



Entry Level Diamond Skills League!

- Terrific Baseball/Softball Learning Program for New Players!
- Games are Fast-Paced & FUN!
- Active and Inclusive Environment
- Emphasis on Teamwork
- Progressive Practice/Game Structure



"Quick Baseball" A great way to learn on the diamond!

"Where's first base? What's a double? What's the right way to throw a ball or field a grounder?"

Each season those questions and many, many more are asked by anxious youngsters who are stepping onto the diamond for the very first time.

As a parent, you watch nervously, hoping your child will "get it" before the season begins. But more than anything, you just want them to enjoy the sport and thrive, not to be bored or intimidated.

Practices and Games focus on building skills and having fun

Welcome to EL1 Quickball Entry Level!

Focusing on instruction in a fun, inclusive way, Quickball teaches baseball and softball basics in a stress-free environment.

Players of all skill levels learn and contribute. Each child is engaged and physically active while discovering the benefits of team play.

And all players gain valuable knowledge that will help them as they experience fun on the diamond!



What Quickball Entry Level teaches...



Fundamentals

“Enjoyable fundamentals.” That is the easiest way to describe Quickball Entry Level, an exciting “First Pitch” sports program created for children who are just beginning to explore the games of baseball and softball. Each time a player steps onto the field, he or she will learn about the game and then play a game. Skills stations focus on the proper way to execute all essential diamond skills!



Hustle!

Quickball literally turns our pastime into fasttime! Up-tempo skills stations and high-speed game action increase player movement and keep everyone on their toes. Each batter learns the correct way to hustle out a single, double, triple and home run. Fielders stay active by rotating positions and handling specific fielding assignments. Team success — on offense and defense — revolves around hustle!



Active Teamwork

With today’s kids getting involved in sports programs earlier than ever, it’s easy for them to become bored and uninterested when practices and games are slow and stagnant. Quickball solves that problem through the use of revolutionary concepts such as rapid rotation, two-way scoring and timed stations that introduce something new each week. These concepts teach the game in a whole new way.



Fun!

There is no reason to participate in a youth sports program if you’re not having fun. In Quickball, fun is the top priority. Kids of all skill levels contribute and the focus of each game is enjoyment — for the players and their parents!

For more info. on Quickball please visit: www.el1quickball.com



Quickball Player Sets

Each Entry Level player receives an official Quickball Game Ball-and-Bat set at the start of the season. This is theirs to keep and is for practice at home.



Quickball Entry Level players also receive a complete 9-card Character Education Baseball Card Set.

Each card highlights an important character education trait along with that player's position on the field. One card is presented to each player each week!

Quickball Equipment Guide

Ball

Bean Bag
Softball
Baseball



QB Bean Bag



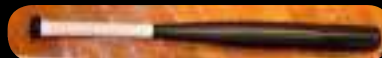
QB Softball



QB Baseball

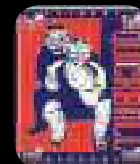
Bat

Lightweight and age-appropriate.



AutoUmp

Use for throwing accuracy in Throw-to-Target station. Also can be used as a target to determine balls and strikes in all Quickball games.



Rubber Footprints

Lay down rubber footprints in the following situations: (1) to provide a foot placement guide to batters; 2) to provide a foot placement guide for fielders, or 3) to provide a step guide for proper throwing technique.



Arrows

Use to guide runners around the bases and back into the batting line.



Fielder Spot Markers

Place at appropriate positions in the field (3-1st baseman, 4-2nd baseman, 5-3rd baseman, etc.) Teaches young players fielder locations, proper spacing and fielder numbers for scorekeeping.



Fence Boards

Spread out in the outfield to create Home Run fence line (LF, LCF, CF, RCF, RF). Place saucer cones between markers to further define the fence line.



Scoring Coins

Award coins to players for their effort during stations; or for scoring during games — **1 point** for being safe as a baserunner; **1 point** for recording a defensive out; or **2 points** for an over-the-fence home run.



Scoring Buckets

Each time players receive a scoring coin during game play, they should place it into their team's scoring bucket.



Character Education Cards

Wrap up each game by presenting each player with an All-Star Character Education card. Each card features an all-star character, a character keyword and definition, and a field layout showing where the all-star plays. Total set includes 9 cards, one for each game and a bonus card for the final game of an 8-week season.

