

## Homer Little League Winter Clinic Diamond Division (Ages 6-8) Week 2

Schedule	WARM UP Activity	Goal/Objective	Coaching/Safety Tip
2:00-2:10	Stretching and Player Demonstration! Have players demonstrate by color groups!	Demonstrate “core” body stretches – including: <ul style="list-style-type: none"> <li>• Windmill w/arms R/L For/Back</li> <li>• Straddle Stretch/Reach</li> <li>• One Knee Rotation – R/L</li> <li>• T-Balance</li> <li>• T-Balance and Stride</li> <li>• Hip Girdle – Bent knee</li> <li>• Hip Girdle – Straight leg</li> </ul>	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 ” Circle Drill <ul style="list-style-type: none"> <li>• Hands low/butt low/head up</li> <li>• Quick feet</li> </ul> High Five Meet and Greet/ Get into groups by color	Teach “ready position” Teach “quick feet” Circle Drill Meet new players and coaches  Pig and Fish Toss! Catching!	Be EXCITED! Emphasize head up – hands forward and low – butt low On the balls of feet – ready to move! Move to the R/L hands ready

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"> <li>• Players in Circle</li> <li>• Use Large/Soft ball</li> <li>• R/L hands – out front – keep ball from getting outside of the circle</li> <li>• Add Glove</li> </ul>	In Large Group: Demonstrate Ready Position Demonstrate Circle Trap and Slap  Break out into Group by Color: <ul style="list-style-type: none"> <li>• Practice using hands only</li> <li>• Progress from large ball to smaller ball –</li> <li>• Head up – watch ball</li> </ul> <p style="text-align: center;"><b>RETURN TO FIELD CENTER FOR NEXT DEMONSTRATION</b></p>	Circle Trap and Slap “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  Introduce Glove

Schedule	SKILLS N DRILLS Activity (Group work by color)	Goal/Objective	Coaching/Safety Tip
2:30-2:40	Fielding and Throwing – See demonstration <ul style="list-style-type: none"><li>Use Glove</li></ul>	In Large Group: Demonstrate <b>fielding and throwing</b> – always move forward!  Break out into Group by Color: <ul style="list-style-type: none"><li>Players line up across from coach</li><li>Roll ball – make sure player is moving forward when fielding the ball –</li><li>Throw back to coach</li><li>Use safety balls</li></ul> <b>RETURN TO FIELD CENTER FOR NEXT DEMONSTRATION</b>	<b>Fielding:</b> Emphasize “Hands Forward”  Ready position Use safety balls!  <b>Throwing:</b> Emphasize throwing “over the top” and not from the side – comfortable easy throw –  Emphasize “hands high when throwing”

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2:40-2:50	Hitting See demonstration  Batting Tees <ul style="list-style-type: none"><li>Safety Zone</li><li>Plastic bats/balls</li><li>Quick hands</li></ul> Soft Toss <ul style="list-style-type: none"><li>Safety Zone</li><li>Hit plastic balls into screen</li><li>Return to Batting Tee</li></ul>	In Large Group: Demonstrate catching Break out into Group by Color:       <b>RETURN TO FIELD CENTER FOR NEXT DEMONSTRATION</b>	<b>Hitting Cues:</b>  Hands together Comfortable Swing (don’t kill it!) Head down – watch ball Quick hands <b>Squish bug with back foot!</b>

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