

HFLMYB - Drills and Skills - 2013

Overview

- Goals for kids:**
- 1) Have fun
 - 2) Basic athletic skills (running, throwing, catching, hitting)
 - 3) Learn basic rules (running bases, how to make outs, etc.)

Program: Saturdays @ 12:30PM
HFMYB complex - Field D
45 minutes per session
Six weeks
"Clinic" with 3 stations

Session Plan:

Gather / Warm-up	6	minutes
Station I	12	minutes
Station II	12	minutes
Station III	12	minutes
Close	3	minutes
Total	45	minutes

Stations:

	Station 1	Station 2	Station 3
Week 1	Hitting	Baserunning	Throwing
Week 2	Hitting	Baserunning	Throwing
Week 3	Hitting	Kickball	Catching & Ball
Week 4	Hitting	Kickball	Catching & Ball
Week 5	Hitting	T-Ball "game"	Throwing
Week 6	Hitting	T-Ball "game"	Catching & Ball Handing