

Rookie Division

2025 Plan



The Rookie Division is designed for new and returning players. The fundamentals in the popular “Intro to Baseball” format are continued with skill development and a fun game environment. This is a progressive level adaptive for both new to sport and returning players from T-Ball or previously at Rookie last year. There is intended to be flexibility in this structure for this group of mostly 6- and 7-year-olds from school grades 1 and 2. The goal for the older and advanced players is that the last session of this level for them should provide them with the opportunity for it to look somewhat like the first session of the Minor B level.

This is not a competitive division as scores and standings are not kept. This is a progressive level of baseball. Teams will be paired for practices to help each other with setup/take down and support in case of attendance mismatching.

The program is centered around Five Cores – Throwing, Catching, Hitting, Fielding, and Running/Agility. Each practice session will incorporate all or most of the Cores with the objective of giving the players the opportunity to progress their development each week.

Focus on them having fun and praise the little parts of their skill development, not just the results.

The players should be having FUN!!!

This 2025 Plan includes:

- Session Structures – Practices & Games
- Weekly Practice Plan Schedule
- Season Goals for Players
- Lesson Plans
- Tips & Tricks & Warm-ups

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Session Structures:

Weekday Practices – 75 minutes:

Arrive 10-15 minutes early to setup the field.

- Warm-up – 5 minutes
- Playing Catch / Throwing – 10 minutes + 1 minute transition time
- Four Station Rotation – 44 minutes – 4 stations of 10 minutes + 1 minute transition times
- Final Station / Challenge Games – 10 minutes + 1 minute transition time
- Take-a-Knee (baseball tradition for wind-down/session debrief) – 4 minutes

Weekend Games – 90+ minutes:

HOME team is primarily responsible for field setup but both team coaches should arrive 15 minutes early to setup and warm-up your players.

Play games according to Game Rules.

Progression of Hitting Benchmark and Game Style as follows:

Weeks	Mindset	Hitting & Ball Benchmark	Game Style
1-2	Introduction to Sport/Level	Coach Toss / Tee Tennis Balls	Infield only + Outfield Drills
3-5	Leveling up	Pitching Machine (slow 3) / Tee Tennis Balls	Infield only + Outfield Drills
6-7	Transitioning to Full Games	Pitching Machine (medium 4) / Tee Incrediballs	All Fielders as appropriate by Coaches pre-game, "outs" optional
8-10	Full Games	Pitching Machine (faster 5) Level 1 Baseballs	Full Games with fielding and "outs" called

There are a wide range of players in this level and we want to cultivate early success and development progression. That said, we have noticed in prior years that teams that follow the progression above have better on-field success and enjoyment along with higher return ratios to the sport.

Finish each game with a Base Race. And if the roster sizes are highly unbalanced between teams, it is encouraged to share players to make for quicker innings and rotations (also can apply to coaches if you see a team with only 1 coach vs 3 coaches, it really helps the games and the players).

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Layout for Quilchena North Practices:



Layout for Maple Grove South Practices:



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Weekly Practice Plan Schedule:

Week	Dates	Warm-up & Start	Left Field	Centre Field	Right Field	Infield	Final (time permitting)
1	Apr 8-10	Throwing	Fielding/ Grounders	Hitting Wiffle/T	Catching 1	Running Bases	Relay Race + Base Race
2	Apr 15-17	Throwing or Playing Catch	Hitting Machine (tennis)	Hitting Wiffle/T	Running-High Catch	Fielding/ Grounders	Relay Race + Base Race
3	Apr 22-24	Throwing Variation Drills	Hitting Machine (tennis)	Hitting Wiffle/T	Catching 2	Fielding/ Grounders	Obstacle Course + Base Race
4	Apr 29-May 1	Playing Catch W-T-B	Hitting Machine (Incrediball)	Hitting Wiffle/T	Sliding (side/right field)	Running Bases	Over the Dugout Throwing Challenge + Base Race
5	May 6-8	Running-High Catch	Hitting Machine (Incrediball)	Hitting Wiffle/T	Throwing Variation Drills	Fielding/ Grounders	Diamond Relay or Base Race
6	May 13-15	Playing Catch W-T-B	Hitting Machine (Incrediball)	Hitting Wiffle/T	Sliding (side/right field)	Throwing Hula hoops	Obstacle Course + Base Race
7	May 20-22	Playing Catch W-T-B	Hitting Machine (Incrediball)	Hitting Wiffle/T	Throwing Variation Drills	Pickle Tag	Relay Race + Base Race
8	May 27-29	Running-High Catch	Hitting Machine (baseballs)	Hitting Wiffle/T	Sliding (side/right field)	Fielding/ Grounders	Over the Dugout Throwing Challenge + Base Race
9	June 3-5	Playing Catch W-T-B	Hitting Machine (baseballs)	Hitting Wiffle/T	Pop Flies	Fielding/ Grounders	Choose your own
10	June 10-12	Playing Catch W-T-B	Parents v Kids Games / Party				

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Season Goals for Players:

Throwing	<ul style="list-style-type: none">- Players should be able to grip a ball and throw across the body- Consistently hit a target
Catching	<ul style="list-style-type: none">- Able to throw a ball into the air and catch repeatedly with two hands- Playing Catch smoothly with a teammate- Be able to catch on either side of body
Fielding	<ul style="list-style-type: none">- Run to the ball, scoop with two hands, glove in front- Know where to throw the ball- Go to your correct base/position, trust in teammate to get ball- Beginner understanding of fielding coverage
Hitting	<ul style="list-style-type: none">- Proper stance- Small Step and Hip Twist- Swing mostly level, slight up swing- Solid connection through ball- Stretch goal - hit to outfield off pitching machine
Agility/Running	<ul style="list-style-type: none">- Run through first base to the outside right- Foot beside base always – “Face the base you came from”- Rounding bases, step on the inside corner of the base- “Ready position” is instant when prompted

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Lesson Plans



THROWING

Key Points



Grip

Top 2 or 3 fingers across 2 seams

VIDEOS:

- [Little League University 2-Min Video – Arm Mechanics](#)
- [Rally Cap “The Wheel”](#)



3.1 Step



3.2 Shoulder-to- Partner



3.3 Launch



3.4 Delivery



3.5 Finish

Source: Little League University

Ready-Aim-Throw (Stationary Throwing)

Ready Position – feet comfortably apart, knees loose, ball held back (fingers/ball pointing away from target)

Aim - Point with the Glove (or non-throwing hand) and Power Leg (Glove hand up, drop hand and tell the players the leg the glove hits is their ‘power leg’)

Throw!

