

DISTRICT 68 LITTLE LEAGUE AAA
AAA PRACTICE #1

4:00-4:05 (5min)

TEAM MEETING – OUTFIELD GRASS

- TODAY’S KEY LESSONS – FUNDAMENTAL THROWING & FIELDING GROUND BALLS

4:05-4:15 (10min)

WARM UP – COMBINED BALISTIC AND STATIC STRETCHES

- JOG AS A TEAM – POLE TO POLE TO POLE
- RIGHT FIELD LINE
 - LUNGES
 - ZOMBIES
 - SHUFFLE STEP AND TURN
 - BUTT KICKS
 - KARAOKE
 - SPRINTS BASE LENGTH
- CIRCLE UP
 - WINDMILLS AND IN AND OUTS
 - ARM CIRCLES
 - TRICEP STRETCH
 - FOREARM STRETCH
 - QUAD STRETCH
- BASERUNNING – ON BASES
 - RELAX, READY, GO
 - CROSS-OVER STRIDE
 - SPRINTS
 - RACE AND POP-UP SLIDE

WATER BREAK

4:25-4:45 (20min)

PROPER THROWING, CATCHING DRILLS

- TOWEL DRILL
 - POWERFOOT ON THE LINE, READY, ELBOWS DOWN
 - STEP FORWARD, 99% WEIGHT ON POWER FOOT, LEANING BACK
 - MAKE A M WITH BOTH ARMS
 - TUCK ELBOW IN AS YOU THROW THE TOWEL FORWARD
- TOWEL SLAP
 - MAKE A STROW, THEN STEP FORWARD 4 STEPS, HEAL TO TOW
 - MARK IT WITH A CONE
 - COACHES STAND WITH GLOVE ON OVER THE CONE
 - PLAYERS SLAP THE GLOVE WITH THE TOWEL
- WHIFFLE BALL CATCH – NO GLOVE
 - CATCHING POSITION
 - POWER FOOT, GLOVE FOOT, THROW
 - SIDE TO FRONT THROW, OVER THE TOP 12-6 ROTATION
- TWO TONE BASEBALL CATCH
 - 30’, 60’ 90’, HOME TO SECOND DISTANCE

4:45-5:00 (15min)

INFIELD FUNDAMENTALS

- TRIANGLE DRILL (SETUP UP THREE CONES)
 - 1. FEET WIDTH
 - 2. CHEST ON THIGH
 - 3. FLAT BACK
 - 4. HAND IN FRONT OF BILL
 - 5. LEFT EYE
 - COME UP TO FIELD, LIGNING UP FEET AND HANDS
- SPEED GROUND BALLS
 - 4 GROUPS
 - COACHES ROLL 4 GOUND BALLS RIGHT AT THE PLAYER IN QUICK SUCCESSION
 - PLAYER FIELDS GROUND BALL, TOSSES THE BALL TO THE SIDE, READY FOR THE NEXT ONE.
- CROSS-HIT – COUNT THE BOUNCES

WATTER BREAK

5:00-5:10 (10min)

HITTING FUNDAMENTALS

- SETUP CONES FOR PLATE AROUND THE INFIELD
 - 1. STEPPING INTO THE BOX, BACK FOOT THEN FIRST
 - 2. DISTANCE TO PLATE, TAP OUTSIDE - CHECK
 - 3. FEET OUTSIDE OF KNEES– CHECK
 - 4. GRIP – CHECK
 - 5. REST BAT ON COLLAR BONE – CHECK
 - STEP, 80% WEIGHT ON BACK LEG
 - SWING, STOP AT FINISH (BALANCE DRILL)
 - STEP AND SWING, BRING IS BACK TO RUN (FOR RIGHT HANDED BATTERS)
 - HIT TEE AND RUN TO FIRST, TEACH DROPPING BAT IN FRONT (RHT)

5:10-5:45 (45min)

