce stepping and follow-through for throws.
- Setup: Cones, bucket or fence square 10–20 ft away.
- Steps: Pair players or line up; players step toward target and throw. Score or count hits.
- Cues: “Chin over front shoulder, follow through.”
- Progression: Increase target distance.
- Errors/fixes: Sidearm throws — show proper overhand motion; no step — practice stepping without ball.
- Time: 5–7 minutes.

Drill 9 — Tee Hitting Accuracy Game

- Purpose: Teach direction control and contact shape.
- Setup: One tee; two cones 15–20 ft apart down the line.
- Steps: Batter aims to hit ball between cones; points for success; fielders retrieve.
- Cues: “Short compact swing, aim between cones.”
- Variation: Assign direction targets (opposite field / pull).
- Time: 6 minutes.

Drill 10 — Bucket Knockdown

- Purpose: End practice with fun competition and reinforce throwing accuracy under light pressure.
 - Setup: Single bucket 15–20 ft away.
 - Steps: Players take turns trying to knock over bucket with throws. Award 1–2 points per hit.
 - Cues: “Step and throw,” “Follow through.”
 - Variation: Move bucket slightly each round to challenge accuracy.
 - Time: 4–6 minutes.
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2. Kindergarten (Coach Pitch Introduction)

Age: 5–6

Practice Length: 60 minutes

Players: ~10

Goal: Transition from tee to coach pitch, reinforce hitting, catching, throwing, and base running.

Warm-Up & Stretching (10 min)

1. Arm Circles & Shoulder Rolls – 10 each direction.
2. Wrist & Elbow Rotations – 10 each.
3. Jog Around Bases – 1–2 laps.
4. High Knees & Butt Kicks – 5–10 yards each.
5. Pair Toss Drill – Light underhand toss to partner, step toward target, 5–10 throws.
6. Quick Feet Drill – Shuffle side-to-side between cones, 2 rounds.

Drills

Drill 1 — Soft Coach Pitch Hitting

- Purpose: Build confidence hitting a moving ball from coach pitch.
- Setup: Coach kneels or tosses underhand from ~10–15 ft. One tee available as fallback.
- Steps: Batter gets 3–5 pitches; coach keeps pitch arc high and slow; next batter ready while fielders retrieve.
- Cues: “Load, step, swing,” “Watch the ball to the bat.”
- Progressions: Reduce arc/pace as kids improve; move coach further back.
- Common errors/fixes: Swinging early — use tee practice before pitch; missing due to fear — soft toss close to batter until comfortable.
- Time: 12–15 minutes (core hitting).

Drill 2 — Ground Ball Relay

- Purpose: Teach fielding sequence: field → transfer → throw to target.
- Setup: Infield positions, coach rolls/tosses grounders.
- Steps: Player fields and throws to a coach or first base; next ball rolled immediately to keep reps high. Rotate positions.
- Cues: “Glove down, shuffle, step and throw.”
- Progression: Add a relay to a second base to practice cutoffs.
- Errors/fixes: Throwing from glove — practice transfer drill; poor footwork — station coaches at each spot to fix stance.
- Time: 8–10 minutes.

Drill 3 — Throwing Accuracy Challenge

- Purpose: Reinforce accurate throws under low pressure.
- Setup: Cones or bucket 15–20 ft away.
- Steps: Players take turns attempting to hit the target. Keep score to encourage focus.
- Cues: “Step to the target, elbow up, follow through.”
- Variation: Move target or make small targets as skill grows.
- Time: 6–8 minutes.

Drill 4 — Base Running Drill

- Purpose: Teach base running order, when to run or hold.
- Setup: Bases in place.
- Steps: Simulate hits or give coach signal; players practice reading signals (e.g., hit to infield hold, hit to outfield advance). Repeat with different scenarios.
- Cues: “Run hard to first,” “Look at coach for next base.”
- Progressions: Add game situations (runner on first, less than two outs).
- Time: 6 minutes.

Drill 5 — Fly Ball Catching Basics

- Purpose: Introduce tracking and calling fly balls.
- Setup: Coach tosses short pop-ups or soft toss with underhand.

