

**DISTRICT 68 LITTLE LEAGUE UPPER-A
PRACTICE #1**

- 9:00-9:15 TEAM STATIC AND BALLISTIC STRETCH**
- STATIC STREATCH - LINE UP AND STRETCH – ARM AND HAMS
 - BALLISTIC STRETCH
 - HIGH KNEES, LUNGES, SHUFFLE STEP AND TURN
 - BUTT KICKS, CARIOKA
 - BASERUNNING WITH COACHES
- 9:15-9:30 PROPER THROWING, CATCHING (TEACH IT, TRY IT, GAME IT)**
- PARTNER THROWING

WATER BREAK

- 9:30-9:45 FLY BALLS**
- UP THE MIDDLE – PLAY AT SECOND
 - OUTFIELD THROWING
 - RUNNER AT FIRST
 - RUNNER AT SECOND
 - RUNNER AT THIRD
- 9:45-10:00 PITCHER, SECOND, FIRST**
- TEACH IT, TRY IT – EVERYONE AT PITCHER
 - GROUND BALL FIELDLED CLEAN, TO PITCHER OR TOWARD FIRST, RUN AND UNDER HAND TOSS TO 1ST
 - GROUND BALL BOBBLED OR TOWARD 3RD, THROW OVERHAND TO 1ST
 - GAME IT – GROUPS AT PITCHER, SECOND, FIRST
 - FIELD IT LIKE IN A GAME - ROTATE

WATER BREAK

- 10:00-10:30 HITTING – TRY IT - STATIONS**
- TEE INTO NET, SOFTTOSS INTO NET, HITTING MACHINE
 - LIVE HITING – PITCHING MACHINE
- 10:30-11:00 HITTING – GAME IT**
- HITTING TEAM, FIELDING TEAM, RUNNING TEAM
 - 3-4 TEAMS, EVERYONE GETS 2 UP BATS
 - TEAM SCORE
 - 1 POINT FOR MOVING RUNNING TO 2ND. 2 POINTS FOR MOVING RUNNER TO 3RD

CLOSE OUT WITH WHAT WE LEARNED

- HOW TO CATCH A FLY BALL
- HOW TO FIELD A PITCHER GROUND BALL

**DISTRICT 68 LITTLE LEAGUE UPPER-A
PRACTICE #2**

- 9:00-9:15 TEAM STATIC AND BALLISTIC STRETCH**
- STATIC STREATCH - LINE UP AND STRETCH – ARM AND HAMS
 - BALLISTIC STRETCH
 - HIGH KNEES, LUNGES, SHUFFLE STEP AND TURN
 - BUTT KICKS, CARIOKA
 - HOME TO FIRST – HIGH FIVE
 - HOME TO SECOND – GOOD TURN
- 9:15-9:30 PROPER THROWING, CATCHING (TEACH IT, TRY IT, GAME IT)**
- THROWING
 - TEACH IT - NO BALL - GRIP, BALL FACING OUT, FOLLOW-THROUGH
 - TRY IT – CATCH WITH COACH
 - GAME IT – THROW INTO NET
 - CATCHING AND THROWING
 - PROPER CATCHING STANCE - POWER FOOT, GLOVE FOOT
 - PARTNER UP AND PLAY CATCH
- WATER BREAK**
- 9:30-9:45 FLY BALLS**
- TEACH IT - RELAXED, READY, HANDS IN FRONT OF HEAD
 - TRY IT - SELF TOSS WITH GLOVE
 - BARE HANDS WITH WIFFLE BALL
 - GAME IT: BEST OUT OF THREE – WITH GLOVE AND BASEBALL
- 9:45-10:00 PITCHER, SECOND, FIRST**
- TEACH IT, TRY IT – EVERYONE AT PITCHER
 - GROUND BALL FIELDLED CLEAN, TO PITCHER OR TOWARD FIRST, RUN AND UNDER HAND TOSS TO 1ST
 - GROUND BALL BOBBLED OR TOWARD 3RD, THROW OVERHAND TO 1ST
 - GAME IT – GROUPS AT PITCHER, SECOND, FIRST
 - FIELD IT LIKE IN A GAME - ROTATE
- WATER BREAK**
- 10:00-10:30 HITTING – TRY IT - STATIONS**
- TEE INTO NET, SOFTTOSS INTO NET, HITTING MACHINE
 - LIVE HITING – PITCHING MACHINE
- 10:30-11:00 HITTING – GAME IT**
- HITTING TEAM, FIELDING TEAM, RUNNING TEAM
 - 3-4 TEAMS, EVERYONE GETS 2 UP BATS
 - TEAM SCORE
 - 1 POINT FOR MOVING RUNNING TO 2ND. 2 POINTS FOR MOVING RUNNER TO 3RD
- CLOSE OUT WITH WHAT WE LEARNED**
- HOW TO CATCH A FLY BALL
 - HOW TO FIELD A PITCHER GROUND BALL