Repeat, repeat, repeat

Motion

Shuffle / hop

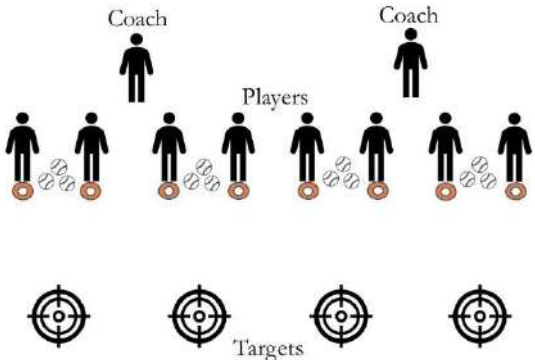
Use long distance throwing, naturally will gravitate to stepping with the correct feet as above

Run to balls to pick and throw right after, naturally will gravitate to proper

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Topic: Throwing	Goals: <ul style="list-style-type: none"> - Proper Technique - Ready-Aim-Throw - Accuracy in throwing
Equipment Needed: <ul style="list-style-type: none"> - Agility Cones – 8 (spaced >3m) - Tennis Balls – 1 bucket - Targets 4 – Traffic Cones with extra on top - Hula Hoops for volunteers or coaches to hold up 	Layout: 
Instructions: <ul style="list-style-type: none"> - All players line up behind cones spaced out with six or so balls each facing the coaches - Throwing 1: <ul style="list-style-type: none"> o Players throw ball as far as possible till all balls are thrown o Swap Targets/Cones (saves time vs collecting balls) - Throwing 2: <ul style="list-style-type: none"> o Focus on back arm positioning – ball gripped and facing away from them (“Cobra fangs”) o Players step with power leg before cone and their trailing/throwing leg swing over the cone due to ‘too much power’ <p>Repeat, repeat, turnaround, repeat, repeat</p>	Coaching Points: <ul style="list-style-type: none"> - Proper body position - Proper motion - Full extension of the arm back - Aim with the glove (or for advanced, the glove arm elbow, looking over your elbow “scope”) - Ball behind = ball facing away - Group all left-handed throwers together (demo between the two sides) - Advanced: “Thumb to Thigh” – players grab ball out of glove in front of them, then hand with ball goes down, thumb touching thigh on throwing motion

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Throwing Drill Variations:

One Knee Throwing Drill:

- Throwing hand knee on ground, glove-side knee/foot ('up' knee) pointing to target
- Ready-Aim position (hand facing away/back)
- Throwing hand flows through and down over the 'up' knee, rotating shoulder so that the throwing elbow goes over across the body and the 'up' knee

Figure 8 / Kayaking Throwing Drill:

- Stance: Glove leg a little forward of throwing leg
- Think figure 8 / kayak paddling motion of the ball in front of body finishing in throw
- Start ball in hand (or no ball to start) in the glove in front of body
- Both hands go down to Power leg then loops up on glove side of body, then diagonally down and across body to non-power leg
- Separating hands and twisting body slightly, glove target up, throwing hand back, and then throw over and through the top

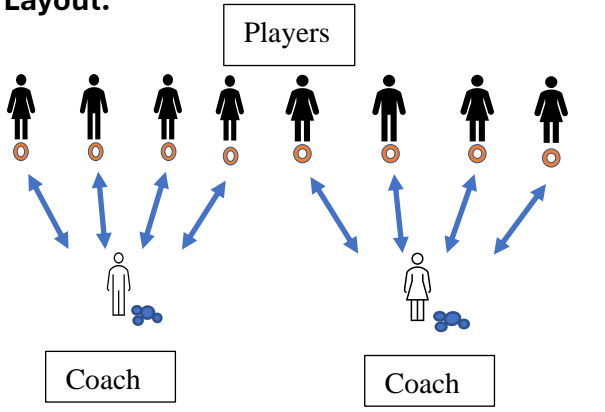
"Go for a walk" throwing practice without balls:

- Team on a line-up
- Take four steps forward starting with their power leg (glove side leg)
- On Fourth step, opening up their throwing leg/foot (like soccer pass)
- Twist body and lift glove side leg with throwing hand going into glove for ball
- With power leg stepping forward, ready-aim position
- Exaggerated Pretend Throw