Front

Back





Quickball Stations: **Week-by-Week**

Station 1: Throw-to-Target

WEEK	TARGET LOCATION	DISTANCE	THROWING LOCATION
1	Home Plate Target	10' away	Throw from Mound
2	Home Plate Target	15' away	Throw from Mound
3	Home Plate Target	20' away	Throw from Mound
4	Halfway to 1B Target	20' away	Throw from Mound
5	1st Base Target	25' away	Throw from Mound
6	1st Base Target	30' away	Distance Throw from 2B
7	1st Base Target	40' away	Distance Throw from SS
8	1st Base Target	50' away	Distance Throw from 3B

Station 2: Throwing

WEEK	THROWING STYLE	DISTANCE	THROWING ROTATION
1	Foul Shots	10' away	Typewriter
2	Elephant Trunk Toss	10' away	Typewriter
3	1-Knee Kneel Toss	10' away	Typewriter
4	Scarecrows	15' away	Typewriter
5	Scarecrows	20' away	Typewriter
6	Scarecrows	25' away	Typewriter
7	Step-Catch-Throw	15' away	Typewriter
8	Step-Catch-Throw	20' away	Typewriter

Station 3: Batting Practice

WEEK	THROWING STYLE	DISTANCE	BATTING ROTATION
1	Knee Toss BP	10' away	5 swings
2	Knee Toss BP	10' away	5 swings
3	Knee Toss BP	10' away	5 swings
4	Knee Toss BP	10' away	5 swings
5	Knee Toss BP	15' away	5 swings
6	Knee Toss BP	15' away	5 swings
7	Knee Toss BP	15' away	5 swings
8	Knee Toss BP	15' away	5 swings

Station 4: Fielding (Emphasize "Spider Man Hands" before starting each session)

WEEK	THROWING STYLE	DISTANCE	BALL
1	Step-Catch-Clap (Playing catch)	10' away	Bean Bags
2	Step-Catch-Clap (Soft Line Drives)	12' away	BB & QB Softballs
3	Step-Catch-Clap (Flies, Rolled Grounders)	15' away	QB Softballs & Baseballs
4	Review (Flies, Rolled Grounders)	15' away	QB Softballs & Baseballs
5	Review (Flies, Rolled Grounders)	15' away	QB Softballs & Baseballs
6	Review (Flies, Rolled Grounders)	20' away	QB Softballs & Baseballs
7	Review (All)	20' away	QB Baseballs
8	Review (All)	20' away	QB Baseballs



Station Layout & Objectives

Each week the Quickball field is set up to include 5 stations:

- Base Running
- Target Throws
- Throwing Progression
- Hitting
- Fielding

The base running station is the first station and should involve all players. At the conclusion of base running, players are divided into 4 groups and rotate through the remaining stations.

WarmUp: Base Running

Focus on:

- Athletic Batting Stance
- Natural Swing
- Proper Bat Release
- Direct Path to Base
- Run To-and-Through 1st Base
- Proper Turn on Extra Base Hits
- "Cycle" Progression

Location: Home Plate



Station 1: Target Throw

Group 1 - Mix of Players from both teams

Location: Mound

Focus on:

- Athletic Throwing Stance
- Proper Throwing Grip
- Natural Arm Path
- Step to Target
- Throwing with Purpose



Station 2: Throwing Progression

Group 2 - Mix of Players from both teams

Location: Right Field Foul Line

Focus on:

- Proper Throwing Mechanics
- Throw-and-Catch with Coach
- Distance Throwing



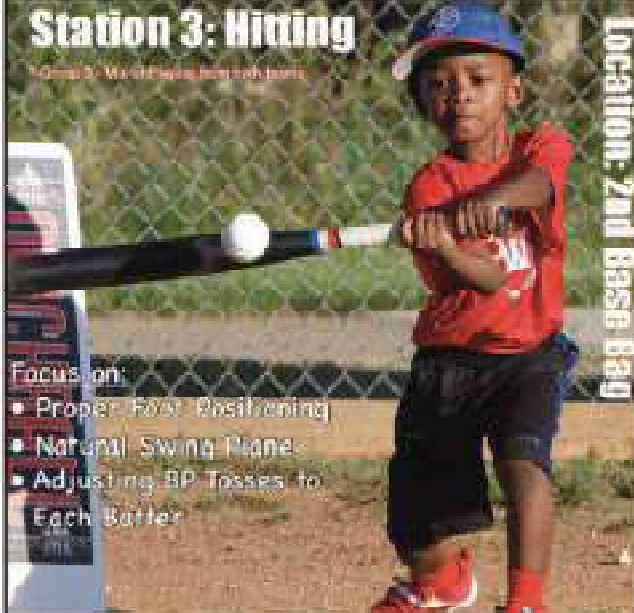
Station 3: Hitting

Group 3 - Mix of Players from both teams

Location: 2nd Base Bag

Focus on:

- Proper Foot Positioning
- Natural Swing Plane
- Adjusting BP Tosses to Each Batter



