

Homer Little League Winter Clinic Diamond Division (Ages 6-8) Week 3

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">• 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
2:10-2:30	Positions on the ball diamond In Field (introduce what to do when you field a ball – to 1b then pitcher) <ul style="list-style-type: none">• Catchers• Pitchers• First/Second/Third• Shortstop Out Field (introduce where to throw the ball - 2b then to pitcher) <ul style="list-style-type: none">• Center• Left• Right	In Large Group: 1 Field – use cones for bases and dome cones for positions – 3-4 teams per side Home/Away (Red, Yellow, Orange on one bench) (Purple, Orange 2, Green and Blue on the other bench) 9 Players will take the field at a time Run on and off the field/Rotate to other side Home – then – Away. Rotate each “inning” – 3 innings should get all the kids through positions. RETURN TO FIELD CENTER GET IN COLOR GROUPS FOR DRILLS	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!
2:30-2:40	“READY POSITION ” Circle Drill <ul style="list-style-type: none">• Hands low/butt low/head up• Quick feet	Teach “ready position” Teach “quick feet” Circle Drill Meet new players and coaches Catch and roll the ball!	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
2:40-3:00	Fielding and Throwing – See demonstration <ul style="list-style-type: none">• Use Glove• Coach (on one knee) rolls ball to player – player fields ball and throws to Coach• 2 lines 2 Coaches• Stay low – AND CLOSE! 10 feet!	In Large Group: Demonstrate fielding and throwing – always move forward! Break out into Group by Color: <ul style="list-style-type: none">• Players line up across from coach x 2• Roll ball – make sure player is moving forward when fielding the ball –• Throw back to coach• Use safety balls RETURN TO FIELD CENTER FOR NEXT DEMONSTRATION	Fielding: Emphasize “Hands Forward” Ready position Use safety balls! Throwing: Emphasize throwing “over the top” and not from the side – comfortable easy throw – Emphasize “hands high when throwing”

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3:00-3:15	Hitting See demonstration Batting Tees <ul style="list-style-type: none">• Safety Zone• Plastic bats/balls• Quick hands Soft Toss <ul style="list-style-type: none">• Safety Zone• Hit plastic balls into screen• Return to Batting Tee	In Large Group: Demo Hitting Break out into Group by Color: RETURN TO FIELD CENTER FOR CLOSING ACTIVITY	Hitting Cues: Hands together Comfortable Swing (don’t kill it!) Head down – watch ball Quick hands Squish bug with back foot!