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Lesson Plans

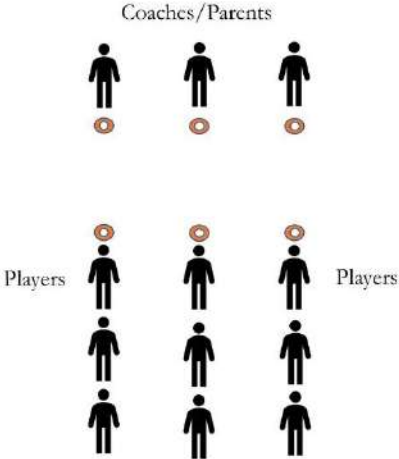


<p>Topic: Catching 1</p>	<p>Goals:</p> <ul style="list-style-type: none"> - Two Hand Catch
<p>Equipment Needed:</p> <ul style="list-style-type: none"> - Agility Cones – 8 (spaced >3m) - Wiffle balls – 1 bucket - OR Tennis balls – 1 bucket - OR Incrediballs – 1 bucket - OR Baseballs – 1 bucket 	<p>Layout:</p>  <p>Note: Ideally, split into 3 groups with a volunteer parent!</p>
<p>Instructions:</p> <ul style="list-style-type: none"> - All players line up with no gloves - Show and practice ‘Ready’ position with feet spread shoulder width (2 min) <ul style="list-style-type: none"> o Low catch – palm out, hands together o High catch – fingers up / triangle with index fingers and thumbs o Demonstrate toss up catch with wiffle ball - Each player has a wiffle ball and practices tossing up catching two hands (3 min) - Demonstrate low catch quickly again - Split players into groups of 3-4 players per coach/volunteer - Throw 3 balls (any type) to each player, after each throw (regardless of whether they catch, they return the ball and you move on to the next player) <p>Video: Rally Cap “All Messed Up”</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> - Proper body position – knees flexed, feet shoulder width - Hands together to catch - Get body under/behind the falling ball centered catch (no reaching wide) - TIP: tell players they have a ‘camera’ in their glove at their palm – remind them to “show their camera” <p>Key points:</p> <ul style="list-style-type: none"> - Bigger balls will be easier to catch - Consistent throwing speed/direction will be easier to catch (coach throws are ideal to get lots of catching repetition) <p>Progressions:</p> <ul style="list-style-type: none"> - Coach begins to throw to different places near the player (up higher, down lower, slightly off to side) - Move to Tennis balls / Incrediballs / Baseballs - Gloves

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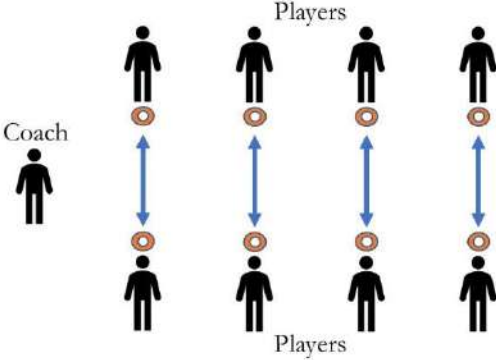


<p>Topic: Catching 2</p>	<p>Goals:</p> <ul style="list-style-type: none"> - Two Hand Catch centred under the ball
<p>Equipment Needed:</p> <ul style="list-style-type: none"> - Agility Cones – 8 (spaced >3m) - Wiffle balls – 1 bag - Tennis balls – 1 bag - OR Incrediballs – 1 bucket - OR Baseballs – 1 bucket 	<p>Layout:</p> 
<p>Instructions:</p> <ul style="list-style-type: none"> - Players lie down on the ground spaced out, without gloves - Coach/Parents drop a wiffle ball for them to catch, encourage 2 hand catch over their body - Player hands back the ball to the parent/coach <p>Part 2 – Team Race:</p> <ul style="list-style-type: none"> - Teams of Players line up behind cones, 2 or 3 teams - Underhand toss to players, if they catch it, throw back to coach/parent - Player runs to back of line whether they catch or miss, next player comes forward - Time the race or use 2/3/4 rotations and see which team gets the most catches - Repeat with or without gloves, wiffle or tennis balls as appropriate 	<p>Coaching Points:</p> <ul style="list-style-type: none"> - Hands together to catch if in front of the body - Get body under/behind the falling ball centered catch (no reaching wide) <p>Progressions:</p> <ul style="list-style-type: none"> - Move to Tennis balls / Incrediballs / Baseballs

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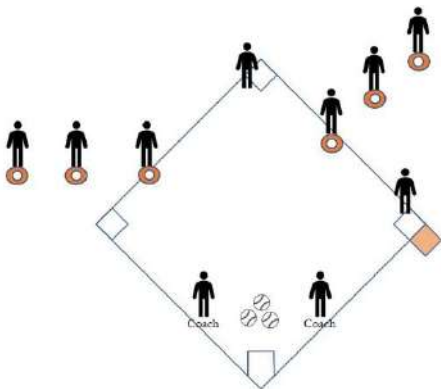


Topic: Playing Catch (W/T/B)	Goals: <ul style="list-style-type: none"> - Throwing Accurately to a teammate - Catching and returning pass
Equipment Needed: <ul style="list-style-type: none"> - Agility Cones – 10-12 (spaced >3m) - Wiffle balls – 6 - Tennis balls – 6 - Incrediballs – 6 - Baseballs – 6 	Layout: 
Instructions: <ul style="list-style-type: none"> - Pair up players of like skills to underhand pass to each other - Players pass to each with a Wiffle ball (no gloves – two hand catch) - Coach determines pair progressions to Tennis ball / Incrediball / Baseball with Gloves (can be something like, once a pair completes 6 consecutive passes) 	Coaching Points: <ul style="list-style-type: none"> - Throw to your partner for them to catch – team based goal to progress - Two Hand catch so that they can return the pass quickly - Stick to the progression through the balls – if the kids are skilled they will move quickly but it allows you to re-enforce good habits and correct fundamentals early Progressions / Variations: <ul style="list-style-type: none"> - Players Kneeling - Hop and Throw – various hop styles - Extend the distance between players - Include Figure 8 / Kayak motion before throws

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<p>Topic: Fielding/Grounders</p>	<p>Goals:</p> <ul style="list-style-type: none"> - Quick to get ball - Quick to get rid of it accurately - Hop Step and turn to throw
<p>Equipment Needed:</p> <ul style="list-style-type: none"> - Agility Cones – 6 (more if >8 players) - Tennis balls – 1 bucket - OR Incrediballs – 1 bucket - OR Baseballs – 1 bucket - Bases at 2nd and 1st (flat bases if setup in outfield) <p>IF NOT 2 Coaches available – set up as single triangle</p> <p>Layout in field is just two parallel triangles with a coach throwing to a line of players and the ‘first’ base set up to players’ left.</p>	<p>Layout:</p>  <p>If only one coach (or more than 3 players at a line), triangle with two lines and players rotating position lines after their turn at a position (fielder to line behind base, vice versa)</p>
<p>Instructions:</p> <ul style="list-style-type: none"> - Twin setups (2 ‘first’ bases) - Two coaches/parents feed underhand grounders to front of lines when ‘fielder’ is in Ready position - Players run forward, bend down at the knees, scoop the ball with throwing hand closing in and throw to their left to ‘first’ base - If ‘first’ base misses catch, leave it for later - if they get it, throw to coach - Rotate Fielders every couple rotations or run out of balls - Stance at pick up with glove leg forward to pick up and twist body as throwing foot opens up to then throw 	<p>Coaching Points:</p> <ul style="list-style-type: none"> - Go to ball - Bend at knees - Glove on Ground, throwing hand just above to clamp like a crocodile - Turn and throw quickly after a small hop step <p>Progressions:</p> <ul style="list-style-type: none"> - Stronger grounders / using a bat to hit the ball - Use Incrediballs / Baseballs - When scooping, leg on glove hand side a little forward of the other - Players take off their hats and bite the brim with hat upside down, forces their hands forward to see over the hat - Fielders on ‘2nd base’ to stand in proper 2nd/3rd base position behind the base (the runner cannot be blocked from running to the base)

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DURING GAME PLAY: Fielding Coverage

Talk with the players in the infield and outfield during the game between plays. We want to encourage outfielders to cover infield players so that they can be part of the play and get to the ball faster and get the ball to the right place faster.

