

Clinic Schedule

- 40 minutes of individual team clinic/practice
- 40 minutes of game-style play

Game rules

- Coaches will decide which team bats first
- When all batters from team have batted the teams will switch
- Coaches and time will determine how many times each team bats/fields
 - Make sure it is equal

Offense

- Each player on offense bats from the Tee
- When batter hits a fair ball they will run to first base
 - They stay on first base even if they are out (rarely happens)
- Runners will advance one base each time their teammate hits
- Last batter will run a home-run and clear the bases

Defense

- Fielders field the fair ball and throw to first base
- Allow other runners to advance when ball is hit
 - Focus throwing to first base

Fundamentals of baseball – make everything a game!

Coaching	
Fundamentals	<ul style="list-style-type: none">• Have a plan• Discipline• Be Positive• Make everything a game• Make sure the children see you having fun

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Throwing	
Fundamentals	<ul style="list-style-type: none"> • Thumb under ball... in-line with pointer finger • Two fingers on top... last two curled alongside ball • Held in fingers (not in palm) • Stance: skateboard • Ball on back thigh... knuckles to the sky
Fun games	<ol style="list-style-type: none"> 1. Closest to... (throw at something) 2. Relay (line-up) 3. Hot Potato (Circle) 4. Flick it (Flicking wrist motion...ball in to bucket) 5. Everyone touches the ball (Position to position)

Catching	
Fundamentals	<ul style="list-style-type: none"> • Shoulders square to ball • Above waist... fingers up • Below waist... fingers down • Two hand catch... cover-up ball with throwing hand
Fun games	<ol style="list-style-type: none"> 1. Begin w/o gloves (use catchable objects) 2. Relay 3. Hot Potato 4. Everyone touches the ball (Position to position) 5. Pop flies (Use tennis racket)

Hitting	
Fundamentals	<ul style="list-style-type: none"> • Bat grip... in fingers (line-up knocker knuckles) • Stance... shoulder width (pigeon-toed) • Relaxed, coil... see ball hit bat • Contact: top hand... palm down, bottom hand... palm up
Fun games	<ol style="list-style-type: none"> 1. Clear the table (cardboard box, plastic bottles, cans) 2. Hit other objects... build confidence 3. Tee work (back hip, front foot, off front hip) 4. Tee... use deflated soccer balls (feel impact)

Base-running	
Fundamentals	<ul style="list-style-type: none"> • Crossover step • Shuffle-shuffle (fly ball) • Touch inside of bag • Straight line...bag to bag • Round...extra base • Sliding...feet first: bend knee, back of leg on side of foot
Fun games	<ol style="list-style-type: none"> 1. Tarp sliding 2. Race through/to the base 3. Race around the bases

Baseball Knowledge	
Fundamentals	<ul style="list-style-type: none"> • Positions • Count • Outs • Innings (top, bottom) • Vocabulary
Fun games	<ol style="list-style-type: none"> 1. Work-up