

THE PROGRAM, YOUTH SKILL DEVELOPMENT

2016 MWLL Coaches Clinic

T-Ball/Pee Wee (Ages 5-7)

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- 1) Active warm up – See attached
 - 2) Throwing program – See attached
 - 3) Practice drills – See attached
 - a) Eye-Hand coordination & Footwork
 - b) Agility
 - c) Throwing & Receiving (Not play catch)
 - d) Ready position
 - e) Hitting
 - f) Infield & Outfield
 - g) Base running
 - 4) Practice Games –
 - a) 4 corners (no chasing bad throws, extra ball ready)
 - b) Throwing Relays (same as above)
 - c) Cat & Mouse
 - d) Over the Line
 - e) Sim Game
 - f) 18 outs (with or without runners)
 - g) LIVE BP Game (Time limit for each half inning)
 - 5) Helpful Hints
 - a) Use incredible balls/tennis balls
 - b) If a drill is not working, move on
 - c) More stations if you have extra coaches (2-3 players)
 - d) Play the games with the kids
 - e) Use your resources (internet, other coaches, myself)

“Where Work Ethic Is Born & Athletes Are Created”