- Steps: On toss, players call “Mine!” then use two hands to catch while moving under the ball. Rotate.
- Cues: “Call it early, watch it in, two hands.”
- Errors/fixes: Hesitation to call — practice calling in a line with rewards; catching with one hand — emphasize two-hand finish.
- Time: 6–8 minutes.

Drill 6 — Tee-to-Coach Hitting Transition

- Purpose: Bridge tee mechanics to live coach pitch.
- Setup: One tee used for a quick prep swing before coach pitch.
- Steps: Player hits 1–2 balls off tee focusing on swing path, then faces coach pitch immediately to apply the same motion.
- Cues: “Same swing on tee as on pitch.”
- Variation: Use soft toss in between tee and coach pitch for timing.
- Time: 8–10 minutes.

Drill 7 — Quick Toss Fielding

- Purpose: Improve reaction speed and fielding consistency.
- Setup: Coach stands close and rapidly rolls/tosses balls in succession to a fielder or line of fielders.
- Steps: Players field each ball and throw to coach/target quickly; rotate to keep moves fresh.
- Cues: “Ready, glove down, quick hands.”
- Errors/fixes: Over-reaching — move coach closer; slow transfers — do transfer drills without ball first.
- Time: 6–8 minutes.

Drill 8 — Target Throw Game

- Purpose: Make throwing practice game-like and motivating.
- Setup: Multiple cones or buckets at varying distances and points.
- Steps: Players attempt to hit assigned targets for points. Keep rotating to maintain engagement.
- Cues: “Aim, step, throw.”
- Progression: Add moving targets or simulate a runner stealing to simulate real throws.
- Time: 6–8 minutes.

Drill 9 — Run-the-Bases Relay

- Purpose: Reinforce base touch and running paths with competition element.
- Setup: Two teams run relay style around bases.
- Steps: Team members run base path and hand off imaginary baton (or tag next teammate). First team to finish wins.
- Cues: “Run through first, touch the bag.”

- Errors/fixes: Cutting corners — mark path and demonstrate; standing on bases — emphasize pace.
- Time: 4–6 minutes.

Drill 10 — Coach Pitch Scrimmage

- Purpose: Put skills into game context with controlled environment.
 - Setup: Half field with positions, coach pitches.
 - Steps: Play short innings, rotating hitters/fielders. Coach halts when teachable moments arise (e.g., missed bases).
 - Cues: “Play like a game but we’re learning.”
 - Variation: Limit outs or runs to keep everyone batting.
 - Time: 12–15 minutes.
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3. First Grade (Coach Pitch – Game Awareness)

Age: 6–7

Practice Length: 60 minutes

Players: ~10

Goal: Teach basic game flow, hitting off live pitches, fielding with recorded outs, and proper base running.

Warm-Up & Stretching (10–12 min)

1. Arm Circles & Shoulder Rolls – 10 each.
2. Wrist, Elbow, and Shoulder Rotations – 10 each.
3. Jog with Direction Changes – run base paths, change directions on command.
4. Dynamic Leg Stretches – high knees, butt kicks, side shuffles.
5. Pair Throwing Circuit – step toward target, throw, jog back, 5–10 throws.
6. Quick Reaction Toss – coach lightly tosses balls to improve hand-eye coordination.

Drills

Drill 1 — Live Coach Pitch Hitting

- Purpose: Build consistent contact vs live pitching; develop plate routine.
- Setup: Coach kneels/stands at consistent distance; batter ready with tee as backup.

- Steps: Each batter receives 3–5 pitches; coach gives positive feedback and quick rotation to keep reps high.
- Cues: “Load, stride, quick hands,” “Short to the ball.”
- Progressions: Bring coach slightly farther back, change pitch location.
- Common errors/fixes: Chasing pitches — practice bat speed drill and pitch recognition with coach showing ball early.
- Time: 12–15 minutes.

Drill 2 — Fielding Basics with Outs

- Purpose: Teach correct fielding-to-first progression for recording outs.
- Setup: Coach rolls/tosses; designate first base target.
- Steps: Player fields, transitions, throws to first base for out. Coach may call play result to simulate game pressure.
- Cues: “Get in front, gather, step and throw to first.”
- Progression: Add force-play scenarios with other bases.
- Time: 8 minutes.

