

« THE COACH SAYS »

Goal :

- Show the importance of quick feet.

Description

- All the players are standing in a straight line facing the coach
- The coach says « left, right, forward or backwards ».
- The players must move around shuffling their feet.

Variations & progression :

- 2 X 2 and play catch throwing the ball in different directions.
- Make players move following lines (lines on a gym floor).

Key Points :

- Make sure they use quick feet.
- Make sure they move around with their knees slightly bent.

Target Age Group :

- Atom

Notes and Diagrams

« LIGHTNING »

Goal :

- Introduce and teach players to catch the ball and immediately follow with the throw.

Description :

- 2 X 2, the players play catch.
- The moment they catches the ball, they must take a step towards the target with their glove foot.
- Then follows with a stride forward with the glove foot and throw.

Variations & Progression :

- Practice movements with out a ball.

Key Points :

- Make sure they catch the ball with both hands.
- Make sure the glove foot is forward.

Target Age Group :

- Atom.

Notes and Diagrams

« THE GAZELLE »

Goal :

- Teach and help players to use the right technique to get out of the batters box.

Description :

- Player takes a swing with a bat.

Variations & Progression :

- Stimulate a swing with a foam or aluminium bat.
- Hit a badminton birdie.
- Hit a practice ball (foam or wiffle ball)
- Hit an object and run to first base.

Key Points :

- Players use their batting stance and take a swing.
- Don't look at the ball after it is hit.
- Never throw the bat.
- Right handed batters first step is with right foot and left handed batters first step with the left foot.

Target Age Group :

- Atom.

Notes and Diagrams

« THE GUARDIAN »

Goal :

- Teach players a safe way to field a ground ball.

Description :

- At coaches signal, the players simulate the action without a ball.

Variations & Progression :

- Make them move in on a stationary ball.
- The coach rolls a ball and the players field the ball.
- The coach rolls the ball, the players field and throw the ball.

Key Points :

- Put one knee on the ground.
- Upper body must be behind the ball.
- Always face the ball.

Target Age Group :

- Atom.
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Notes and Diagrams

« THE WHEEL »

Goal :

- Teach the proper mechanics when throwing a ball.

Description :

- 2 X 2, the players play catch using the proper mechanics

Variations & Progression :

- Players simulate the mechanics without a ball.
- Players use the three steps :
 - 1) throwing arm goes down
 - 2) reach back
 - 3) lift arm to shoulder height
 - * make sure they warm up

Key Points :

- Explain that the longer the arm circle, the faster the arm speed (small wheel vs. big wheel)
- Make sure they hold the ball right, facing away.

Target Age Group :

- Atom

Notes and Diagrams

« NO CHOICE »

Goal :

- Introduce the players to a force play

Description :

- Simulate games with runners on different bases.
- The coach rolls the ball in a play and observes the players reactions.

Variations & Progression :

- Put a runner on second or third base only.
- Put a runner on first base or runners on first and second base or load the bases.

Key points :

- Make sure that the players understand when to throw the ball and when to stay at their base.

Target Age Group :

- Atom

Notes and Diagrams

« THE SCARECROW »

Goal :

- Show all the catchers gear (make them remember it).
- Get the players to try the equipment on.

Description :

- Fully dress-up a player.
- Throw a ball some part of the gear and make them name that piece of equipment.

Variations & Progression :

- Make a « faster dressed » competition.
- Make two teams and each team must dress up a player who plays dead.
- Two catchers race to get dressed-up first.

Key Points :

- Make every player try on the equipment.
- Make them know that the faster the catcher is ready, the more they can play.

Target Age Group :

- Atom

Notes and Diagrams

« HANDCUFFS »

Goal :

- Teach players the proper way a ball.

Description :

- Players throw a ball over their heads and catch it and apply the proper grip.

Variation & Progression :

- Make them show the proper way one by one.

Key Points :

- Always put two or three fingers on the ball.
- Hold the ball in their fingers and not in the palm of the hand.

Target Age Group :

- Atom

Notes and Diagrams

« THE CROCODILE »

Goal :

- Teach and reinforce way to receive a ground ball.

Description :

- Coach asks the players to simulate the proper way. The coach inspects each player.

Variations & Progression :

- Simulate receiving the ball.
- Coach rolls a ground ball.
- 2 X 2, one rolls the ball the other receives it.
- With and without their gloves.

Key Points :

- Always put hands like crocodiles mouth.
- « Pet » the ball when receiving it.
- Feet and hands form a triangle.

Target Age Group :

- Atom.

Notes and Diagrams

« THE FROG »

Goal :

- Teach a catcher's squat position.

Description :

- Coach asks players to squat down like a frog.

Variations & Progression :

- Make them walk like a frog.
- Make them hop like a frog.
- Make them play catch from that position.

Key Points :

- Put feet a little wider than their shoulders.
- Keep the back straight.

Target Age Group :

- Atom

Notes and Diagrams

« BETWEEN THE TWO »

Gaol :

- Introduce them to the perfect batting stance.