HITTING – 4 GROUPS OF 3

- GROUP 1
 - LIVE HITTING
 - 10 HITTABLE PITCHES PER PLAYER
 - ROTATE TWICE FOR TOTAL OF 20 CUTS EACH
- GROUP 2
 - TEE 1 (HIGH)
 - TEE 2 (MIDDLE)
 - SOFT TOSS IF ANOTHER NET AND COACH IS AVAILABLE
- GROUP 3
 - HEAVY BALLS
- GROUP 4
 - SHAG - OUTFIELD AND BUCKET OR TEE STATION

5:45-5:55 (10min)

AGILITY AND PLYOMETRICS

5:55-6pm (5min)

CLOSE WITH WHAT WE LEARNED

DISTRICT 68 LITTLE LEAGUE AAA
PRACTICE #2

5:30-5:35 (5min)

TEAM MEETING – OUTFIELD GRASS

- TODAY'S KEY LESSONS – FUNDAMENTAL PITCHING AND FLY BALLS

5:35-5:45 (10min)

WARM UP – COMBINED BALISTIC AND STATIC STRETCHES

- JOG AS A TEAM – POLE TO POLE TO POLE
- RIGHT FIELD LINE
 - LUNGES
 - ZOMBIES
 - SHUFFLE STEP AND TURN
 - BUTT KICKS
 - KARAOKE
 - SPRINTS BASE LENGTH
- CIRCLE UP
 - WINDMILLS AND IN AND OUTS
 - ARM CIRCLES
 - TRICEP STRETCH
 - FOREARM STRETCH
 - QUAD STRETCH
- BASERUNNING – ON BASES
 - HOME TO FIRST – STEP ON BASE, LOOK OVER RIGHT SHOULDER FOR DROPPED BALL
 - HOME TO SECOND – TURN ON INSIDE OF BASE, TURNING ON EITHER FOOT TO NOT BREAK STRIDE. SLIDE INTO SECOND.
 - SECOND TO HOME

WATER BREAK

5:45-5:55 (10min)

PROPER THROWING & PITCHING

- TOWEL DRILL
 - POWERFOOT ON THE LINE, READY, ELBOWS DOWN
 - STEP FORWARD, 99% WEIGHT ON POWER FOOT, LEANING BACK
 - MAKE A M WITH BOTH ARMS
 - TUCK ELBOW IN AS YOU THROW THE TOWEL FORWARD
- TWO TONE BASEBALL CATCH
 - 30', 60' 90', 100' HOME TO SECOND DISTANCE (99)

- 5:55-6:05 (10min) PITCHING FUNDAMENTALS**
- SETUP TWO CONES PER PLAYER, CONES DOWN THE LINE, 1 CONE AT PITCHING PLATE AND 2ND CONE AT HOME PLATE DISTANCE (46')
 - TEACH FROM THE STRETCH, KEEP IT SIMPLE
 - PUSH AND PULL, FLAT BACK DRILLS
 - SETUP AND PAUSE – ELBOWS DOWN
 - SLOW
 - KNEE UP (KNEE OVER KNEE) AND “M” BALL/GLOVE APART, LEAN BACK
 - EXPLODE
 - PUSH WITH BACK LEG
 - PULL WITH FRONT LEG
 - RELEASE WAY OUT FRONT
 - FLAT BACK FINISH

- 6:05-6:10 (5min) OUTFIELD – SIDE-TO-SIDE (NO BACKPEDDEL)**
- 4 GROUPS OF 3 PLAYERS
 - RUN DIAG RIGHT, SWITCH DIAG LEFT AND CATCH
 - REVERSE THE NEXT TIME AROUND

- 6:10-6:20 (10min) OUTFIELD – (JUDGE, NO FIRST STEP BACK)**
- 3 GROUPS OF 4 - LF, CF, RF
 - BOXER SETP, ARMS SLIGHTLY DOWN, RELAXED
 - JUDGE AND MOVE (NO FIRST STEP BACK)
 - CATCH AND COVER WHEN POSSIBLE
 - 3 COACHES HIT OR THROW FROM HOME PLATE

