



***Baseball BC***  
***5U – 10U***  
***Girls Baseball***  
***Programming***



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# Overview

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Our mission is to deliver baseball programming specific to girls in a fun, positive and safe environment.

This six and eight weeks set of practice plans are designed to build confidence and increase self-esteem while incorporating modified practice plans from our Grassroots Program. The goal is to create a fun atmosphere where girls find a sense of belonging, feel accepted & can easily make friends. The skills required are not gender specific, but these practice plans incorporate drills focussed on the above & promote female athletes to connect with one another.

Our Grassroots Program provides a fun & safe environment for children to learn the fundamentals of baseball while building physical literacy for kids in the Active Start Stage in the LTAD (Long-Term Athlete Development) model. The key with players between the ages of 5 to 8 years old or players that are new is to break it down as simple as possible. These practice plans explain the proper mechanics of baseball positions, drills, and include a variety of games to assist you in becoming a successful Coach. The best thing you can do is work the kids through a mix of drills and games that are FUN!

Unlike high performance, we recommend grouping players close in age rather than skill ability. This fosters friendships, as they will have more common interests.

Suggested Age Groups:

Junior – Ages 5u-7u

Intermediates – Ages 8u-10u

## 6 Week Program Structure (Junior)

Week 1 – Intro to Catching & Hitting

Week 2 – Intro to Throwing; Review of Catching & Hitting

Week 3 – Intro to Fielding, Positions, Base Running; Review of Hitting

Week 6 – Scrimmage

Week 7 – Bring a Friend Night

Week 8 – Fun Windup Night

## 8 Week Program Structure (Intermediate)

Week 1 – Intro to Catching & Hitting

Week 2 – Intro to Throwing; Review of Catching & Hitting

Week 3 – Intro to Fielding, Positions, Base Running; Review of Hitting

Week 4 – Throwing, Catching & Hitting

Week 5 – Fielding, Base running & Hitting

Week 6 – Scrimmage

Week 7 – Bring a Friend Night

Week 8 – Fun Windup Night

# Parent Participation

Parent Participation is **recommended** for both groups. This helps relieve pressure for you the Coach when running practices. Each age group brings different levels of support from parents. In 5U – 7U, we suggest parents be partnered with their own child during the drills and on the fields for scrimmages. 8U – 10U, it's great to have parents pair up with the child the first practice or two. It is important to have parents help with drills. When you have two to three drills stations setup with parents running the stations, this allows for the coaches to help with technique correction/support for ALL the players.

There are lots of creative ways to inform and engage parents in your Girls At Bat program. We recommend doing the following to ensure parents feel both informed and aware of how best to engage in your program:

- Create a **Parent Welcome Letter** for the start of the season. Let them know the details of the program, rules and regulations, any big dates they can look forward to (i.e.: launch and wrap-up), and roles they can play as volunteers, supporters and spectators.
- Post **"Spectator Rules"** on the walls or on the batting cage to help guide parents and supporters in terms of ways they can engage.
- Set up a **Poster-Making Station** so parents can create signs and cheer on their athletes - ask the first parent/spectator who arrives to lead it.
- Create a **"Celebration Corner"**. Ask a parent/spectator to run it.

## CELEBRATION CORNER

Help celebrate the great athletes you see here today! It's easy!

1. Grab a word bubble.

To:  
It was awesome to see...

From, your fan:

2. Fill one in for any player or coach you notice who has done something great today.
3. Stick it on the Celebration Corner Board or on the field fence
4. Stick as many up as you want.

## POSTER MAKING STATION

Cheer on your athletes!

1. Grab a poster or a blank sheet of paper and some markers.
2. Create a sign that shows your athlete how awesome you think they are!



# ENGAGING GIRLS

## ENGAGING GIRLS IN SPORT

Girls are participating in sport at rates much lower than those of their male counterparts. It is important that everyone running girls-centered programming feels confident about the WHY of girls in sport – specifically creating girls-centered teams. Without understanding the WHY – it can be hard to find the motivation to explore different techniques and ways to better engage girls.