There is a fair bit of time before a hit, engage with the players work on the following:

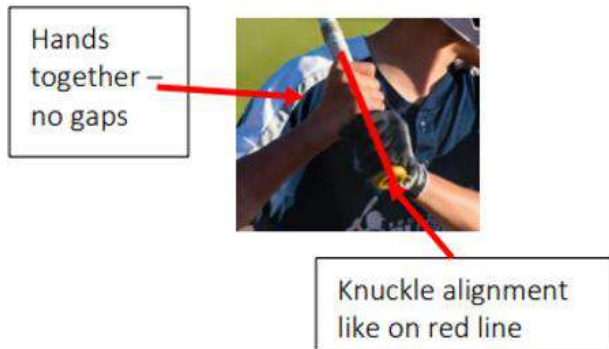
- Encourage Ready position before each pitch
- Eyes on the Batter
- Ask individual players while you are relatively closer to them (no shouting across the field):
 - o Where is the play? (where do we throw to if we get the ball)
 - o If the ball gets hit to _____, where do you think you should go?
 - o After the hit: Where do you think you should have gone on that play?
 - o Before the pitch: where do you think they are going to hit it to? What do you do?

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HITTING

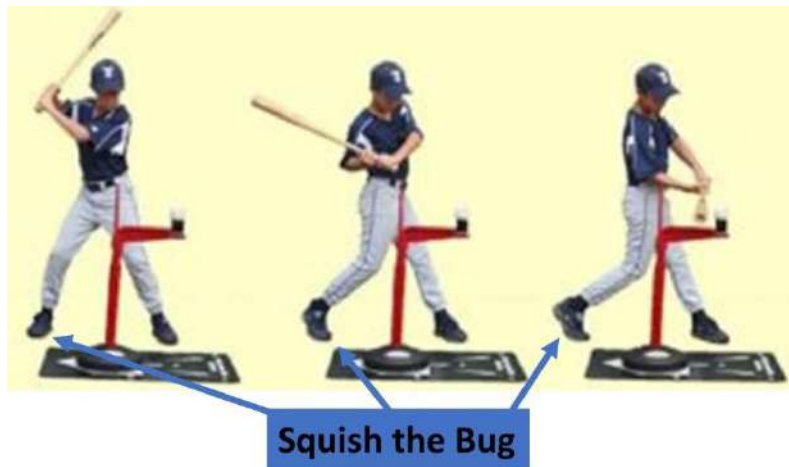


Lefty or Righty?

When giving a bat to each player hold it straight up and down and ask them to grip it with both hands together – if gripped right hand on top = righty / if gripped left hand on top = lefty

VIDEOS:

- [Little League University 2-Min Video - Beginner](#)
- [Rally Cap "Between the Two"](#)

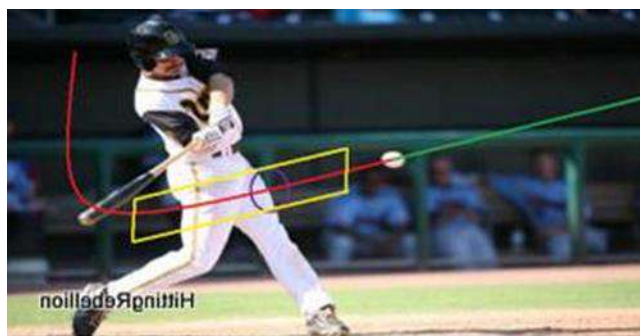


Stance

Feet shoulder width apart or slightly wider, knees bent to start

“Chicken Wing” – Back Elbow up, higher than front elbow

“Bat to the Sky” – bat up, not resting on shoulder



Motion / Swing

Front foot ‘opens’

Hip Twist – lead with the back hip, do not lead with the hands

Back elbow stays mostly in

Do not reach with both arms straight, back arm should be bent

Flat Swing through the ball, natural tendency will be to lift up

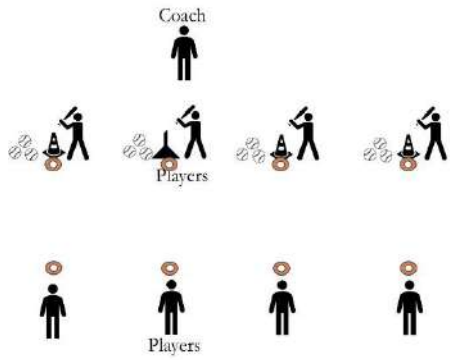
Shoulders square to the ‘pitcher’ at contact

Follow all the way through with wrists rolling over, do not slow down

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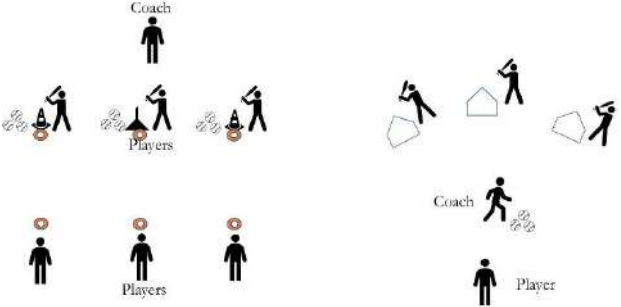


