

Homer Little League Winter Clinic Diamond Division (Ages 6-8) Week 4

Schedule	WARM UP Activity	Goal/Objective	Coaching/Safety Tip
2:00-2:10	Stretching and Player Demonstration! Have players demonstrate by color groups! Review Homework/Positions! Ask what they know about different positions on the field.	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
2:10-2:20	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!
2:20–3:15	7 groups red purple yellow orange 1 blue orange 2 green	7 SKILL STATIONS! <ul style="list-style-type: none">• Fielding (pop ups)• Throwing (targets)• Fielding (grounders)• Catching a thrown ball• Hitting/Soft toss/tee work• Catchers Gear Station• Sliding	7 minutes per station – Coaches rotate with kids to each station!

Schedule	SKILLS N DRILLS Activity (Group work by color)	Goal/Objective	Coaching/Safety Tip
7 min	Station 1: Fielding <ul style="list-style-type: none"> • Pop ups! • Use rubber balls 	Learn to catch a fly ball. Emphasize “watch ball” “Can’t see – you can’t catch it”	Fielding Pop ups: Move/run to the ball – then put glove up Ready position Use safety balls!
7 min	Station 2: Throwing <ul style="list-style-type: none"> • See/Look to Target! • Use rubber balls 	Learn to throw ball with opposition towards target: “Nose – Toes – Throws” “Follow through”	Throwing: Emphasize throwing “over the top” and not from the side – comfortable easy throw –
7 min	Station 3: Fielding <ul style="list-style-type: none"> • Grounders • Use Glove • Coach (on one knee) rolls ball to player – player fields ball and throws to Coach • Stay low – AND CLOSE! 10 feet! 	Learn to field a ground ball with glove open. Don’t “trap the ball” Glove open – “eyes on ball” Ready position – butt low	Fielding Grounders: Emphasize “eye on the ball” Low center of gravity Eyes up Ready position
7 min	Station 4: Catching <ul style="list-style-type: none"> • Use Glove • Split group 2 Coaches • Step forward catch tossed ball 	Learn to catch a thrown ball. Catching the ball Glove must be open! Have to watch the ball Move to the ball	Catching thrown ball: Emphasize “eye on the ball” Glove out front Move glove to ball Glove “protects” you!
7 min	Station 5: Hitting 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 	Learn to hit with balance. Set feet shoulder width apart Bat comfortable in hands and off the shoulder Watch ball – Quick Swing	Hitting Cues: Balance!!- Don’t fall over! Hands together Comfortable Swing (don’t kill it!) Head down – watch ball Quick hands Squish bug with back foot!
7 min	Station 6: Catchers Gear <ul style="list-style-type: none"> • Shin Guards First 	Learn to put on/take off Catchers	Catchers Gear:

(Davis, Walsh, Sweeney)

7 min	<ul style="list-style-type: none">• Chest Protector• Helmet/mask• Cup (required!) <p>Station 7: Sliding</p> <ul style="list-style-type: none">• When to slide• Watch Coach!• Slide FEET First	<p>gear. Order of equipment /on/off Cup required!</p> <p>Learn to slide into a base (2nd, 3rd, or home). NO HEAD FIRST SLIDES</p>	<p>Protects you from ball! First priority is to catch ball! Throw ball back to the pitcher. Block ball and catch pop ups!</p> <p>Sliding Cues: Protection Start early Hook Leg under body – FEET FIRST Hands back and up</p>
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2:50-3:10			