

I. 6 to 6:15 Team Meeting 10 minutes

A. Team Rules

1. All bats belong to coach at practice and stay with the team equipment.
2. Never pick up a bat unless instructed to by a coach.
3. Never go near a player who is holding a bat.
4. Only swing a bat after a coach says “ready – hit.”
5. If you have a bat in your hands then you have to have a helmet on.

WAG -- Watch. Ask Questions. Get Coaching

- B. Go over (1) Elephant/alligator catching, (2) Point, toe and throw, (3) Picture window (thumbs up), (4) Tag on hip – force out (5) Hitting – Knocking Knuckles Measure Up and Kiss the ball.

C. Position Fitness

We then will do 3 15 minute stations of five kids each.

- II. Hitting station. Carl and Seth – Focus on lining up knocking knuckles and just making contact – Measure up and kiss the ball.

III. Fielding

A. Clay -- Grounders/Force Out & Tag Out

1. Elephant
2. Alligator Catching
3. Force Out With Grounder
4. Tag Out Without Grounder

B. Ted/Huntley – Throwing and Catching

1. Ted – Fetch the ball focusing on point –toe and throw
2. Hunt – Picture window – block the ball
3. Play catch

IV. Scrimmage or end

1. Hit and drop the bat. Run to first base.