**COACH PITCH – FIELDING (READY POSITIONS, FIELDING-THROWING-CATCHING, GAME SITUATIONS)**

1. **READY POSITIONS** -(ARE WE READY FOR THE PLAY? DO WE KNOW HOW MANY OUTS THERE ARE? DO WE KNOW WHERE WERE GOING IN A CERTAIN SITUATION?)
2. A CONTINUED RE ENFORCEMENT OF HOW TO FIELD A BALL, HOW TO THROW A BALL, AND HOW TO CATCH THE BALL FUNDAMENTALLY.
3. BALL IN THE AIR “**I GOT IT**”
4. WHERE ARE WE THROWING THE BALL TO? (KNOWING WHERE THE PLAY IS IF THE BALL IS HIT TO US)
5. WHERE SHOULD WE GO IF THE BALL ISN’T HIT TO US (COVERING PROPER BASES)

**\*WHILE THE THROWS AND CATCHING MIGHT NOT BE ON POINT. LEARNING TO COVER BASES AND WHERE TO GO IN SITUATIONS IS IMPORTANT.**

**COACH PITCH – HITTING (TEE, SOFT-TOSS, HIT)**

1. **KIDS WHO MAY HAVE JUST MOVED UP FROM TEE-BALL** - CONTINUED EMPHASIS ON PROPER STANCE AND SWING (FEET APART, HANDS UP – ELBOW UP, BAT UP, LEVEL SWING)
2. **KIDS WHO ARE IN YEAR 2 OR GETTING READY TO MOVE UP TO MINORS** - ALONG WITH PROPER STANCE AND SWING WORK ON (PIVOTING ON BACK FOOT, ROTATING OUR HIPS, KEEPING 2 HANDS ON THE BAT AND FOLLOWING THROUGH)
3. **TEE** - WORK ON KIDS SWINGING LEVEL, PIVOTING ON THEIR BACK FOOT AND GETTING THEIR HIPS/STOMACH MOVING (EVEN THOUGH IT IS “COACH PITCH” CONTINUED USE OF A TEE CAN REALLY HELP WITH THEIR SWING.
4. **SOFT- TOSS** - USE SOFT TOSS AS A WAY TO HELP BUILD HAND EYED COORDINATION (CONTINUED EMPHASIS ON PROPER STANCE, FEET APART, HANDS UP – ELBOW UP, BAT UP) BUT NOW THE KIDS ARE LEARNING TO KEEP THEIR EYES FOCUSED ON A MOVING BALL.
5. **HITTING** – COMBINE THE PROPER STANCE AND SWING. AS MOST ARE AWARE HITTING A BALL IS NO EASY TASK. IT MAY NOT BE AN OPTION AT PRACTICES TO DO A TEE AND SOFT-TOSS STATION. AT THE COACH PITCH LEVEL, WE WANT TO TEACH THE KIDS A PROPER FOUNDATION, KEEPING OUR EYE ON THE BALL, WITH A GOOD LEVEL SWING.

**PITCHING TO THE KIDS** **- 3 SWINGS (OUT) MAX 5 TO 6 HITTABLE PITCHES (OUT)**

1. KIDS WHO JUST MOVED UP MAY STRUGGLE WITH BEING PITCHED TO. SO YOU MAY WANT TO MOVE CLOSER TO THEM (WORK ON FUNDAMENTALS, GET THEIR CONFIDENCE UP AND THEN MAYBE SLOWLY MOVE BACK CLOSER TO THE MOUND AS THEY START TO GET MORE COMFORTABLE. FOR A KID WHO JUST MOVED UP FROM TEE-BALL TRY TO BE MORE FLEXIBLE WITH THE 3 STRIKES (SWINGING) GIVE THEM 5 OR 6
2. KIDS WHO HAVE A LITTLE BETTER SWING OR ARE GETTING READY TO MOVE UP TO MINORS LEVEL. WE WANT TO PITCH FROM AS CLOSE TO THE MOUND AS POSSIBLE. THESE KIDS SHOULD BE GETTING USE TO SEEING A BALL THROWN FROM NEAR THE MOUND. THEY ALSO NEED TO BE LEARNING THE DIFFERENCE BETWEEN GOOD PITCHES AND BAD PITCHES. 3 STRIKES (SWINGING) THEY’RE OUT. **5 OR 6 HITTABLE PITCHES WITH NO SWING THEY’RE OUT**.