### DID YOU KNOW?

- ▲ *Only 2.5% of girls between the ages of 12- 17 are getting enough physical exercise to benefit their health, based on the Canadian physical activity guide (60 minutes of moderate to vigorous activity per day).*
- ▲ *If a girl hasn't participated in sport by the age of 10, there is only a 10% chance that she will be physically active as an adult (CAAWS, 2016).*
- ▲ *By the age of 14, girls are 2x more likely to drop out of sport than boys (Women's Sport Foundation).*
- ▲ *On average only 1 out of 10 high school girls enrol in optional physical education classes across Canada (CAAWS, 2015).*

**BUT, when girls do play sport...**



### DID YOU KNOW?

*Girls who play sport are **11 percent more likely** to say they're "happy the way they are" (Girls' Index Impact Report, Ruling Our experiences, 2017).*

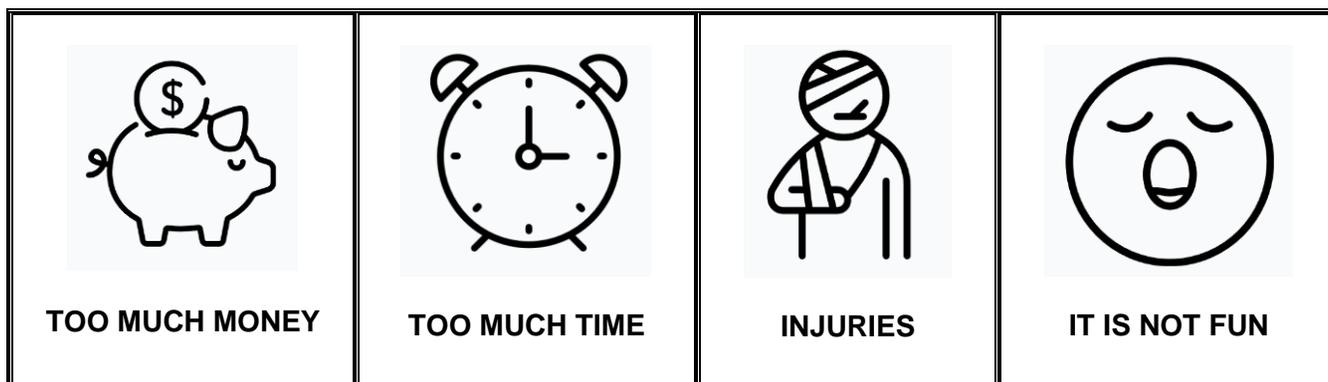


### DID YOU KNOW?

*Girls who participate in sport are **less likely to be depressed**, more likely to reach **higher academic goals** and more likely to **demonstrate improved self-confidence** (Merkel, 2013).*

### Why are girls dropping out?

When asked in a research study, girls listed the following as the top four reasons for dropping out of sport:



### WHY GIRL-CENTRED PROGRAM DESIGN SO IMPORTANT?

**Girls-centered program spaces have great outcomes:** Girls who are engaged in positive, female only programs, are more likely to complete school, attend college, serve their communities, and reach their potential for future success than their peers who engage in risky behaviour.

**Girls have unique body image concerns that are hard to address in the presence of boys:** The Canadian Women's Foundation has published reports on the need for girls only programs: over 50% of all girls say they wish they were someone else: 9 out of 10 girls say they feel pressure from the media to be thin: 50% of girls in grade 6 are on a diet: 36% of girls in grade 6 say they are self-confident and 14% of girls in grade 10 say they are self-confident. These facts show us how important it is to provide girls centered programs.

**Girls self-esteem decreases with age:** A study entitled "Shortchanging Girls, Shortchanging America" demonstrated, among many other things, that girls' self-esteem decreases with age, while boys' self-esteem stays the same. The same study also notes that many studies have been done of the education system, where it is clear that girls get less attention from teachers and participate less in class.

