

Homer Little League Winter Clinic

Diamond Division (Ages 6-8) Week 1

Schedule	WARM UP Activity	Goal/Objective	Coaching/Safety Tip
2:00-2:10	Stretching	Demonstrate “core” body stretches – including: <ul style="list-style-type: none"> • Windmill w/arms R/L For/Back • Straddle Stretch/Reach • One Knee Rotation – R/L • T-Balance • T-Balance and Stride • Hip Girdle – Bent knee • Hip Girdle – Straight leg 	Emphasize slow/passive/long stretch Emphasize stretches BEFORE every practice and BEFORE Throwing! Do this as a TEAM – Rotate player who demonstrates/leads stretch
2:10-2:15	Base Running (6 times) 5 yard sprint – 5 yard jog	Demonstrate how to run through first base!	Emphasize running hard through first base as part of warm up activity “Quick Feet” Run “through” the bag!
2:15-2:20	“READY POSITION ” <ul style="list-style-type: none"> • Hands low/butt low/head up • Quick feet High Five Meet and Greet/ Get into groups by color	Teach “ready position” Teach “quick feet” Meet new players and coaches	Be EXCITED! Emphasize head up – hands forward and low – butt low On the balls of feet – ready to move!

Schedule	SKILLS N DRILLS Activity (Group work by color)	Goal/Objective	Coaching/Safety Tip
2:20-2:30	Review Ready Position Circle Trap and Slap <ul style="list-style-type: none"> • Players in Circle • Use Large/Soft ball • R/L hands – out front – keep ball from getting outside of the circle 	In Large Group: Demonstrate Ready Position Demonstrate Circle Trap and Slap Break out into Group by Color: <ul style="list-style-type: none"> • Practice using hands only • Progress from large ball to smaller ball – • Head up – watch ball <p style="text-align: center;">RETURN TO FIELD CENTER FOR NEXT DEMONSTRATION</p>	Fielding a ground ball: “Quick Feet - Soft Hands - Nose in Glove” Emphasize “Eyes on ball or Nose in glove or head down” Emphasize “Hands Forward” Increase difficulty – two hands to one hand drill Use large ball to smaller ball

Schedule	SKILLS N DRILLS Activity (Group work by color)	Goal/Objective	Coaching/Safety Tip
2:30-2:40	Throwing - See demonstration <ul style="list-style-type: none">• Players line up across from each other• 10 ft apart• One Knee –turn body – turn shoulders – reach back – throw and follow through tossing ball to partner• Work on catching scarves and plastic ball	In Large Group: Demonstrate throwing Break out into Group by Color: <ul style="list-style-type: none">• Practice throwing – one knee• Progress from Scarves to small plastic balls – soft baseballs• Head up – watch ball RETURN TO FIELD CENTER FOR NEXT DEMONSTRATION	Throwing: Emphasize throwing “over the top” and not from the side – comfortable easy throw – use Scarves with follow through Emphasize “hands high when throwing” Catching: Emphasize “Hands Forward” Ready position Scarves great way to start tracking Use large ball to smaller ball Move to the ball

Schedule	SKILLS N DRILLS Activity (Group work by color)	Goal/Objective	Coaching/Safety Tip
2:40-2:50	Catching (no glove) See demonstration Ground Balls <ul style="list-style-type: none">• Ready position• Hands in front• Practice “throwing” Pop Ups (use large ball) <ul style="list-style-type: none">• Ready position• Hands up and in front• Catch ball in front	In Large Group: Demonstrate catching Break out into Group by Color: Ground Balls <ul style="list-style-type: none">• 2 small groups• Roll grounders (work on ready position and moving side to side)• “catch ball” in front – return ball throw to coach Pop Ups <ul style="list-style-type: none">• 2 small groups• Roll grounders (work on ready position and moving side to side)• “catch ball” in front – return ball throw to coach RETURN TO FIELD CENTER FOR NEXT DEMONSTRATION	Catching: Start with grounders Emphasize “Hands Forward” Keep them active – move quickly Ready position Use large ball to smaller ball Throwing: Emphasize throwing “over the top” and not from the side – comfortable easy throw Emphasize “hands high when throwing” Emphasize “follow through”

(Davis, Walsh, Sweeney)

Schedule	SKILLS N DRILLS Activity (Group work by color)	Goal/Objective	Coaching/Safety Tip
2:50-3:10	Positions on the ball diamond In Field <ul style="list-style-type: none">• Catchers• Pitchers• First/Second/Third• Shortstop Out Field <ul style="list-style-type: none">• Center• Left• Right	In Large Group: 2 Fields – 3 teams per field Players will learn field positions Run on and off the field/Rotate RETURN TO FIELD CENTER FOR CLOSING ACTIVITY	Work on making sure the players know where each position is on the field Base players Don't Stand on a base! Run ON the field – run OFF the field Pay Attention! Safety tip – NEVER run in front of a Pitcher/Catcher or through batting circle/warm up area! GO AROUND!