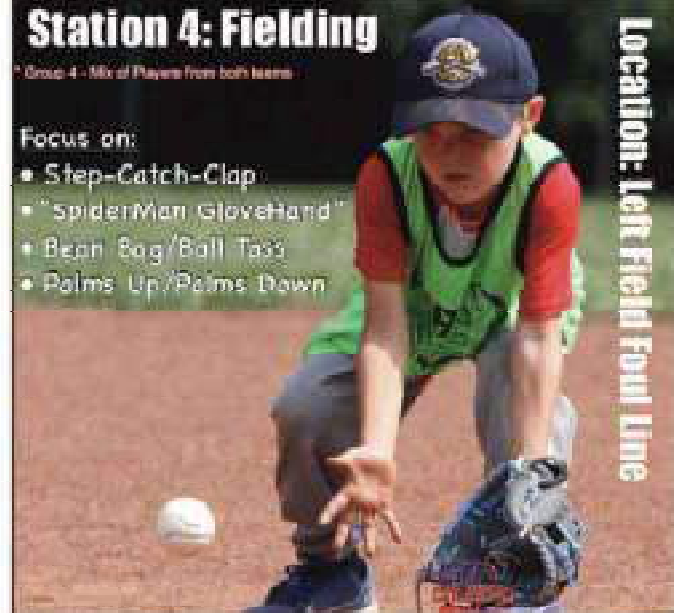
Station 4: Fielding

Group 4 - Mix of Players from both teams

Location: Left Field Foul Line

Focus on:

- Step-Catch-Clap
- "SpiderMan GloveHand"
- Bean Bag/Ball Toss
- Palms Up/Palms Down





Field Diagram

Stations

Notes

- 2 teams
- 4 stations
- 3 players per station
- 3-4 min. per station
- Baserunning - both teams at the same time
- Station layout remains the same each week



Game Plan: Week 1

10 minutes — Run the bases: Home to 1st Base

• Batter steps into the batter's box on the appropriate side of the plate using the rubber foot-prints. On the coach's command, batter takes a full swing (practice swing, no ball is pitched)

- Batter runs from Batter's Box to 1st base (infield single)
- Touches 1st base and continues running through the cone finish line
- Coach hands scoring coin to batter (as a reward for running through 1st properly)
- Batter turns right into foul ground, drops coin in bucket and goes back to batting line

COACH: Focus on athletic swing & proper bat drop (no slinging). Make sure each batter follows arrows and runs through the 1st base bag

Both Teams



Baserunning Warmup

BREAKOUT INSTRUCTION — 4 stations/Rotate on Hitting Station every 3-4 minutes/Mix teams at each station/waterbreak at end

STATION 1: Throwing to Target — from Pitcher's mound

POSITIONING: Single file line beside cones on mound or pitcher's circle

- Throwing player gets into throwing position, ball in hand
- AutoUmp is located 10' in front of player
- Each player throws 3 times at target then rotates to the back of the line

COACH: After everyone has thrown, have players hustle to retrieve the balls and put them back into the ball bucket



Throwing-to-Target station

STATION 2: Throwing Progression — located on RF foul line

POSITIONING: Players toe foul line, each one straddles their field cone

- "Foul Shots" - Grip & Wrist Flips
- Use 2-3 fingers to grip the ball firmly like an egg
- Flip to coach

COACH: To receive throws from each player, move down the line and back in typewriter fashion



Throwing Station

STATION 3: Hitting Progression — 2nd base serves as home plate

POSITIONING: Batter at 2nd base, others in group in outfield positions

- Use footprints to assist in batting stance
- Coach takes a knee, underhand front toss to hitter
- Focus on tossing ball into batter's natural swing plane
- 5 swings per batter and rotate in the next batter

COACH: Do not change batter's natural swing plane. If necessary, use overhand "dart" toss to connect with extreme uppercut swing



Hitting station

STATION 4: Fielding Progression — located on LF foul line

POSITIONING: Each player stands behind a field cone, lines up belt buckle with cone

- Use cones and rubber feet to establish "athletic position"
- Focus on catching soft line drive - first with bean bag toss
- Demo "Step-Catch-Clap" catching technique

COACH: To receive throws from players, move down the line and back in typewriter fashion



Fielding station

Scoring Coins



OFFENSE

- 1-pt. coin awarded for each safe hit
- 2-pt. coin awarded for over-the-fence HR

DEFENSE

- 1-pt. coin awarded for each out recorded by the defense

Can be used in all games

Game time! Cycle Format/Singles

BATTING TEAM - Hit for singles only

- Coach that pitches takes a knee and throws front soft-toss to each batter
- Batters get up to 5 swings per at bat. If they fail to connect, they run on the 5th swing regardless. If no ball is put into play, the coach/pitcher randomly rolls a ball into fair play for the defense as the batter runs to 1st base

FIELDING TEAM - Throw all batted balls to first base in all innings

- Use numbered field spots to assign positions
- Fielders play a different position each inning
- Coach/helper plays 1st base
- Defense scoring bucket is stationed by first base, in foul ground. Offense scoring bucket is positioned in foul ground behind the batting line



Game Plan: Week 2

Quickball

10 minutes — Run the bases: Home to 1st Base/Home to 2nd Base

- Batter steps into the Batter's Box on the appropriate side of the plate using the rubber foot-prints. On the coach's command, he or she takes a full swing (practice swing, no ball is pitched)
 - Batter runs from Batter's Box to 1st base (infield single)
 - Touches 1st base and continues running through the cone finish line
 - Next round, batter makes proper turn at 1st and then runs to 2nd

COACH: Remind batters - no bat slinging. Make sure each batter follows the arrows, rounds 1st base properly and stops at 2nd base.