WATTER BREAK

- 6:20-6:55 (35min) HITTING – 4 GROUPS OF 3**
- GROUP 1
 - LIVE HITTING
 - 10 HITTABLE PITCHES PER PLAYER (ONE ROUND ONLY)
 - GROUP 2
 - TEE 1 (HIGH, PERFECT, INSIDE, OUTSIDE)
 - SOFT TOSS IF ANOTHER NET AND COACH IS AVAILABLE
 - GROUP 3
 - HEAVY BALLS
 - GROUP 4
 - SHAG - OUTFIELD AND BUCKET
 - COACH INFIELD FUNGO IF AVAILABLE

- 6:55-7:00 (5min) AGILITY AND PLYOMETRICS AS TIME ALLOWS
CLOSE WITH WHAT WE LEARNED**

DISTRICT 68 LITTLE LEAGUE AAA
PRACTICE #3

5:00-5:05 (5min)

TEAM MEETING – OUTFIELD GRASS

- TODAY’S KEY LESSONS – FUNDAMENTALS: CATCH AND THROW, PITCHING FORM, FIELDING GROUND BALLS, HITTING STANCE AND SWING

5:05-5:15 (10min)

WARM UP – COMBINED BALISTIC AND STATIC STRETCHES

- SLOW JOG AS A TEAM – POLE TO POLE TO POLE
- RIGHT FIELD LINE
 - LUNGES
 - ZOMBIES
 - SHUFFLE STEP AND TURN
 - FIX IT FELIX
 - BUTT KICKS
 - KARAOKE
 - SPRINTS BASE LENGTH
- CIRCLE UP
 - WINDMILLS AND IN AND OUTS
 - ARM CIRCLES
 - TRICEP STRETCH
 - QUAD STRETCH
- BASERUNNING – LINE UP AT HOME PLATE
 - RELAX, READY, GO; CROSS-OVER STRIDE
 - HOME TO FIRST – STEP RIGHT SIDE OF BAG, NO LUNGE STEP
 - FIRST TO SECOND – INSIDE OF BAG

WATER BREAK

5:25-5:40 (15min)

PROPER THROWING, FUNDAMENTAL PITCHING

- BASEBALL THROWING
 - ONE KNEE, THROW, TOUCH GRASS
 - STAND UP: POWER FOOT, GLOVE FOOT, THROW
 - CATCHING: MOVE TO CENTER, TWO HANDS
 - 30’, 60’ 90’, HOME TO SECOND DISTANCE
 - 46’ FUNDAMENTAL PITCHING

**5:40-6:10 (30 min)
STATION)**

FIELDING AND PITCHING STATIONS (3 GROUPS, 10 MINS PER

- PITCHING STATION (MATT) – BULLPEN
- INFIELD STATION (TOM)
 - FIELDING POSITION, GLOVE POUND DRILL
 - TRIANGLE DRILL
 - 1. FEET WIDTH
 - 2. CHEST ON THIGH
 - 3. FLAT BACK
 - 4. HAND IN FRONT OF BILL
 - 5. LEFT EYE
 - JUMP UP TO FIELD, LIGNING UP FEET AND HANDS
 - ROLL GROUNDERS AS TIME ALLOWS
- OUTFIELD STATION (PJ)

- BALL IN AIR, SQUAT JUDGE, MOVE UP OR BACK
- ON THE RUN - FOREHAND
- ON THE RUN - BACKHAND

WATTER BREAK

6:10-6:20 (10min)