**Girls benefit from girl-centered curriculum:** An article, "Gender-Responsive Programming as a Pathway to Quality," indicates that girls' programming gives young girls a more productive outlet as the curriculum is designed with girls' experiences and interests in mind.

Many girls with migrant backgrounds who participate in sport do so because they are offered girls-only activities (Andersson 1999; Amara and Henry 2010).

**The Canadian Women's Foundation reports many reasons for providing girl-centered programming:**

- Boys and girls have different needs and interests
- Girls are more likely to be themselves in front of girls
- Girls are especially reluctant to discuss certain topics in front of boys ( e.g. sexuality, eating disorders, self-esteem , body image)
- Girls worry less about their appearance in front of other girls
- Girls worry less about being teased/bullied in front of other girls
- Female role models show girls they can be smart and powerful
- Girls find girls only groups to be more positive and fun

**KEY THINGS TO REMEMBER WHEN RUNNING GIRLS-CENTERED PROGRAMS**

**1. Boys and girls engage with sport in different ways:**

Boys tend to engage with sport first through EFFORT.

Effort = Performance = Acceptance

Girls seek a sense of BELONGING and ACCEPTANCE first.

Acceptance = Effort = Performance

*(Engaging Girls in Sport, Canadian Tire Jumpstart)*

2. **Appearing disinterested is a great cover:** Be mindful that girls with limited experience in sports might appear to be disinterested. But they may just be unsure, so take the time to talk to girls individually to get a better sense of where they are coming from.
3. **Remember Fun:** There are many reasons girls play sports, but research has shown the number one reason is because it's fun. Not having fun is the number one reason girls drop out of sports. Keep girls engaged and having fun by making sure everyone gets plenty of playing time.
4. **Girls define fun differently:** Based on a study that looked at 81 factors affecting fun in sport. The top 3 that were identified by girls were the following: positive team dynamics, trying hard – instilling confidence and competence, and positive coaching.

**KEY THINGS TO KEEP IN MIND WHEN LEADING PRACTICE TO PROMOTE FUN:****Positive Team Dynamics**

1. Incorporate ice-breaker and get-to-know-you games at the beginning of each session
2. Play activities that have different groups interacting as much as possible
3. Establish traditions and routine celebrations for large and small successes

**Trying hard – instilling confidence and competence:**

1. Use progression in all drills/games
2. Praise the effort, not the outcome
3. Create different opportunities for choice and leadership – in big and small ways

**Positive Coaching**

1. Constantly Fill E-Tanks and empower others to do the same
2. Create ways to receive feedback and incorporate that into each session
3. Play alongside your athletes!



# Structure of the Practices

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## Objective of the Week

The first five Practice plans are designed with specific objectives.

## Warm-up

A dynamic warm-up is perfect to get the blood flowing and the muscles warmed up at this age. Warm-up can be anything that gets the players moving. Think: game of tag, jogging with sill movements, jogging with athletic movements (butt kickers, high knees, etc.).

Avoid the trap of “throwing to warm-up” and think “warm-up to throw” instead.

## Connection Drills (Team Meeting)

This is almost the most important time to connect with the girls. Take time to have a chat, this is how the girls will get to know each other and start to bond. Ask them about school, or their favourite things, or anything they may be excited to share with you or the others. Get down to their level and express general interest. Then use the time to tell the players, in general terms, what you plan to do that day.

## Large Group or Small Group Instruction

Group instruction with demonstrations is important. We want all the players and parents to learn the proper mechanics/instructions. Use parents with their child to help correct mechanics.

## Small Group Drills

Some drills require you to break the players into smaller groups to work on activities or drills specific to the skill. Use 2 or 3 stations and rotate the players every 5 or 10 minutes depending on the activities you have chosen. Reminding parents to correct mechanics

## Breaks

Don't forget to give the players frequent short breaks. This helps with attention spans and with transitioning between activities (parents can use the time to set up a station or review what will happen next).