Both Teams



Baserunning Warmup

BREAKOUT INSTRUCTION — 4 stations/Rotate on Hitting Station every 3-4 Mix teams at each station/Waterbreak at end

STATION 1: Throwing to Target — from Pitcher's mound

POSITIONING: Single file line beside cones on mound or pitcher's circle

- Throwing player gets into throwing position, ball in hand
- AutoUmp is located 15' in front of player
- Each player throws 3 times at target then rotates to the back of the line

COACH: After everyone has thrown, have players hustle to retrieve the balls and put them back into the ball bucket



Throwing-to-Target station

STATION 2: Throwing Progression — located on RF foul line

POSITIONING: Players toe line, each one straddles their field cone

- "Elephant Trunk Wrist Flips" - Thrower's chest facing coach, elbow sitting on non-throwing hand at shoulder level, ball in hand
- Use 2-3 fingers to grip the ball firmly like an egg
- Flip to coach - emphasize wrist flexion

COACH: To receive throws from each player, move down the line and back in typewriter fashion



Throwing Station

STATION 3: Hitting Progression — 2nd base serves as home plate

POSITIONING: Batter at 2nd base, others in group in outfield positions

- Use footprints to assist in batting stance
- Coach takes a knee, underhand front toss to hitter
- Focus on tossing ball into batter's natural swing plane
- 5 swings per batter and rotate in the next batter

COACH: Do not change batter's natural swing plane. If necessary, use overhand "dart" toss to connect with extreme uppercut swing



Hitting station

STATION 4: Fielding Progression — located on LF foul line

POSITIONING: Each player stands behind a field cone, lines up belt buckle with cone

- Use cones and rubber feet to establish "athletic position."
- Demonstrate "Fingers to the Sky" hand positioning for fielding line drives
- Focus on catching soft line drive - first with bean bag toss
- After bean bag toss, transition to USAQB softball

COACH: To receive throws from players, move down the line and back in typewriter fashion.



Fielding station

Scoring Coins

In the Doubles round, make sure each runner stands on second base while receiving his or her scoring coin.



Game time! Cycle Format/Doubles

BATTING TEAM - Hit for doubles only

- Coach that pitches takes a knee and throws front soft-toss to each batter
- Batters get up to 5 swings per at bat. If they fail to connect, they run on the 5th swing regardless. If no ball is put into play, the coach/pitcher randomly rolls a ball into fair play for the defense to play as the batter runs out a double

FIELDING TEAM - Throw all balls to 2nd base

- Use numbered fielder spots to assign positions
- Fielders play a different position each inning
- Coach/helper plays 2nd base
- Defense scoring bucket stationed by second base

SCORING:

Offense - 1 pt. per safe hit, 2 pts. for HR

Defense - 1 pt. per out



Game Plan: Week 3

10 minutes — Run the bases: Home to 3rd Base

- Batter steps into the Batter's Box on the appropriate side of the plate using rubber footprints. On the coach's command, he or she takes a full swing (practice swing, no ball is pitched)
 - Batter runs from Batter's Box to third base
 - Round first base, sprint to second base and then run to third base

COACH: Focus on athletic swing & proper bat drop (no slinging). Make sure batter follows arrows and runs hard through 1st and 2nd base



Baserunning warmup

BREAKOUT INSTRUCTION — 4 Stations/Rotate on Hitting Station every 3-4 minutes/ Mix teams at each station/waterbreak at end

STATION 1: Throwing to Target — from Pitcher's mound

POSITIONING: Single file line beside coach on mound or pitcher's circle

- Target is 15' away from players at home plate
- Each player straddles cone facing home plate
- Coach rolls ground ball, player fields it
- Proper grip, step towards target (on 1st base line)
- Throw and follow-through

COACH: Make sure each player uses proper footwork and turns to make the throw towards the target



Throwing-to-Target station

STATION 2: Throwing Progression — located on RF foul line

POSITIONING: Players toe foul line, each one straddles their field cone

- Knee Throws — 1-knee throwing to coach
- Player kneels on throwing side knee with non-throwing shoulder pointed to coach, non-throwing leg extended toward coach with foot on the ground (coach should demonstrate and work on positioning players)
- Players point non-throwing hand toward coach, rotate and throw to coach
- Coach uses typewriter method to toss and catch with each player

COACH: Emphasize pointing toward target with non-throwing hand



Throwing Station

STATION 3: Hitting Progression — located at 2nd base, hitting toward CF

POSITIONING: 1 batter, on-deck batters field balls in the outfield

- Hitter stands at 2nd base (lay a throw-down home plate on top of base if possible)
- Remind players of proper grip and foot positioning (use rubber footprints)
- Proper swing and follow-through — natural bat swing
- Coach on a knee, provides underhand front soft-toss or overhand soft-toss
- Induce contact to develop hand-eye coordination