HITTING FUNDAMENTALS

- BIG CIRCLE, CONES FOR THE PLATE
 - 1. STEPPING INTO THE BOX, BACK FOOT THEN FIRST
 - 2. DISTANCE TO PLATE, TAP OUTSIDE - CHECK
 - 3. FEET OUTSIDE OF KNEES– CHECK
 - 4. GRIP – CHECK
 - 5. BAT ON NOTCH & BACK– CHECK
 - STEP AND SWING, STOP AT FINISH (BALANCE DRILL)
 - STEP AND SWING, BRING IS BACK TO RUN (FOR RIGHT HANDED BATTERS)
- TEE DISTANCE CONTEST
 - LINE UP AT HOME, HIT TEE AND RUN TO FIRST, TEACH DROPPING BAT IN FRONT

6:20-6:50 (30min)

HITTING – 3 GROUPS (4, 4, 4)

- GROUP 1
 - INFIELD – 1ST, 2ND, SS WITH COACH FUNGO
- GROUP 2 – TEE STATION
 - DOWN THE PIPE – WORK ON PERFECT FORM
 - HIGH PITCH – LEVEL SWING
 - INSIDE PITCH – HIT ROTATION / INSIDE-OUT SWING
 - OUTSIDE PITCH – HITTING INSIDE OF THE BALL
- GROUP 3
 - LIVE HITTING
 - 10 HITTABLE PITCHES PER PLAYER
 - DEPENDING ON SKILLS, ROTATE TWICE FOR TOTAL OF 20 CUTS EACH
- ROTATION - LIVE HITTING GOES TO INFIELD, TEE COMES TO HIT, INFIELD GOES TO TEE

6:50-6:55 (5min)

RABBIT, INSIDE OF BAG TURNS

6:55-7:00PM (5min)

CLOSE WITH WHAT WE LEARNED

- PITCHING FUNDAMENTALS
- FIELDING FUNDAMENTALS
- HITTING FUNDAMENTALS

DISTRICT 68 LITTLE LEAGUE AAA
PRACTICE #4

10:00-10:05 (5min) TEAM MEETING – OUTFIELD GRASS
■ TODAY’S KEY LESSONS – TAG COVERAGE & SLAP TAG

10:05-10:15 (10min) WARM UP – COMBINED BALISTIC AND STATIC STRETCHES

10:15-10:20 (10min) PROPER THROWING & PITCHING
■ TWO TONE BASEBALL CATCH
■ 30’, 60’ 90’, 100’ HOME TO SECOND DISTANCE (99)

WATER BREAK

10:20-10:35 (15min) GROUND BALLS / FLY BALLS
■ UP THE MIDDLE, FORCE AT 2ND
■ 3RD TO FIRST, FIRST TO THIRD
■ SS TO 1ST, 2ND TO 1ST
■ 3RD FORCE AT THIRD, FORCE AT HOME
■ OUTFIELD FLY BALLS

10:35-11:00 (25min) COVER AND SLAP TAG
■ COACH THROW 1ST, 2ND, 3RD BASIC STANCE AND TAG
■ RUNNERS ON BASE CATCHERS AT HOME
■ STEEL TO 2ND AND 3RD
■ BACKPICK AT 1ST AND 3RD

WATER BREAK

11:00-11:10 (10min) PRE-GAME

11:10-11:50 (35min) HITTING – 4 GROUPS. 2 GROUPS OF 3, 2 GROUPS OF 2
■ GROUP 1
■ LIVE HITTING
■ 10 HITTABLE PITCHES PER PLAYER (ONE ROUND ONLY)
■ GROUP 2
■ TEE 1 (HIGH, PERFECT, INSIDE, OUTSIDE)
■ SOFT TOSS IF ANOTHER NET AND COACH IS AVAILABLE
■ GROUP 3
■ HEAVY BALLS
■ GROUP 4
■ SHAG - OUTFIELD AND BUCKET
■ COACH INFIELD FUNGO IF AVAILABLE

**11:50-12:00 (10min) AGILITY AND PLYOMETRICS AS TIME ALLOWS
CLOSE WITH WHAT WE LEARNED**