## Finish with something fun

Try and finish every practice with something fun for the whole team. Whether it is a game of tag, a race around the bases, an obstacle course, or a relay race, try and finish with something fun.

# Warm Up

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## Physical Literacy - What is it? Why is it important?

We want to focus on physical literacy, and not so much about preparing the players muscles for participation.

**Physical literacy** is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life. It's important to give children at this age a multitude of different abilities to try to master. At this age you want to focus on running, jumping, and hopping which helps agility, balance, coordination and speed.

**It's Important** to give children at this age a multitude of different abilities to try to master. At this age you want to focus on running, jumping, and hopping which helps agility, balance, coordination and speed. At this age, speed development is crucial, and all of the warmup activities should be done at a fast pace.

## 5U 6U & 7U Warm Up

Reason to warm-up is different for players at this age. Dynamic warm-ups are key here for the readiness to play.

## 8U - 10U Warm Up

For 8U - 10U, it is important that we start teaching players how to warm up properly. They are starting to get to an age where they are moving faster, and we should warm up the body for any active participation. In your warmup there should be no throwing! Throwing will happen after warming up and stretching. We want to warm up to throw, not throw to warm up.

For the warmup, it is important that players show up on time. The warmup should begin with the entire team participating. This is a time to have some fun, be social, but also warm up the body for the activities of the day.

## Fun Activities/Ideas for warm up

- Freeze tag
  - Have players stand in different positions when they are tagged (hitting, fielding, throwing). Once touched by another player, they can continue running around
- Zig Zag Relay
  - Set up cones in a staggered line (slalom). Have player run through cones and tag next person in line to go.
- High knees – make sure opposite arm/opposite leg. Knees up as high as possible. Drive through the ground. Quick up and down is more important than being first to the next line.
- Butt kicks – make sure opposite arm/opposite leg. Heels to butt. Quick up and down is more important than being first to the next line.
- Shuffles – laterally shuffle the feet without touching them together. Stay low in a good athletic fielding position with chest and eyes up.
- Kangaroo jump – hopping over cones. Do it forward/backward and side to side

- Military walk – arm straight out, try to kick hand with opposite leg
- Backpedal – 7U. Reach back with the feet while running backwards. Extend as far back as possible with the legs.
- Crossover (front and back) - 7U. Cross the right foot over the left and left foot over right
- Jumping Jacks
- Squirrely – have players run around in a coned off area. When you say “dog”, they must stop and get in throwing position. If you say “bat” they have to get in hitting position, if you say “monkey”, they must get in fielding position.
  - Use fun animals or can just say “throw”, “hit”, “field” etc.
  - Can add in balance drills. When you say flamingo, they must balance on 1 leg
    - Make sure they use both legs to balance
- The shuttle – place balls at each bag. Split up into 4 teams (1 team at each bag). Have players take the balls and put them at another team’s bag. Goal is to have 0 balls at your bag at the end of set time. Players can only take 1 ball at a time.
- ABC running technique <https://www.youtube.com/watch?v=zEHuJTjPNTA>