<p>Topic: Hitting (T)</p>	<p>Goals:</p> <ul style="list-style-type: none"> - Proper stance at plate - Lead with the hip - Smooth mostly level swing
<p>Equipment Needed:</p> <ul style="list-style-type: none"> - Agility Cones – 6-8 (depending on # kids) - Traffic Cones/Tee's – 3-5 - Wiffle balls – 1 bucket (all) - Tennis balls – 1 bucket (Blast / T-Ball) - Incrediballs – 1 bucket (T-Ball / Rookie) - Baseballs – 1 bucket (T-Ball / Rookie) - Foam bats bucket for Blastball - Bat Buckets (different lengths for different heights) 	<p>Layout:</p> 
<p>Instructions:</p> <ul style="list-style-type: none"> - Safety Instructions: only swing at home plate while wearing a helmet - Demonstration (1-2 min): “Between the Two” <ul style="list-style-type: none"> o Strong legs = stance front foot pointing at the middle of the “house” (middle corner of home plate) o Good Grip = knuckles lined up, hands together, firm but no white knuckle hard grips o Bat back = starting swing position - Before first ‘hits’, get players to line-up with Strong Legs, Good Grip and Bat Back – Flat Swing demo, repeat 5 times – go for it (10-12 hits – 4 minutes max) - Repeat, repeat, repeat 	<p>Coaching Points:</p> <ul style="list-style-type: none"> - Proper stance - Hands together (Hands are friends) - Planted feet - Front elbow down - Back elbow out (chicken wing) - Mostly level swing (no chopping down) - Twist the hips <p>Progressions:</p> <ul style="list-style-type: none"> - Back foot ‘squish the bug’ twist - Lead with the hip – stronger swing starts with the stronger leg & back muscles - Slight lift of front foot pre-swing, small step forward with slight opening of front foot (unlocks rotation for hip twist)

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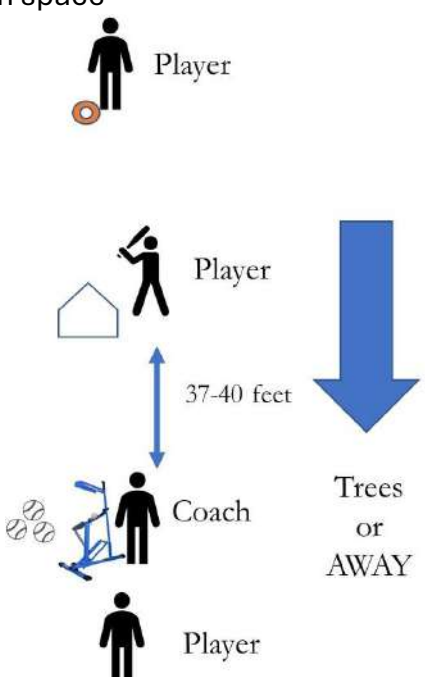
Lesson Plans



<p>Topic: Hitting (Wiffle)</p>	<p>Goals:</p> <ul style="list-style-type: none"> - Proper stance at plate - Smooth mostly level swing
<p>Equipment Needed:</p> <ul style="list-style-type: none"> - Agility Cones – 6 - Traffic Cones/Tee's – 3 (spaced >3m) - Rubber bases – 3 - Wiffle balls – 1 bucket - Bat Buckets 	<p>Layout:</p>  <p>Lots of space between Wiffle Pitching and Tees, and lots of space on both ends of Tees side – if less players, less fielders</p>
<p>Instructions:</p> <ul style="list-style-type: none"> - Hitting (T) set up with 3 Tee's/Cones and Wiffle Balls - Wiffle balls hit, ask the players to make a pile in the outfield at their cone (leave their bats by their cone) - To switch, hitting players back up from Tee's/Cones – fielding players grab the Tee's/Cones to take to their pile of balls/spot to reverse direction, alternate as time permits - Coach on one knee (mimicking trajectory of pitches for their age/size) throwing Wiffle balls, make sure lots of space from Tee's - Throw 1 ball per player, minimize waiting timing between players to keep their attention, max repetition 	<p>Coaching Points:</p> <ul style="list-style-type: none"> - Proper Power stance with bent knees - Planted feet - Front elbow down - Back elbow out (chicken wing) - Mostly level swing (no chopping down) - Twist the hips - Eyes follow the ball <p>Progressions:</p> <ul style="list-style-type: none"> - Lead with the hip – stronger swing starts with the bigger leg & back muscles - Slight lift of front foot pre-swing, small step forward (5-8 cm / 2-3 inch) shifting weight forward, slight opening of the front foot

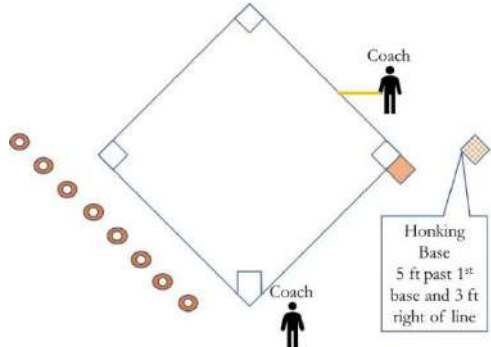
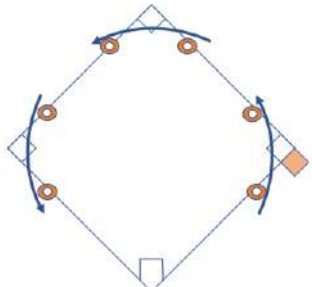
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<p>Topic: Hitting (Machine)</p>	<p>Goals:</p> <ul style="list-style-type: none"> - Proper stance at plate - Smooth mostly level swing
<p>Equipment Needed:</p> <ul style="list-style-type: none"> - Pitching Machine - Rubber home plate - Agility cones - Baseballs – 1 bucket - OR Tennis Balls – 1 bucket - OR Incrediballs – 1 bucket - OR Baseballs – 1 bucket 	<p>Layout:</p> <p>Make sure to point the batter to hit away from the rest of the group – towards the trees or open space</p> 
<p>Instructions:</p> <ul style="list-style-type: none"> - Same instructions as Hitting (T) and Hitting (Wiffle) - Try to divide time amongst players so that each player gets equal hitting time being pitched to – focus on using 10-12 ‘fresh’ balls per pair of batters - Count down “3, 2, 1” then release - Some coaches find it beneficial for players to have their spare hand up on starting count at 3 then lowering so the player watches your hand as it gets closer to the machine (ball about to be pitched) 	<p>Coaching Points:</p> <ul style="list-style-type: none"> - Proper Power stance with bent knees - Planted feet - Front elbow down - Back elbow out (chicken wing) - Mostly level swing (no chopping down) - Twist the hips - Eyes follow the ball <p>Progressions:</p> <ul style="list-style-type: none"> - Lead with the hip – stronger swing starts with the bigger leg & back muscles - Slight lift of front foot pre-swing, small step forward (5-8 cm / 2-3 inch) shifting weight forward