* IF OTHER TEAM IS OK WITH GIVING ALL KIDS A FEW MORE STRIKES. WE ARE OK WITH THAT TOO. PLEASE REINFORCE GOOD PITCH SELECTION. IF AN OLDER PLAYER MISSES 4 OR 5 IN A ROW THEY’RE OUT. PLEASE DO NOT GIVE THEM 8 – 10 PITCHES.

**COACH PITCH – BASE RUNNING (PROPER BASE-RUNNING, ROUNDING BASES, LISTENING TO BASE COACHES)**

1. **RUNNING THROUGH 1ST BASE** – KIDS SHOULD BE RUNNING THROUGH 1ST BASE AND TURNING INTO FOUL TERRIORITY
2. **ROUNDING 1ST BASE** – GET KIDS USED TO ROUNDING BASE, TAKING 4 TO 5 STEPS, LOOKING FOR THE BALL, THEN GOING BACK TO 1ST.

**\*WORK WITH KIDS THAT WHEN ROUNDING 1ST BASE WE ARE TO BE HITTING INSIDE CORNER OF BASE WITH OUR RIGHT FOOT.**

1. **HITTING A DOUBLE** – ROUNDING 1ST, LISTENING TO OUR 1ST BASE COACH, LEARNING TO LOOK FOR OUR 3RD BASE COACH ON WHETHER TO STOP AT 2ND OR TO KEEP GOING “DOUBLES ONLY IN COACH PITCH” EMPHASIS ON LISTENING/LOOKING TO/FOR THE COACHES.

**\*OUR MAIN FOCUSES IN BASE RUNNING SHOULD BE LISTENING TO THE COACHES, RUNNING THROUGH 1ST BASE TURNING INTO FOUL, NOT RUNNING OVER 2ND AND 3RD, AND HUSTLE.**

**\*ABSOLUTLEY NO HEAD FIRST SLIDING. WHILE IT DOES LOOK AWESOME. THEY WILL BE CALLED OUT IN MINORS.**

**COACH PITCH – COACHES**

1. **TEAM FIRST –** HAVE THE KIDS DO RUNNING, STRETCHING AS A **TEAM**, HAVE THEM CHEER AND SUPPORT EACH OTHER.
2. **FUNDAMENTALS –** FIELDING, HITTING, BASE RUNNING
3. **BE ENERGETIC –** HIGH FIVES, FIST BUMPS, GOOD JOBS, GREAT GAME
4. **WORK HARD –** PUSH KIDS TO BE BETTER BALL PLAYERS**.** AT END OF DAY WE ARE PREPARING THEM FOR MINORS BASEBALL, IT’S OUR JOB TO HELP THEM GET THERE.

YOU ARE TASKED WITH HANDING A WIDE VARIETY OF AGES AND ABILITIES. THE MAIN FOCUS AT THIS LEVEL IS BASEBALL FUNDAMENTALS. WHILE SOME ARE YOUNG AND NEED HELP HOLDING A BAT OR STANDING PROPERLY. OTHERS WILL BE LOOKING TO GET READY FOR MINORS. ASK PARENTS OR FRIENDS TO ASSIST YOU IN ANYWAY POSSIBLE WITH PRACTICES. THE MORE HELP YOU HAVE AT THIS LEVEL GIVES EACH KID A LITTLE MORE ONE ON ONE ATTENTION AND ALLOWS YOU TO COVER SEVERAL THINGS A NIGHT THAN JUST 1 OR 2. WE WANT THE KIDS TO HAVE A BLAST PLAYING BASEBALL BUT ALSO BECOME BETTER BALL PLAYERS AND PREPARE THEM FOR MINORS.