Drill 3 — Target Throw Challenge

- Purpose: Improve accuracy from multiple infield spots.
- Setup: Cone/bucket at 15–25 ft.
- Steps: Players throw from various positions (3B, SS, 2B, OF) to hit target. Score for hits.
- Cues: “Aim for the target, quick release.”
- Variation: Timed rounds to simulate urgency.
- Time: 6–8 minutes.

Drill 4 — Base Running Awareness

- Purpose: Teach when to advance, stay, or tag up.
- Setup: Bases, coach signals or hit balls.
- Steps: Simulate plays: coach hits to infield (hold), outfield (advance), fly ball (tag up). Players practice reaction.
- Cues: “See the ball, decide quickly,” “Tag then go.”
- Time: 6–8 minutes.

Drill 5 — Fly Ball Practice

- Purpose: Refine communication and catch technique on pop-ups.
- Setup: Coach hits or tosses pop-ups to groups.
- Steps: Fielders call “Mine!”, move under ball, two-hand catch, and throw to cutoff.
- Cues: “I got it!” “Two hands,” “Call early.”
- Errors/fixes: Collisions — teach priority rules (center fielder has priority).
- Time: 8 minutes.

Drill 6 — Ground Ball Game

- Purpose: Increase engagement in fielding with scoring system.
- Setup: Coach rolls grounders to infielders; teams score points for clean plays.
- Steps: Rotate fielders; award points for on-time field, clean throw, and force/out.
- Cues: “Clean glove, quick feet, accurate throw.”
- Progression: Introduce more complex plays (double plays).
- Time: 8–10 minutes.

Drill 7 — Tee-to-Coach Hitting Transition

- Purpose: Smooth swing mechanics transfer to live pitching.
- Setup: One tee, then coach pitch.
- Steps: Batter hits one tee ball focusing on mechanics, then takes live pitches implementing same swing.
- Cues: “Same swing from tee to pitch.”
- Time: 6–8 minutes.

Drill 8 — Quick Toss Relay

- Purpose: Improve team speed and throw accuracy under quick regroup situations.
- Setup: Infield rotation with coach rolling successive grounders.
- Steps: Each fielder fields and throws to first rapidly; next ball rolled immediately. Emphasis on turnover speed.
- Cues: “Quick hands, accurate throw.”
- Time: 8 minutes.

Drill 9 — Mini Inning Scrimmage

- Purpose: Apply skills to real game structure with manageable length.
- Setup: Half field, coach pitches.
- Steps: Play 1–2 innings with all players batting; coaches stop to teach proper base running/positioning. Track outs and runs.
- Cues: “Play like a game; learn from plays.”
- Time: 12–15 minutes.

Drill 10 — Batting Accuracy Game

- Purpose: Develop directional hitting and bat control.
 - Setup: Cones or target zones in outfield/gaps.
 - Steps: Coach pitches; batter tries to hit into assigned zone. Score points for success. Rotate quickly.
 - Cues: “Aim where coach points, short swing.”
 - Time: 6–8 minutes.
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4. Second Grade (First Catching & Game Flow)

Age: 7–8

Practice Length: 60 minutes

Players: ~10

Goal: Introduce structured innings, catching, fielding, and base running.

Warm-Up & Stretching (10–12 min)

1. Arm Circles & Shoulder Rolls – 10 each.
2. Wrist, Elbow, Shoulder Rotations – 10 each.
3. Jog Base Paths with Stops
4. Dynamic Leg Stretches – high knees, butt kicks, side lunges
5. Throwing Circuit – rotate through short, medium, long throws
6. Partner Catch with Movement – step before catching

Drills

Drill 1 — Catching Basics

- Purpose: Build fundamental receiving and glove technique.
- Setup: Soft toss underhand from coach, pairs.
- Steps: Players practice receiving, two-hand finish, and throwing back. Add blocking basics (knees, soft balls) later.
- Cues: “Thumbs up on throw back, glove soft.”
- Errors/fixes: Flapping glove — drill with stationary target to focus on catching first.
- Time: 8 minutes.

Drill 2 — Live Coach Pitch Hitting

- Purpose: Maintain hitting reps while players begin catching and game structure.
- Setup: Coach pitches from consistent distance.
- Steps: Batters hit 3–5 pitches; rotate; include situational batting (move runner over).
- Cues: “See it, hit it, run hard.”
- Time: 12–15 minutes.

