

Homer Little League Winter Clinic

Diamond Division (Ages 6-8) Week 5

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
2:10-2:15	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"> • Hands low/butt low/head up • Quick feet 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"> • Players in Circle • Use Large/Soft ball • R/L hands – out front – keep ball from getting outside of the circle • Add Glove 	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>	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">• Use Glove	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• 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”

Schedule	SKILLS N DRILLS Activity (Group work by color)	Goal/Objective	Coaching/Safety Tip
2:40-2:50	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: Demonstrate catching Break out into Group by Color: RETURN TO FIELD CENTER FOR NEXT DEMONSTRATION	Hitting Cues: Hands together Comfortable Swing (don’t kill it!) Head down – watch ball Quick hands Squish bug with back foot!

Schedule	SKILLS N DRILLS Activity (Group work by color)	Goal/Objective	Coaching/Safety Tip
2:50-3:10	<p>Positions on the ball diamond</p> <p>In Field</p> <ul style="list-style-type: none">• Catchers• Pitchers• First/Second/Third• Shortstop <p>Out Field</p> <ul style="list-style-type: none">• Center• Left• Right	<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>RETURN TO FIELD CENTER FOR CLOSING ACTIVITY</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>