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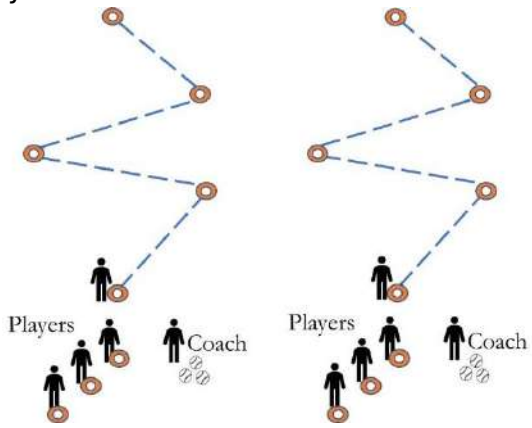
Lesson Plans

<p>Topic: Running Bases</p>	<p>Goals:</p> <ul style="list-style-type: none"> - Players to familiarize with bases and running around them - Crossover step with head down
<p>Equipment Needed:</p> <ul style="list-style-type: none"> - All Bases - Honking Base - Agility Cones – 8 (spaced >3m) - Bats 	<p>Layout:</p> 
<p>Instructions:</p> <ul style="list-style-type: none"> - Introduce Players to bases by walking (spaced out) around the diamond with them all as a team and ask them to shout out which base they are at - Players line up with helmets on Agility Cones - Swing with bat, drop it safely (no tossing), then run through first stomping on base and running to honking base (coach kicks bat to backstop out of way – runner gets their bat after getting through home) (Coach loud claps to simulate ‘hit’ noise) - Ready position on base, runners run on coach clap (mimics sound of hit), run one base at time <p>Progression:</p> <ul style="list-style-type: none"> - Proper stance at bases - with left foot at side of base, push off with one crossover, head down for three steps under the coach’s arm at 1st base pushing down through ball of foot – Coach at 1st base holds arm out three kid steps from 1st base 	<p>Coaching Points:</p> <ul style="list-style-type: none"> - Run at same time - Run through first and home base - Stop at Second and Third - Always “face the base you came from” - Run under the noodle, pump the arms <p>Progression:</p> <ul style="list-style-type: none"> - Double – coach shouts “Double” or “Take Two” and players are to run two bases, right foot to step on inside corner of base to ‘round’ the base - Rounding the bases add agility cones to encourage going ‘outside’ the base path to get inside corner to maintain speed (good for base races as well): 

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Lesson Plans

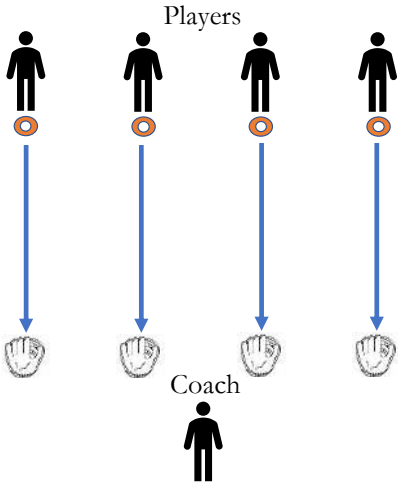


Topic: Running / High Catch	Goals: <ul style="list-style-type: none"> - Two Hand Catch in centre front of body - Pushing down to change directions
Equipment Needed: <ul style="list-style-type: none"> - Tennis balls – 1 bucket - OR Wiffleballs - OR Incrediballs – 1 bucket/bag - OR Baseballs – 1 bucket/bag - Agility Cones – 8 per line, 2-3 lines per team depending on number of coaches/players, try for lines of 3 players or less (starting cones >3m) – if only 1 Coach, start in middle and run 2 lines 	Layout: 
Instructions: Running: <ul style="list-style-type: none"> - Players line up in front of the first cone, run through dotted path as shown, second player goes after first player passes the second cone, etc. – players finish by running around to starting cone - Second round - Focus on driving outside foot down, body compresses down to push to the side at each cone - Third round – shuffle between cones - Fourth round – crossovers between cones - Fifth round – backing up to first cone then shuffle between middle cones, backing up to last cone - Repeat any round if you think the players would benefit from it 	High Catch: <ul style="list-style-type: none"> - Demonstrate with player repeating High catch position – fingers up / triangle with gloves on - Player starts by backing up to first cone, coach lob tosses up to player to catch (do catchable tosses) – focus on body centred catches – player throws back and runs through cones (shuffle/crossover/or straight – coach option) – forward lob toss to first cone on way back
Coaching Points: <ul style="list-style-type: none"> - Proper body position – knees flexed, feet shoulder width - Hands together to catch - Get body under/behind the falling ball centered catch (no reaching wide) 	Progressions: <ul style="list-style-type: none"> - Use Incrediballs or Baseballs