COACH: Goal is to toss the ball into the hitter's bat path



Hitting Station

STATION 4: Fielding Progression — located on LF foul line

POSITIONING: Players toe the foul line, stands behind a field cone, lines up belt buckle with cone

- Players get into fielding position - use field cones & rubber feet to establish athletic position
- No gloves needed (but can be used if player is excited about using one)
- "Step-catch-clap" softball-sized Quickball — line drive
- Progress to baseball-sized Quickball

COACH: Remind players to use "fingers to the sky" hand positioning



Fielding Station

Game Time! Cycle Format/Triples

BATTING TEAM - Hit for triples only

- Coach that pitches takes a knee and throws front soft-toss to each batter. Each batter swings for a triple
- Batters get up to 5 swings per at bat. Ball is randomly tossed into field of play if 5th swing doesn't produce a fair ball

FIELDING TEAM - Throw all batted balls to coach at 3rd base

- Use numbered field spots to assign positions.
 - Fielders play a different position each inning.
 - Defense scoring bucket stationed by third base in foul ground
- SCORING:** 1 pt. for safe hit, 2 pts. per HR, 1 pt. per out

Quickball



Quickball

Game Plan: Week 4

10 minutes — Run the bases: Home Runs

- Batter steps into the Batter's Box on the appropriate side of the plate using rubber footprints. On the coach's command, he or she takes a full swing (practice swing, no ball is pitched)
- Batter runs from Batter's Box all the way around the bases
- Round first base, sprint to second base, round third base and then hustle home

COACH: Focus on athletic swing & proper bat drop (no slinging.) Make sure batter follows proper turns AND steps on every base

BREAKOUT INSTRUCTION — 4 Stations/Rotate on Hitting Station every 3-4 minutes/ Mix teams at each station/waterbreak at end

STATION 1: Throwing to Target — from Pitcher's mound

POSITIONING: Single file line beside coach on mound or pitcher's circle

1

- Target is 20' away from players and located on the 1st base line, halfway between home and 1st base
- Each player straddles cone facing home plate
- Coach tosses soft line drive, player fields it, throws to target
- Emphasize proper grip, throw and follow-through

COACH: After everyone has thrown, have players hustle to retrieve the balls and put them into the ball bucket

STATION 2: Throwing Progression — located on RF foul line

POSITIONING: Players toe foul line, each one straddles their field cone

2

- "Scarecrow" — throwing to coach
- Hands — with ball in throwing hand — are shoulder high (equal/opposite)
- Non-throwing shoulder is pointed at coach
- Player rocks weight onto throwing foot, steps toward coach softly with non-throwing foot and throws to coach
- Coach follows typewriter method to catch for each player

COACH: Emphasize transferring weight from back foot to front foot

STATION 3: Hitting Progression — located at 2nd base, hitting toward CF

POSITIONING: 1 batter, on-deck batters field balls in the outfield

3

- Hitter stands at 2nd base (lay a throw-down home plate on top of base if possible)
- Remind players of proper grip and foot positioning (use rubber footprints)
- Proper swing and follow-through — natural bat swing
- Coach on a knee, provides underhand front soft-toss or overhand soft-toss
- Induce contact to develop hand-eye coordination

COACH: Goal is to toss the ball into the hitter's bat path

STATION 4: Fielding Progression — located on LF foul line

POSITIONING: Players toe the foul line, each one stands behind a cone, lines up belt buckle with cone

4

- Players get into fielding position (use field cones & rubber feet to establish athletic position)
- No gloves needed (but can be used)
- Review ground balls, fly balls, line drives

COACH: Use typewriter-style rotation when tossing balls



Baserunning warmup



Throwing-to-Target station



Throwing Station



Hitting Station



Fielding Station

Game Time! Cycle Format/Home Runs!

BATTING TEAM - Hit for HRs

- Coach that pitches takes a knee and throws front soft-toss to each batter. Each batter swings for a Home Run
- Batters get up to 5 swings per at bat. Ball is randomly tossed into field of play if 5th swing doesn't produce a fair ball

FIELDING TEAM - Throw all batted balls to coach at home plate

- Use numbered field spots to assign positions. Fielders play a different position each inning. Coach/helper at pitcher's mound
- Defense scoring bucket stationed by home plate in foul ground

SCORING: Offense - 1 pt. per safe hit, 2 pts. per Home Run

Defense - 1 pt. per out



Game Plan: Week 5

10 minutes — Run the bases: Home to 1st Base/1st Base to 3rd Base

- Batter steps into the batter's box on the appropriate side of the plate using rubber footprints. On the coach's command, he or she takes a full swing (practice swing, no ball is pitched)
- Batter runs from batter's box to first base and then to third base when next batter swings and runs to first base

COACH: Keep an eye on each runner's feet at first base and make sure that he or she knows to keep one foot on the base before running to 2nd base

BREAKOUT INSTRUCTION — 4 Stations/Rotate on Hitting Station every 3-4 minutes/Mix teams at each station/waterbreak at end