Drill 3 — Ground Ball with Throw to Base

- Purpose: Practice fielding and executing throws to the correct base under simulated pressure.
- Setup: Coach rolls or hits ground balls; target base identified.

- Steps: Field, transfer, sprint to throw to correct base for the out; rotate positions.
- Cues: “Get in front of it, step and throw.”
- Time: 8 minutes.

Drill 4 — Inning Simulation (3 Outs/5 Runs)

- Purpose: Teach the rule set and pacing of an inning.
- Setup: Half-field scrimmage.
- Steps: Play small-sided inning where either 3 outs or 5 runs ends the half; coach stops to point out decisions.
- Cues: “Listen for coach, know number of outs.”
- Time: 12–15 minutes.

Drill 5 — Fly Ball Practice

- Purpose: Practice calling and catching under variable flight.
- Setup: Coach hits progressively longer fly balls to outfielders.
- Steps: Emphasize angles, calling, and accurate relays back to infield.
- Cues: “Call it loud, take the right angle.”
- Time: 8 minutes.

Drill 6 — Throwing Accuracy Challenge

- Purpose: Improve throws from different defensive spots.
- Setup: Targets set at various bases.
- Steps: Players throw to hit each assigned target from rotation points. Score hits.
- Cues: “Step, elbow, follow through to target.”
- Time: 6–8 minutes.

Drill 7 — Base Running Drill

- Purpose: Practice leads, tagging up, and advancing decisions.
- Setup: Use live hits or coach signals.
- Steps: Players practice reading the ball off bat and making decisions (stay, advance, tag up). Coach demonstrates proper slide if appropriate.
- Cues: “See ball, decide quickly, slide feet first.”
- Time: 6–8 minutes.

Drill 8 — Quick Ground Ball Relay

- Purpose: Team work on quick fielding and throwing to wrap innings efficiently.
- Setup: Infield rotation, coach rolls balls in sequence.
- Steps: Field, throw to first (or relay), next player fields next roll. Keep tempo high.
- Cues: “Secure ball, throw to target.”
- Time: 8 minutes.

Drill 9 — Tee-to-Coach Hitting Transition

- Purpose: Re-establish swing mechanics then practice live hitting.
- Setup: One tee then coach pitch.
- Steps: Each batter hits 1–2 off tee focusing on mechanics, immediately faces coach pitch to match movement.
- Time: 6 minutes.

Drill 10 — Team Fielding Game

- Purpose: Build team defensive responsibility and communication.
 - Setup: Multiple rolls to different infielders in quick succession.
 - Steps: The team must get as many clean plays as possible in a timed round; track score and improve over rounds.
 - Cues: “Where’s your cut-off? Who covers 2nd?”
 - Time: 8–10 minutes.
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5. Third Grade (Intro to Player Pitch)

Age: 8–9

Practice Length: 60 minutes

Players: ~10

Goal: Introduce player pitching, refine hitting, fielding, and team defense.

Warm-Up & Stretching (12 min)

1. Arm Circles & Shoulder Rolls – 10 each.
2. Wrist, Elbow, Shoulder Rotations – 10 each.
3. Jog Base Paths – include backward jogging.
4. Dynamic Leg Stretches – high knees, butt kicks, side shuffles, lunges.
5. Throwing Circuit – short, medium, long throws.
6. Quick Reaction Drill – coach lightly tosses balls.

Drills

Drill 1 — Player Pitch Warm-Up

- Purpose: Teach basic pitching mechanics safely and without overuse.
- Setup: Pitching area 30–35 ft (or league distance as appropriate), catcher with mask, coach close.

- Steps: Start with balance & posture drills (T-stand), dry-throws focusing on arm path and stride, then toss to catcher for accuracy. Limit pitch count during practice.
- Cues: “Balance, stride to target, finish tall.”
- Progression: Add target zones and introduce basic pitch grips (fastball) slowly.
- Common errors/fixes: Throwing across body — square shoulders to target; collapsing — reinforce core & posture.
- Time: 8–10 minutes.