# Progression Skills 5U-7U

<b>Throwing</b> <b>5U</b>	<b>Catching</b> <b>5U</b>	<b>Hitting</b> <b>5U</b>
<ol style="list-style-type: none"> <li>Ready - Hand up</li> <li>Aim - Point to target with arm/leg</li> <li>Throw - Body control – stay on feet</li> </ol>	<ol style="list-style-type: none"> <li>Ready - 2 hands together and out</li> <li>Watch - Eyes on ball</li> <li>Catch - Close hands</li> </ol>	<ol style="list-style-type: none"> <li>Set feet - Bellybutton to tee</li> <li>Set hands - Door knockers</li> <li>Bat position - Bat point to sky</li> </ol>
<p style="text-align: center;"><b>6U</b></p> <ol style="list-style-type: none"> <li><b>Grip</b> - 4-seam/across horseshoe</li> <li>Ready - Hand up</li> <li>Aim - Point to target with arm/leg</li> <li>Throw - Body control – Stay on fee</li> <li><b>Follow Through</b></li> </ol>	<p style="text-align: center;"><b>6U</b></p> <ol style="list-style-type: none"> <li>Ready - 2 hands together and out</li> <li>Watch - Eyes on ball</li> <li>Catch - Close hands</li> <li><b>Catch – Close hands Cradle/Cushion</b></li> </ol>	<p style="text-align: center;"><b>6U</b></p> <ol style="list-style-type: none"> <li>Set feet - Bellybutton to tee</li> <li>Set hands - Door knockers</li> <li>Bat position - Bat point to sky</li> <li><b>Follow Through - No Spinorama/ Squish the bug</b></li> </ol>
<p style="text-align: center;"><b>7U</b></p> <p><b>**Progressive throwing Intro** - Start square, soccer kick, step and ready, aim, throw, follow through)</b></p> <ol style="list-style-type: none"> <li><b>Grip</b> - 4-seam/across horseshoe</li> <li><b>Square up</b> - Chest to target</li> <li><b>Step &amp; Ready</b> - Hand up; Show the dog the ball</li> <li>Aim - Point to target with arm/leg</li> <li>Throw - Body control – stay on feet</li> <li><b>Follow Through</b></li> </ol>	<p style="text-align: center;"><b>7U</b></p> <ol style="list-style-type: none"> <li>Ready - 2 hands together and out</li> <li>Watch - Eyes on ball</li> <li>Catch - Close hands</li> <li><b>Catch – Close hands Cradle/Cushion</b></li> <li><b>Move towards the ball using body control</b></li> </ol>	<p style="text-align: center;"><b>7U</b></p> <ol style="list-style-type: none"> <li>Set feet - Bellybutton to tee <b>**Plate**</b></li> <li>Set hands - Door knockers</li> <li><b>**Power** Position</b> - hands back, bat point to sky</li> <li><b>Swing</b> - Moving ball</li> <li><b>Follow Through</b> - No spinorama / Squish the bug</li> </ol>

## Progression Skills 5U-7U Continued

Fielding	Running	General
<p style="text-align: center;"><b>5U</b></p> <ol style="list-style-type: none"> <li>1. Ready position - Strong legs/Athletic Position</li> <li>2. Fielding position - Sit on a chair</li> <li>3. Receive - Alligator</li> </ol>	<p style="text-align: center;"><b>5U</b></p> <ol style="list-style-type: none"> <li>1. Run - Straight line</li> <li>2. Stop - Using body control</li> <li>3. Balance - Stay on feet</li> </ol>	<p style="text-align: center;"><b>5U</b></p> <ol style="list-style-type: none"> <li>1. Positions - Infield positions</li> <li>2. Directional Baserunning - counter clockwise</li> </ol>
<p style="text-align: center;"><b>6U</b></p> <ol style="list-style-type: none"> <li>1. Ready position - Strong legs/Athletic Position</li> <li>2. Fielding position - Sit on a chair</li> <li>3. Receive - Alligator</li> <li>4. Shuffle - Moving towards ball with body control</li> </ol>	<p style="text-align: center;"><b>6U</b></p> <ol style="list-style-type: none"> <li>1. Run - Straight line</li> <li>2. Stop - Using body control</li> <li>3. Balance - Stay on feet</li> </ol>	<p style="text-align: center;"><b>6U</b></p> <ol style="list-style-type: none"> <li>1. Positions - Infield positions</li> <li>2. Directional Baserunning - counter clockwise</li> <li>3. Throw to a base for an out</li> </ol>
<p style="text-align: center;"><b>7U</b></p> <ol style="list-style-type: none"> <li>1. Ready position - Strong legs/Athletic Position</li> <li>2. Fielding position - Sit on a chair</li> <li>3. Receive - Alligator</li> <li>4. Shuffle - Moving towards ball with body control</li> <li>5. Step and Throw</li> </ol>	<p style="text-align: center;"><b>7U</b></p> <ol style="list-style-type: none"> <li>1. Run - Straight line</li> <li>2. Stop - Using body control</li> <li>3. Balance - Stay on feet</li> <li>4. Run through 1<sup>st</sup> base/rounding bases</li> <li>5. Intro to running technique/form</li> </ol>	<p style="text-align: center;"><b>7U</b></p> <ol style="list-style-type: none"> <li>1. Positions - Infield positions</li> <li>2. Directional Baserunning - counter clockwise</li> <li>3. Throw to a base for an out</li> <li>4. How to make an out - Force, Tag, Catch, Strike Out, Bat throw</li> <li>5. Advancing/stopping at bases</li> </ol>