STATION 1: Throwing to Target — from Pitcher's mound

POSITIONING: Single file line beside coach on mound or pitcher's circle

- Target is located 25' away from players and positioned at 1st base
- Each player straddles a cone facing home plate
- Coach tosses a fly ball, player fields it with or without a glove
- Proper grip, step towards target
- Throw and follow-through

COACH: After everyone has thrown, have players hustle to retrieve the balls and put them into the bucket

STATION 2: Throwing Progression — located on RF foul line

POSITIONING: Players toe foul line, each one straddles their field cone

- "Scarecrows" — throwing to coach
- Player straddles field cone with non-throwing shoulder pointed at coach (sideways). Hands with ball in throwing hand are shoulder high
- Player rocks weight onto throwing foot, steps toward coach with non-throwing foot and throws to coach
- Coach follows typewriter method to catch for each player

COACH: Emphasize transferring weight from back foot to front foot

STATION 3: Hitting Progression — located at 2nd base, hitting toward CF

POSITIONING: 1 batter, on-deck batters field balls in the outfield

- Hitter stands at 2nd base (lay a throw-down home plate on top of base if possible)
- Remind players of proper grip and foot positioning (use rubber footprints)
- Proper swing and follow-through — natural bat swing
- Coach on a knee, provides underhand front soft-toss or overhand soft-toss
- Induce contact to develop hand-eye coordination

COACH: Goal is to toss the ball into the hitter's bat path

STATION 4: Fielding Progression — located on LF foul line

POSITIONING: Players toe the foul line, each one stands behind a field cone, lines up belt buckle with cone

- Review ground balls
- Review fly balls and line drives
- Alternate equipment (QB softballs and baseballs) as you see fit

COACH: Use typewriter-style rotation when tossing balls



Baserunning warmup



Throwing-to-Target station



Throwing Station



Hitting Station



Fielding Station

Game Time! Cycle Format/Singles & Doubles

BATTING TEAM - Hit for singles and doubles

- Each batter swings for a single in inning 1 and doubles in inning 2. Repeat as time allows
- Batters get up to 5 swings per at bat. Ball is randomly tossed into field of play if 5th swing doesn't produce a fair ball

FIELDING TEAM - Throw all batted balls to coach at 1st base in inning 1 and 2nd base in inning 2

- Use numbered field spots to assign positions. Fielders play a different position each inning. Coach/helper plays appropriate base
- SCORING:** Offense - 1 pt. per safe hit, 2 pts. per Home Run
Defense - 1 pt. per out

QUICKBALL



Game Plan: Week 6

10 minutes — Run the bases: Home to 1st Base/1st Base to 3rd Base

- Batter steps into the batter's box on the appropriate side of the plate using rubber footprints. On the coach's command, he or she takes a full swing (practice swing, no ball is pitched)
- Batter runs from batter's box to 1st base. This time he/she stays on 1st base and advances from 1st base to 3rd base when the next batter runs to 1st

COACH: Make sure batter runs through 1st base, then returns to 1st and puts one foot on the base and steps towards second before running 1st to 3rd

BREAKOUT INSTRUCTION — 4 Stations/Rotate on Hitting Station every 3-4 minutes/ Mix teams at each station/waterbreak at end

STATION 1: Throwing to Target — distance throw from 2nd Base

POSITIONING: Single file line beside coach at 2nd Base

1

- Distance throw from 2nd base area to target at 1st base
- Each player stands on field number 4, facing coach 10' away
- Coach rolls a ground ball, player fields it with or without a glove
- Proper grip, step towards target located 30 feet away at first base
- Throw and follow-through. Goal is to hit the target on the fly or bounce
- Coach goes down the line and back using typewriter method

COACH: After everyone has thrown, have players hustle to retrieve the balls and put them into the ball bucket

STATION 2: Throwing Progression — located on RF foul line

POSITIONING: Players toe foul line, each one straddles their field cone

2

- "Scarecrows" — throwing to coach
- Player straddles field cone with non-throwing shoulder pointed at coach (sideways). Hands with ball in throwing hand are shoulder high
- Player rocks weight onto throwing foot, steps toward coach softly with non-throwing foot and throws to coach
- Coach follows typewriter method to catch for each player

COACH: Emphasize transferring weight from back foot to front foot

STATION 3: Hitting Progression — located at 2nd base, hitting toward CF

POSITIONING: 1 batter, on-deck batters field balls in the outfield

3

- Hitter stands at 2nd base (lay a throw-down home plate on top of base if possible)
- Remind players of proper grip and foot positioning (use rubber footprints)
- Proper swing and follow-through — natural bat swing
- Coach on a knee, provides underhand front soft-toss or overhand soft-toss
- Induce contact to develop hand-eye coordination

COACH: Goal is to toss the ball into the hitter's bat path

STATION 4: Fielding Progression — located on LF foul line

POSITIONING: Players toe the foul line, stand behind their cone, lines up belt bucket with cone

4

- Review ground balls
- Review fly balls and line drives
- Use QB softballs and baseballs