Drill 2 — Live Pitch Hitting (Coach & Player)

- Purpose: Help batters adjust to different pitching styles — coach and peer pitchers.
- Setup: Alternate innings or sets between coach and player pitchers; catcher in place.
- Steps: Batters face a few pitches from coach to warm up, then face player pitcher for a short sequence; coaches supervise pitch velocity and strike zone.
- Cues: “See it early, compact swing,” “Adjust timing to pitcher.”
- Progression: Increase pitch speed/distance as skill grows; focus on situational hitting.
- Time: 12–15 minutes.

Drill 3 — Ground Ball Fielding Drill

- Purpose: Sharpen infield fundamental footwork and transfer.
- Setup: Infielders in position; coach hits or rolls grounders to varied spots.
- Steps: Field with glove out, secure transfer to throwing hand, step toward first and throw. Rotate through positions to get broad reps.
- Cues: “Glove low, funnel to chest, step and throw.”
- Variation: Add rundown simulations.
- Time: 8–10 minutes.

Drill 4 — Fly Ball Catching Drill

- Purpose: Improve outfield reads, routes, and communication.
- Setup: Outfielders spaced; coach hits fly balls or uses fungo.
- Steps: Teach initial angle, approach under the ball, call loudly, catch two hands, and make accurate relay. Introduce crow hop for stronger throws.
- Cues: “Take an angle, call loud, two hands.”
- Common errors/fixes: Misreads — practice taking angle steps; weak throws — teach crow hop/step.
- Time: 8–10 minutes.

Drill 5 — Pitcher Fielding Practice (PFP)

- Purpose: Prepare pitchers for batted balls back to mound and covering first on bunts.
- Setup: Pitcher at mound, coach bunts or hits comebacks.
- Steps: Pitcher fields the ball, makes correct throw (first or cutoff), practices covering first base on certain plays. Rotate through bunt/situations.
- Cues: “Pitcher, field low and throw on the move,” “Cover first when needed.”

- Time: 6–8 minutes.

Drill 6 — Throwing Accuracy Challenge

- Purpose: Increase throwing precision from infield and outfield positions.
- Setup: Targets (cones/buckets) at various distances.
- Steps: Players throw from assigned spots trying to hit targets; track hits and encourage improvement.
- Cues: “Step, point, follow through to target.”
- Time: 6–8 minutes.

Drill 7 — Base Running Drill

- Purpose: Teach advanced running skills: leads, tagging up, taking extra bases.
- Setup: Game situations set up (runner on first/second).
- Steps: Simulate plays where runner practices lead, steal attempt, tag up on fly ball, or take extra on error. Coaches stop to correct technique and decision-making.
- Cues: “Get a good lead, watch pitcher’s move,” “Slide low and safe.”
- Time: 8 minutes.

Drill 8 — Tee-to-Player Pitch Transition

- Purpose: Solidify swing mechanics before facing live player pitch.
- Setup: Brief tee work then live player-pitch.
- Steps: Batter hits 1–2 balls on tee focusing on contact point then immediately faces live pitch attempting same mechanics.
- Cues: “Same swing, same contact.”
- Time: 6 minutes.

Drill 9 — Quick Ground Ball Relay

- Purpose: Build infield speed for handling innings quickly and efficiently.
- Setup: Infield rotation, coach rolls a series of grounders to each player.
- Steps: Each player fields and throws to designated base or first quickly; emphasis on speed and accuracy of throw.
- Cues: “Field clean, quick release.”
- Time: 8 minutes.

Drill 10 — Mini Game Scrimmage

- Purpose: Implement combined skills with player pitching in a controlled game.
- Setup: Short 1–2 inning scrimmage focusing on fundamentals.
- Steps: Play mini innings, allow coach timeouts to demonstrate and correct plays, rotate players through positions including pitcher and catcher.
- Cues: “Play like a real game, focus on fundamentals.”
- Time: 12–15 minutes.

6. Pacific 4th–5th Grade – Full Little League Rules

Age: 9–11

Practice Length: 60 minutes

Players: ~10

Goal: Prepare players to play full Little League games with proper rules, pitching, base running, and defensive strategy.

Warm-Up & Stretching (12–15 min)

1. Arm Circles & Shoulder Rolls – 10 each.
2. Wrist, Elbow, Shoulder Rotations – 10 each.
3. Jog Base Paths with Turns – simulate game-like running.
4. Dynamic Leg Stretches – high knees, butt kicks, lunges, side shuffles.
5. Throwing Circuit – short, medium, long throws with partners.
6. Quick Catch Drill – players move and catch on the run.
7. Hitting Warm-Up (Optional Tee) – 3–5 swings for mechanics.