Rookie Division

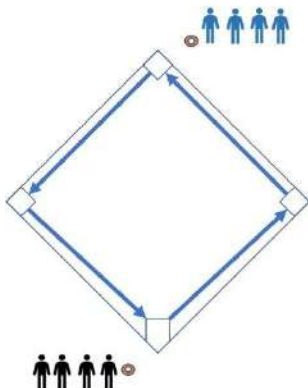
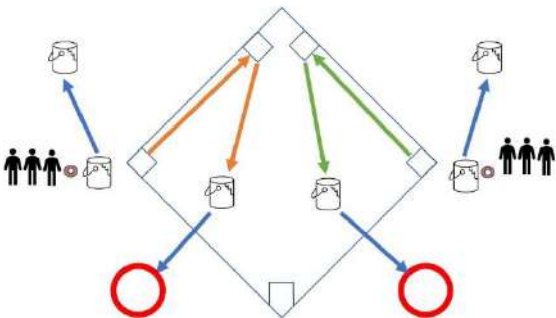

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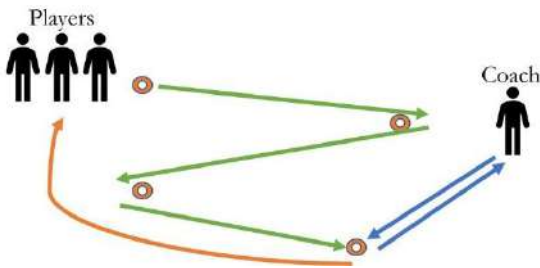
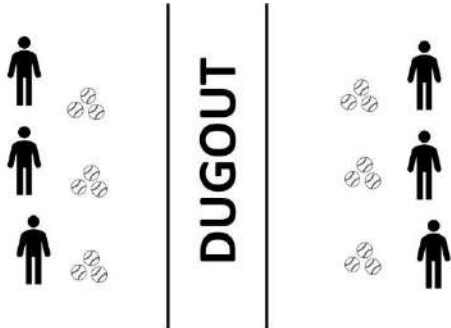


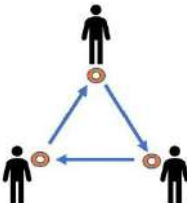
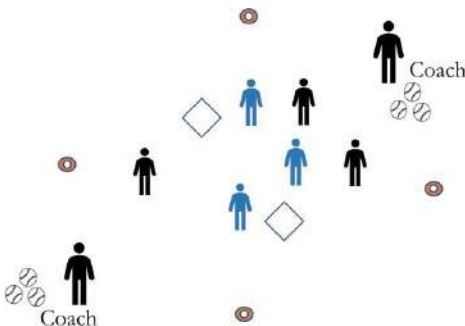
<p>Topic: Sliding</p>	<p>Goals:</p> <ul style="list-style-type: none"> - Players learn proper safe sliding technique
<p>Equipment Needed:</p> <ul style="list-style-type: none"> - Players' Gloves - Agility Cones – 5-10 (optional) <p>VIDEO: from start to 2m10s for great technique</p> <p>https://www.youtube.com/watch?v=8BlbkFkhAMA</p>	<p>Layout:</p> 
<p>Instructions:</p> <ul style="list-style-type: none"> - Set up on the hillside grass so that the players get momentum on the more slippery surface before practicing it on sand/clay (best to set up on a downslope for better success) - Players line up and Coach claps their hands to simulate hit off a bat, all players run towards (downhill) their gloves and implement the sliding technique in the video (gloves are great because they are soft and move if the player overshoots) - To Start, players straight leg goes beside the 'base' (glove) as their foot would otherwise hit the base and force their knee upward and potentially into their face or just jar their leg - Repeat with Coach providing lots of compliments and some tips for improvement 	<p>Coaching Points:</p> <ul style="list-style-type: none"> - Slide into 2nd, 3rd and always home if there is a ball being thrown to it - Figure 4 with the legs, does not matter which leg is bent, whatever is most comfortable for the player - Flat backside so the player spreads the landing across their entire bottom, more cushion - Hands up so they don't scrape their hands <p>Progressions:</p> <ul style="list-style-type: none"> - Move to the sand and a fixed base (use an agility cone to identify where they should start their 'landing', not on the cone, beside it) - Player's straight leg goes over the base raised, this will help them learn to move to the pop-up slide in future years to get up and then take the next base on overthrows

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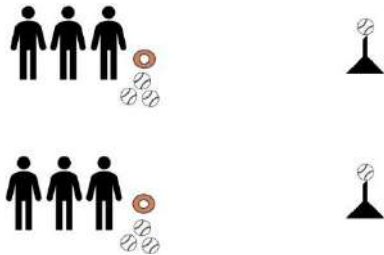
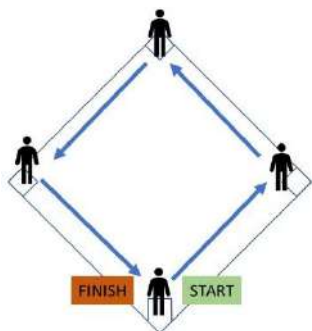
Topic: Assorted Games	Goals: <ul style="list-style-type: none"> - FUN!!! - Sneaky skill development
Base Race	
	Instructions: <ul style="list-style-type: none"> - One team on each side - Both start at same time, usually coach in the middle drops hat to start - First Player runs around all 4 bases with a ball then hands the ball to the next runner to run the bases - Winner: First team to complete - Balance teams by sharing players or adding extra laps as required
Relay Race Buckets/Hula Hoops	
 <p>Per Team:</p> <ul style="list-style-type: none"> - 1 target bucket - 2 bucket/bags of balls (Tennis/ Incrediball /Baseball) - 1 hula hoop - Bases with spaced out 2nd base for no collisions 	Instructions: <ul style="list-style-type: none"> - One team on each side (make even sized teams or add extra turn for a team) - Both start at same time - Player picks up ball from bucket throws (blue line) to target bucket - Player then runs (green or orange line) to second base (can introduce a slide later) - Player then runs to next bucket of balls, throws to either a hula hoop on dugout fence or at outfield bucket (coach predetermined) - Player runs to high five teammate to go next - Winner variations: First to complete; Points by hitting target; combination
Hitting Challenge	
	Instructions: <ul style="list-style-type: none"> - 2 or 3 parallel teams hitting for Distance - Points for getting past certain cone levels - Team with Highest combined points wins (not for speed) - Use Tennis / Incrediballs / Baseballs