COACH: Use typewriter-style rotation when tossing balls



Baserunning warmup



Throwing-to-Target station



Throwing Station



Hitting Station



Fielding Station

Game Time! Cycle Format/Singles & Triples

BATTING TEAM - Hit for singles and triples

- Each batter swings for a single in inning 1 and a triple in inning 2
- Batters get up to 5 swings per at bat.
- Ball is randomly tossed into field of play if 5th swing doesn't produce a fair ball

FIELDING TEAM - Throw all batted balls to coach at 1st base in inning 1 and 3rd base in inning 2

- Repeat innings as time allows
- Use numbered field spots to assign positions
- Fielders play a different position each inning
- **SCORING:** 1 pt. per safe hit, 2 pts. per HR, 1 pt. per out

QUICKBALL



Game Plan: Week 7

10 minutes — Run the bases: Home to 2nd Base/2nd Base to Home

- Batter steps into the batter's box on the appropriate side of the plate using rubber footprints. On the coach's command, he or she takes a full swing (practice swing, no ball is pitched)
- Batter runs from batter's box to 2nd base. This time he/she stays at 2nd base, then runs to 3rd base and through home plate when the next batter takes his or her swing

COACH: Make sure batter makes proper turn around 1st base. Also, make sure runner makes proper turn when rounding third base



Baserunning warmup

BREAKOUT INSTRUCTION — 4 Stations/Rotate on Hitting Station every 3-4 minutes/ Mix teams at each station/waterbreak at end

STATION 1: Throwing to Target — distance throw from Shortstop

POSITIONING: Single file line beside coach at shortstop base

- Distance throw from shortstop area to 1st base
- Players take turns standing on field number 6
- Player fields a slow grounder, throws at 1st base target located 40' away
- Proper grip, step towards target
- Throw and follow-through

1

COACH: After everyone has thrown one time, roll a slow ground ball to each player, have them charge the ball and then throw to the target



Throwing-to-Target station

STATION 2: Throwing Progression — located on RF foul line

POSITIONING: Players toe foul line, each one straddles their field cone

- “Step, Catch and Throw” — throwing to coach
- Player faces coach. Hands with ball in throwing hand are shoulder high. (coach should demonstrate and work on positioning players).
- Player steps with throwing foot toward, steps through with throwing foot, throws to coach (complete throwing process)
- Coach follows typewriter method to catch for each player

2

COACH: Emphasize proper footwork. Step-by-step if necessary



Throwing station

STATION 3: Hitting Progression — located at 2nd base, hitting toward CF

POSITIONING: 1 batter, on-deck batters field balls in the outfield

- Hitter stands at 2nd base (lay a throw-down home plate on top of base if possible)
- Remind players of proper grip and foot positioning (use rubber footprints)
- Proper swing and follow-through — natural bat swing
- Coach on a knee, provides underhand front soft-toss or overhand soft-toss
- Induce contact to develop hand-eye coordination

3

COACH: Goal is to toss the ball into the hitter's bat path



Hitting station

STATION 4: Fielding Progression — located on LF foul line

POSITIONING: Players toe the foul line, each one straddles their cone

- Review ground balls
- Review fly balls and line drives
- QB Baseballs

4

COACH: Back up in distance to challenge players



Fielding station

Game Time! Cycle Format/Singles & Triples

BATTING TEAM - Hit for singles and triples

- Each batter swings for a single in inning 1 and triple in inning 2.
- Repeat as time allows
- Batters get up to 5 swings per at bat
- Ball is randomly tossed into field of play if 5th swing doesn't produce a fair ball

FIELDING TEAM - Throw all batted balls to coach at 1st base in inning 1 and to coach at 3rd base in inning 2

- Use numbered field spots to assign positions
- Fielders play a different position each inning

SCORING: Offense - 1 pt. per safe hit, 2 pts. per HR
Defense - 1 pt. per out

Quickball



Game Plan: Week 8

10 minutes — Base Race/ Home to 2nd-2nd to Home

- Line up 1 team at 2nd base and 1 team at home plate. Team at 2nd base will consider it home plate
- Teammates race around bases and pass ball to teammate once they cross the plate
- First team to complete the relay wins
- Teams with fewer players will need to send player(s) more than once

COACH: Make sure runners use proper turns around the bases. Also, make sure they touch all four bases before handing the ball off

BREAKOUT INSTRUCTION — 4 Stations/Rotate on Hitting Station every 3-4 minutes/ Mix teams at each station/waterbreak at end

STATION 1: Throwing to Target — distance throw from 3rd Base

POSITIONING: Single file line beside coach at third base

1

- Distance throw from 3rd base position. Target is located at 1st base 50' away
- Players take turns standing on field number 5
- Player fields a grounder from the coach, throws the ball at target
- Proper grip, step towards target
- Each player attempts to throw across the field to hit the target - on the fly or bounce

COACH: After everyone has thrown, have players hustle to retrieve the balls and put them into the ball bucket