Drills

Drill 1 — Infield Communication Drill

- Purpose: Enforce verbal priorities and reduce collisions/misplays.
- Setup: Normal infield positions.
- Steps: Coach hits a variety of balls; infielders must call “I got it” or “You got it” and complete play. Run through multiple reps stressing communication.
- Cues: “Call it early, be loud.”
- Time: 8–10 minutes.

Drill 2 — Double Play Practice

- Purpose: Practice turning quick, clean double plays.
- Setup: Infielders at 6–4–3 spacing; coach hits ground balls to SS or 2B.
- Steps: Fielders practice footwork, pivot, and throws for 6–4–3 and 4–6–3 turns; start slow and speed up.
- Cues: “Quick hands, firm feed, throw on the run.”

- Time: 8–10 minutes.

Drill 3 — Pitcher-Catcher Battery Work

- Purpose: Build trust and strategy between pitcher & catcher (signs, framing, blocking).
- Setup: Pitcher and catcher only, coach behind to give feedback.
- Steps: Work on sequences of pitches, catch framing, blocking low balls, and catcher throws to 2B. Practice pitch calling with simple signs.
- Cues: “Quiet catcher, clear signs, block low.”
- Time: 8–10 minutes.

Drill 4 — Relay Throw Challenge

- Purpose: Improve outfield→infield relays and cutoff execution.
- Setup: Outfielders at depth, infield at relay positions.
- Steps: Coach hits to outfield; outfielder chases and throws to cutoff who relays to target (home or first). Emphasize angle and on-time relay.
- Cues: “On time, on target; aim for cutoff man’s chest.”
- Time: 8–10 minutes.

Drill 5 — Situational Hitting Drill

- Purpose: Teach situational hitting: advancing runner, hitting behind runner, bunting.
- Setup: Batter with runner(s) on base; coach chooses scenario.
- Steps: Batter practices hitting to the right spot (e.g., behind runner) or bunting; rotation continues. Discuss situational choices.
- Cues: “Think before you swing; where do we need the ball?”
- Time: 8–10 minutes.

Drill 6 — Steal Reaction Drill

- Purpose: Improve catcher/pitcher defense and runner technique in steals.
- Setup: Runner on first, pitcher and catcher ready.
- Steps: On cue, runner attempts steal; catcher throws to second while pitcher practices proper holding and move. Rotate roles.
- Cues: “Quick transfer, strong throw, proper slide.”
- Time: 6–8 minutes.

Drill 7 — Live Game Inning Practice

- Purpose: Practice full inning execution under game rules.
- Setup: Half field, pitchers rotate; game officiated by coach.
- Steps: Play one full inning using league rules; coaches pause after plays for teaching points.
- Time: 12–15 minutes.

Drill 8 — Fly Ball Communication Drill

- Purpose: Outfield communication and relays under pressure.
- Setup: Outfielders and infielders; coach hits fly balls to various gaps.
- Steps: Emphasize early calls, correct angles, crow hop throws to relay, and strong accurate throws.
- Time: 8–10 minutes.

Drill 9 — Tee-to-Game Hitting Transition

- Purpose: Use tee work to fine tune mechanics before live hitting.
- Setup: Quick tee swings then live reps.
- Steps: 1–2 tee swings per batter focusing on one mechanical cue, then live pitch to translate.
- Time: 6–8 minutes.

Drill 10 — Pressure Inning Drill

- Purpose: Train composure and situational decision making in high-pressure moments.
 - Setup: Simulate late-game scenario (runner on 3rd, 2 outs, tie game).
 - Steps: Play out the situation multiple times with different players in key spots; emphasize calm execution. Debrief after each rep.
 - Cues: “One pitch at a time, communicate.”
 - Time: 8–12 minutes.
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7. Atlantic 5th–6th Grade – Advanced Little League

Age: 10–12

Practice Length: 60 minutes

Players: ~10

Goal: Refine all skills, focus on strategy, situational awareness, and competitive play.