Obstacle Course	
	<p>Instructions:</p> <ul style="list-style-type: none"> - Parallel Team Race (one side shown – keep to 5 players max) - Players side shuffle (ready position work) around 2nd and 3rd cones and side shuffle to 4th cone (green lines) - Coach throws/rolls a grounder to the Player who picks up and throws back at coach then runs to high five teammate to go - Winner: First team to complete - Variations: Throw to next teammate in line to start; Pop flies or Throws from Coach vs. Grounders; Players replace Coach
Over the Dugout	
	<p>Instructions:</p> <ul style="list-style-type: none"> - Split teams into 2 equally on either side of dugout, equal by number and skill - Each side starts with same number of tennis balls (for safety) – 2 or 3 per player - Timed race to throw as many balls over the dugout to the other side - Winner: Team with the least number of balls on their side - Variations: Use Incrediballs or Baseballs as pairs to throw/catch for pair with highest number of throws and/or catches over within time wins - For more skilled players, challenge them by setting cones further away from the fence to require longer throws

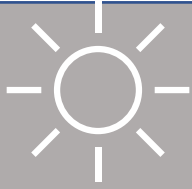
Triangle Relays	
	<p>Instructions:</p> <ul style="list-style-type: none"> - One ball circles around twice to each player. - Winner: First Team to sit down when done - Variations: Underhand tosses progress to overhand toss; Triangle size progressively gets larger; Wiffle → Tennis → Incrediball → Baseball
Pickle Tag	
	<p>Instructions:</p> <ul style="list-style-type: none"> - Runners (blue) with Helmets <ul style="list-style-type: none"> o Objective: Touch a Base without being tagged, need to touch a cone before touching a second Base - Fielders (black) with Gloves <ul style="list-style-type: none"> o Objective: Tag the Runners, throw ball back to coach after a tag and get a ball from a different coach - No one can leave the inside of the cones area - Timed Race - Winner: Fielders or Runners with highest number of Tags or Bases touched - Variations: More cones; More bases; Coaches closer/farther away; Individual Scores win for each Fielders or Runners

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Knock Off	
	<p>Instructions:</p> <ul style="list-style-type: none"> - Split teams into 2-3 equal (skill/numbers) teams - 2-3 throws per player to try to Knock the Ball off the Tee - 1 pt for hitting the Tee – 5 pts for hitting the Ball directly - If the ball falls off the Tee, the coach puts it back on before the next player throws - Winner: Highest Points - Variations: adjust distance
Diamond Relay	
 <p>Can use infield or bases in outfield</p>	<p>Instructions:</p> <ul style="list-style-type: none"> - Timed Race with ball starting at Home, throw around the bases. - Player has to catch/pick up the ball and touch their base before throwing to the next base. - Winner: Team with fastest time to get ball all around back to home - Variations: Skip 3rd base with throw to Home from 2nd; Skip 1st base with throw from Home to 2nd; Make a smaller diamond if not yet enough player throwing power

Getting (and keeping) children's attention



Always face the sun and have the children face you

- One person facing the sun is better than 10 children squinting!

Avoid wearing sunglasses

- Let the kids see your eyes, it will be easier to hold their attention!

Learn & USE children's names as often as possible... they LOVE it (start with name tags on their front & back if it's helpful)



Moving between stations?



Put out your airplane arms and fly with me!!



Let's line up our train 'choo choo'!

How do you get the players attention (listen & look at you?)



"Do you hear that dog barking?
(of course there isn't a dog 🐶)"

"If you can hear me clap your hands... if you can hear me touch your head... if you can hear me wiggle your ears"



Call & Answer:

Coach: "What sound does a waterfall make"

Children: "Shhhhhhhhhh"

Coach: "Ready set"

Children: "You bet!"



Coach: "Hocus Pocus"

Children "Time to Focus"



"Do you see that plane over there?"

Do you see this mouse over here?"

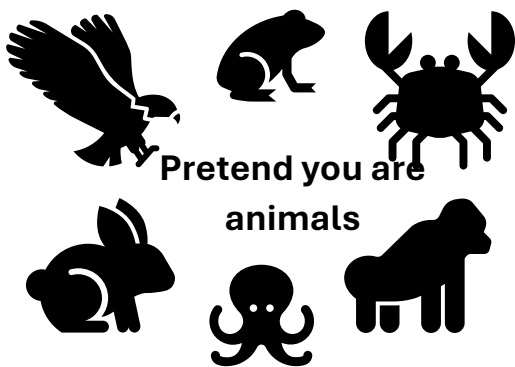
(the kids follow your pointing and are now focussed on beside you)



Warm-ups

Warm-ups set the tone for your practice – they should be **fun and engaging...** play games to get their bodies moving in different ways... include agility, coordination, & balance challenges! Think of all the ways they can move (stretching up high; leaning to side; twisting; walking on all 4's)

Try to add these skills in: Balance on one foot; Hop on one foot; 'Ready position' (on balls of feet, knees bent'); shuffle sideways

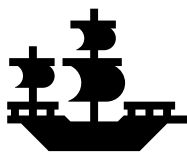


Pretend you are
animals

Game: 'Hit the deck'/'Captain's orders'

Label each direction with a colour, when the coach calls a colour the children move in that direction

- Practice shuffle left and right
- Practice quick start run forward
- Practice moving backward



When coach calls "hit the deck" everyone drops to the ground; when coach calls "aye aye captain" everyone gets up and salutes the coach

(add your own ideas for new movements!)

Head & Shoulders Knees & Toes

(speed it up as you repeat it!)

Have children pretend they are

- Spin a web like spiderman (In all directions)
- Swing a hammer like Thor
- Stretch up high like superman



'Freeze' activities...



- Play music, sing, clap, or make noise and have the children move their bodies in very silly ways... until you say 'Freeze' or 'Statue' (for example, 'can you move your body, can you move your body, can you move your body [you are also moving silly], now FREEZE' [you also do a silly statue])
 - o Children have to be completely still
- Repeat & add challenges... "freeze standing on one foot" / "freeze touching one hand to the ground" / "freeze on the ground with your feet up"

Red Light Green light (add extra colours with different activities – e.g. pink light= shuffle sideways)

Hokey Pokey