

Saturday – Fall Ball

1st Hour

4 Stations – Hitting, Pitching/Catching, Fielding – Infield, Fielding – Outfield

Hitting - Group of 2 players (7.5 mins)

(One volunteer to help, eventually the two kids should be able to do this autonomously with limited supervision)

- T-drills into the backstop taking turns (For lefties line drive over the shortstops head, righties line drive over the second baseman's head)
 - Soft toss – into backstop taking turns
 - Soft toss High Ball, Low Ball, colours (slightly more advanced)
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Pitching/Catching – One volunteer, 6 kids – 30 mins (alternating with hitting group)

4 pitchers, 2 catchers

Pitchers

- Grip
- Stance/setup
- Leg lift
- Stride
- Landing
- Follow-through

Catchers

- Stance/Positioning
 - Target/Receiving/Framing
 - Blocking
 - Return Throw
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Infield – One Volunteer 4/5 Players (15 min)

- Communication (pre-determining where the play will be)
- Ground ball pick-up mechanics (forehand/backhand)
- Transfer, footwork, throw
- 1st Base Target, Receiving, Stretch

Outfield – 4/5 Players (15 min)

- Proper Technique
 - Fly ball drill with cones
 - Long toss (accuracy and distance)
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2nd Hour

Scrimmage

- Split into 2 equal teams (if we have enough for 2 full teams)
- All batters hit per inning
- Pitcher faces 4 batters (or half the lineup (2 pitchers per inning)
- Approximately 2 full innings