Warm-Up & Stretching (12–15 min)

1. Arm Circles & Shoulder Rolls – 10 each.
2. Wrist, Elbow, Shoulder Rotations – 10 each.
3. Jog Base Paths – forward, backward, lateral.
4. Dynamic Leg Stretches – high knees, butt kicks, lunges, side shuffles.
5. Throwing Circuit – short, medium, long throws with partners.

6. Quick Catch Drill – catch while moving.
7. Hitting Warm-Up – 3–5 swings off tee or soft toss.
8. Agility Ladder / Cone Drill – optional for infield/outfield quick feet.

Drills

Drill 1 — Situational Hitting

- Purpose: Develop plate discipline and situational awareness (sacrifice, hit & run, RBI).
- Setup: Batter, coach pitch, runners placed per scenario.
- Steps: Coach calls situation; batter executes (e.g., hit behind runner, sacrifice); rotate hitters and scenarios. Discuss choices after.
- Cues: “What does the team need?” “Short game is just as valuable as power.”
- Time: 8–10 minutes.

Drill 2 — Relay Throw Challenge

- Purpose: Emphasize efficient outfield relays to prevent extra bases.
- Setup: Outfield, cutoff, and target infielders.
- Steps: Coach hits to outfield; outfielder throws to cutoff who makes relay to target; assess speed & accuracy.
- Cues: “On time, on target, strong feet.”
- Time: 8–10 minutes.

Drill 3 — Double Play Drill

- Purpose: Increase double play speed and reliability.
- Setup: Infield with coach hitting ground balls to key positions.
- Steps: Reps for turning 6–4–3 and 4–6–3: quick feed from second, pivot technique, throw to first. Add fast feeds over time.
- Time: 8–10 minutes.

Drill 4 — Pitcher-Catcher Battery Work

- Purpose: Build game plans, pitch sequences, and trust.
- Setup: Pitcher/catcher, coach as umpire/coach.
- Steps: Work sign communication, situational pitch calling, pickoff throws, and catcher framing/blocking. Simulate innings.
- Cues: “Clear signs, confident catcher.”
- Time: 10 minutes.

Drill 5 — Live Game Inning Scrimmage

- Purpose: Full application of skills under realistic game speeds and rules.
- Setup: Full half-field scrimmage.

- Steps: Play 1–2 innings; coaches stop at pauses for teaching; rotate positions to develop depth.
- Time: 15 minutes.

Drill 6 — Steal & Pick-Off Drill

- Purpose: Practice baserunner strategy and pitcher/catcher/pickoff mechanics.
- Setup: Runners on first/second; pitcher and catcher ready.
- Steps: Practice leads, jumps to steal, pitcher slide-step, and catcher pop & throw; pitcher practices pick-offs to first.
- Cues: “Quick hands for catcher, deceptive move for pitcher.”
- Time: 8 minutes.

Drill 7 — Fly Ball Communication Drill

- Purpose: Reinforce priority rules and maximize successful catches.
- Setup: Outfield in position, coach hits various fly balls.
- Steps: Players call early, take appropriate angle, catch two hands, and throw to cutoff. Emphasize clarity in communication.
- Time: 8–10 minutes.

Drill 8 — Pitching Accuracy & Location Drill

- Purpose: Improve pitcher control and ability to hit corners consistently.
- Setup: Catcher with strike-zone target or bullpen catcher with zone markers.
- Steps: Pitchers aim for target areas, track percentage of strikes; use small target games to encourage precision.
- Cues: “Repeatable motion, elbow level, balance through finish.”
- Time: 8–10 minutes.

Drill 9 — Tee-to-Game Hitting Transition

- Purpose: Quick mechanical check before facing live pitching.
- Setup: 1–2 tee swings then live at-bats.
- Steps: Batter focuses on single mechanical point on tee, then attempts to integrate against live pitch.
- Time: 4–6 minutes.

Drill 10 — Pressure Situation Drill

- Purpose: Build players’ mental game and execution under stress.
- Setup: Simulated late game scenarios (tie game, runners in scoring position).
- Steps: Run situations repeatedly with rotation of pitchers and batters, coach provides immediate feedback on decision making and mechanics. Debrief to reinforce calm approach.
- Cues: “Breathe, focus on process, one pitch.”

- Time: 8–12 minutes.