Description :

- Each player has a bat in their hands.
- Copy every different position the coach takes.
- Every times the coach asks the players how to position themselves, they answer : « Between the two ».

Variations & Progression :

- Close feet vs. wide feet (wide vs. compact stance).
- Straight legs vs. bent legs.
- High hands vs. low hands.
- Bat pointing straight up vs. laying on shoulder

Key Points :

- Feet must be wider than shoulder

Target Age Group :

- Atom

Notes and Diagrams

« THE COPY »

Goal :

- Teach young pitchers the 3 movements to pitch

Description :

- Coach is facing the players who are in half circle. The players copy each movement the coach makes.

Variations & Progression :

- Make them simulate the actions.
 - Give them each a number and call out numbers
- 1) Position on rubber
 - 2) Step back or sideways
 - 3) Pivot foot

Key Points :

- Positioning on rubber – Always be in the middle.
- Pivot foot – Put in front and parallel to rubber.

Target Age Group :

- Atom

Notes and Diagrams

« THE MUSICAL BASE »

Goal :

- Help players recognize the bases on the field.

Description :

- All the players jog around the infield.
- At the coaches signal, the players must run to the called base.

Variations & Progression :

- 2Call-out all bases but only allow so many players per base.

Key Points :

- Name bases.
- Do not allow fighting on bases between players.
- Do not punish the losing players.

Target Age Group :

- « T » ball to Novice

Notes and Diagrams

« TREASURE CHASE »

Goal :

- Help players recognize the bases.

Description :

- Run around the bases and name them.

Variations & Progression :

- Run the bases the opposite way.
- Actually run backwards around the bases.

Key Points :

- Teach them to always run the right way (First, Second, Third and HP)

Target Age Group :

- « T » ball to Novice.

Notes and Diagrams

« NAMES & NUMBERS »

Goal :

- Teach the players the name and number of the positions.

Description :

- Name each position and their number.
- Give each player a name and ask them to go to the corresponding position.

Variations & Progression :

- Start them off the pitching mound.
- Write position numbers on balls, put the balls in a bag, make them draw a ball and take it to the corresponding position.

Key Points :

- 1 = pitcher
- 2 = catcher
- 3 = first base
- 4 = second base
- 5 = third base
- 6 = short-stop
- 7 = left-field
- 8 = centre-field
- 9 = right-field

Target Age Group

- « T » ball to Novice

Notes and Diagrams

« CATCH THE BALL LIKE AN EGG»

Goal :

- Help players absorb the ball when catching it.

Description :

- Players in pairs, 6 feet apart.
- Both knees on the ground.
- No glove.
- Toss the ball underhand.

Variations & Progression :

- Use foam balls.
- Use a bigger ball (soccer or volleyball).
- Use tennis balls.
- After a while, continue the exercise standing up.

Key Points :

- Reach out for the ball.
- Bring hands towards the body when catching the ball.

Target Age Group :

- « T » ball to Novice

Notes and Diagrams

« THE MOVING BALL »

Goal :

- Help players catch the ball from every direction.

Description :

- The player is alone and cannot move their feet.
- The player throws the ball up in the air and catches it without moving.
- Bare hand.

Variations & Progression :

- Let the ball bounce-off the ground and make the player catch the bounce.
- Throw the ball at a wall and make the player catch the bounce.
- In pairs, bounce the ball to each other.
- In pairs, players play catch (direction throws)

Key Points :

- Player has to be able to see the ball and their hands.
- Reach-out for the ball.
- Absorb the ball by bringing the hands towards their chest.

Target Age Group :

- « T » ball to Novice

Notes and Diagrams

« THE WALL »

Goal :

- Explain and teach players to get their bodies in front of the ball.

Description :

- In pairs.
- Bounce ball to the left and to the right forcing the players to move into position.

Variations & Progression :

- The player tries to catch both hands.
- Use tennis balls.
- Use foam balls.

Key Point :

- Move their body so that the ball is in the centre of the body.

Target Age Group :

- « T » ball to Novice.

Notes and Diagrams

« ALL MESSED-UP »

Goal :

- Help players catch the ball from every direction.

Description :

- In pairs with no gloves, face each other about 6 feet apart.
- Immobilize, players throw the ball up in the air, left, right and below the waist, the receiving player must catch it without moving their feet.

Variations & Progression :

- Use gloves.
- Use tennis balls.
- Use foam balls.

Key Points :

- Put thumbs together when catching balls chest high or higher to the left and right.
- Put pinkies together when catching balls below the waist.
- Catch the ball using both hands.

Target Age Group :

- « T » ball to Novice.

Notes and Diagrams

« OUT !!! »

Goal :

- Teach and explain to the players how to make an out !

Description :

- Play a game and ask players to touch the runners to make an out.

Variations & Progression :

- Make a couple of teams and play mini games using only one base.
- Rotate the teams to change match-ups.

Key Point :

- Touch the runner with the ball before they touch the base.

Target Age Group :

- « T » ball to Novice

Notes and Diagrams