STATION 2: Throwing Progression — located on RF foul line

POSITIONING: Players toe foul line, each one straddles their field cone

2

- “Step, Catch and Throw” — throwing to coach
- Player faces coach. Hands with ball in throwing hand are shoulder high. (coach should demonstrate and work on positioning players)
- Player steps with throwing foot toward coach, catches throw from coach and then throws to coach (Complete throwing process)
- Coach follows typewriter method to catch for each player

COACH: Emphasize proper footwork while moving quickly down the line

STATION 3: Hitting Progression — located at 2nd base, hitting toward CF

POSITIONING: 1 batter, on-deck batters field balls in the outfield

3

- Hitter stands at 2nd base (lay a throw-down home plate on top of base if possible)
- Remind players of proper grip and foot positioning (use rubber footprints)
- Proper swing and follow-through — natural bat swing
- Coach on a knee, provides underhand front soft-toss or overhand soft-toss
- Induce contact to develop hand-eye coordination

COACH: Goal is to toss the ball into the hitter's swing path

STATION 4: Fielding Progression — located on LF foul line

POSITIONING: Players toe the foul line, stands behind a cone, lines up belt buckle with cone

4

- Review ground balls
- Review fly balls and line drives
- Use QB Baseballs only

COACH: Review each player's hand positioning when catching the ball

Base Race

Review at each station

Game Time! Complete Cycle Format

BATTING TEAM - Hits for 1B, 2B, 3B, HR

- Each batter swings for a single in inning 1, a double in inning 2, a triple in inning 3 and a home run in inning 4.
- Batters get up to 5 swings per at bat. Ball is randomly tossed into field of play if 5th swing doesn't produce a fair ball.

SCORING: Offense - 1 pt. per safe hit, 2 pts. per over-the-fence HR

FIELDING TEAM - Throw all batted balls to coach at 1st base in inning 1, 2nd base in inning 2, 3rd base in inning 3 and at home in inning 4

- Use numbered field spots to assign positions.
- Fielders play a different position each inning.

Defense - 1 pt. per out

Quick Break

EL1 QUICKBALL 6U GAME RULES

General Rules

- Coach or assistant coach pitches to his or her team - Up to 5 pitches per batter in 1st inning/Up to 4 pitches per batter in 2nd inning/Up to 3 pitches per batter in 3rd inning and 4th inning.

- If the ball is not hit into play after the final swing of the at bat, the coach or field assistant rolls or tosses a ball into the field of play and the batter runs out the base running assignment for that inning.

Note: Make sure to spread the thrown balls around so that every player gets a fielding chance.

- In the field, a coach receives all throws to the bases.

1st inning - Singles

- Each batter tries to reach 1st base safely. In the field, the defense tries to get an out at first base.

Safe or out, each batter remains on 1st base until the next batter bats. He or she then advances one base at a time until scoring. The last batter of the inning runs out all four bases.

Note: Make sure each batter runs through the 1st base bag (and does not stop on it)

Fielders throw or relay the ball to 1st base even if the runner is safe (which is usually the case.) In all innings, the goal is to get the defense into the habit of working together to get the ball to the appropriate base for that inning.

2nd inning - Doubles

- Each batter tries to reach 2nd base safely. In the field, the defense tries to get an out at second base.

- Each runner remains at 2nd base until the next batter puts the ball into play. He or she then either stops at 3rd base or rounds 3rd base and scores on the next fair ball. It is up to the third base coach to stop or wave them on. This teaches the runner to listen to their base coach. The last batter of the inning runs out all four bases.

Note: The base coach should make sure each batter makes a proper turn at 1st base. Place the arrows leading to 1st base in an arch to reflect the path of the turn.

3rd inning - Triples

- Each batter tries to reach 3rd base safely. In the field, the defense tries to get an out at third base. Each batter remains at 3rd base until the next batter bats. He or she then scores on the next fair ball. The last batter of the inning runs out all four bases.

4th inning - Home Runs

- Each batter runs out all 4 bases while trying for a home run.

- Defensively, fielders relay the ball to a “cutoff man” (a coach) who is stationed behind the mound to receive all throws. As soon as the ball is put into play, the player who is standing on the “1” spot marker, begins pitching immediately to see how many strikes he or she can throw before the batter crosses the plate. Keeping a focus on proper throwing form, a coach should continue to hand balls to the pitcher until the runner scores.

Note: Change pitchers after each batter, until all players have had a chance to throw at the target.

Final Notes

- For the first few weeks of the season, we recommend having all batters face coach pitching only. We want them to continue tracking the ball with their eyes and attacking it with their bat. The goal is to have them take natural, aggressive swings. As you get deeper into the schedule, you can add the option of the batting tee for any players who may be struggling to make contact. But if a tee is added, try and use it for the entire inning so that no player is singled out.

- For a game with teams of 10 players, the average 4-inning game usually lasts around one hour.

**Top of 1st inning
1Bs-inning shown.
See Game Rules on
opposite page for
rules for innings 2-4.**