

# SCARBOROUGH LITTLE LEAGUE

## 60-MINUTE WINTER CLINIC (AGES 8–12)

Gym-Based | 4 Live Stations | 12-Minute Rotations

### 0:00–12:00 — DYNAMIC WARM-UP + THROWING

#### Stretches & Movement (5 min)

- Arm Stretches
- High knees
- Karaoke
- Shuffle → athletic breakdown

#### Arm Prep (3 min)

- Wrist flips
- One-knee throws
- Glove-to-chest timing

#### Partner Catch (4 min) — Teach

- Step → glove tuck → throw → finish
- Stay low
- Straight-line direction

#### Coach Watch-Fors

- All arm (land opposite foot first, then throw)
- Falling glove side = over rotation
- No follow-through = motion stops early

### 4 LIVE STATIONS — 12 Minutes Each | Rotate On Whistle (48 Total)

#### STATION 1 — FIELDING → THROW TO 1ST

##### Teach

- Glove out front
- Funnel to center
- Shuffle/step-through

##### Add / Drill

- Backhand
- Slow roller charge

##### Watch-Fors

- Standing up early
- Stabbing
- Off-balance throws

##### Game Focus

Final 3: Team challenge or 'Where's the play?'

#### STATION 2 — THROWING MECHANICS + ACCURACY

##### Teach

- Grip
- Hip-shoulder alignment
- Quick release

##### Add / Drill

- Pop & throw
- Hit ball off tee for vertical accuracy

##### Watch-Fors

- Drifting
- No lower-half use
- High misses

##### Game Focus

Final 3: Team points challenge (tees or chest-level target)

#### STATION 3 — TEE WORK + SOFT TOSS

##### Teach

- Balanced stance
- Weight back → controlled stride
- Finish high

##### Add / Drill

- Middle first
- Inside/outside progression

##### Watch-Fors

- Lunging
- Dropping back shoulder
- Pull-only swings

##### Game Focus

Final 3: Up-the-middle knockout or team points

#### STATION 4 — CAGE (30–40 MPH — 7 pitches each, NOT OPTIONAL)

##### Teach

- Reset every pitch
- Track early
- Short to contact

##### Add / Drill

- Older: Call zone before swing

##### Watch-Fors

- Guessing
- Drifting
- Overswinging

##### Game Focus

Final 3: Barrel challenge — team competition

**FINAL 5–7 MINUTES — BASERUNNING GAME**

**Pick 1–2**

- Home-to-1st burst
- Relay race
- Banana route
- Steal-start mirror

**Teach**

- Explosive first 3 steps
- Lean through bag
- Turn head to locate ball

**COACH REMINDERS**

- Encourage more than you correct
- Keep corrections short
- Effort > results
- Do not overcoach your own child
- Make it fun

**If they leave more confident than they arrived — you won.**