# 5U - 7U Girls Practice Week #1 Catching & Hitting

## Parent Meeting [5 mins]

- Cover schedule, parent participation, objectives of season, and important dates

## Warm Up [5 mins]

- Active Warm Up
  - Starting on foul line and jog out 30', stop and return.
  - Progressions: High knees, butt kickers, trunk twists, sprint

### Get to Know you Questions:

- What's your name?
- What's your favourite colour?
- What do you like to do for fun?

## Connection Drills [10 mins]

- Round Circle Time – Get to Know each other, Questions, Etc.

## Athletic Position [3 mins]

- Introduce Strong legs (athletic position)

## Catching Position Demonstration [Demo with Drills - 10 mins]

- Catching - Show the positions (no ball) – parents to correct player form
  - Ready Position (2 hands), watch (eyes on ball), catch (close hands, cradle/cushion ball)
  - Hand positions for catching above, below or at chest level
  - Alligator chomp for grounders (younger players)
  - Shuffling side to side



Strong Legs – Athletic Position



Catch above waist



Catch below waist



Squeeze Ball



Catch Hands Out



Catch after cradle

## Drill 1: Fielding with Parents

- Suggest using bean bags for new players and young players
- Catching underhand toss above/below waist. Focus on cradle/cushion
- Moving towards ball/bag; shuffling side to side

## Break [2 mins] - Water break and allows for coaches to setup next station

### Instruction to Hitting Position [20 mins]

- Coach demo with players mimicking. Parents correct form. Break down in steps then put all together (no bats yet)
  - BAT SAFETY: **Only swing the bat when you are at a tee. Carry bat with barrel**
  - “Set your feet” (Strong Legs);
  - “Set your hands”;
  - “Bat position”;
  - Focus on balance and stationary feet (no moving feet “happy feet”)
    - Play Coach Says (See Appendix A)

### Hitting Drill [15 mins]

- Using a Tee. Players hit off tees. 5-10 swings each, rotate through as many times as possible



### Game Suggestions [10 mins]

- Freeze Tag (See Appendix A) – when Frozen player must freeze in with a ‘Catching’ Position or ‘Hitting’ Position
- Obstacle Course (See Appendix A)

### Practice End – Circle Time [2 mins]

- Ask what they enjoyed allowing each girl a chance to share
- Share the following week’s practice plan
- Come up with a cheer team name
- Cheer

# 5U - 7U Girls Practice Week #2 Throwing & Hitting

## Warm Up [5 mins]

- Active Warm Up
  - Starting on foul line and jog out 30', stop and return.
  - Progressions: High knees, butt kickers, trunk twists, sprint

## Connection Drills [15 mins]

- Round Circle Time – Get to Know you, Questions, Stories, Etc.
- Huckle Buckle (See Appendix A) – Girls Meet in the middle to high five. Rotate line so everyone high fives each other

### Get to Know you Questions:

What's your full name?  
 What's your favourite: Food  
 What's your favorite restaurant?

## Throwing Positions [15 mins]

- Show throwing position (no ball) – parents to correct player form.
  - Introduce Strong legs (athletic position)
  - Ball Grip – small hands might use four fingers to grip
  - Introduce **Ready-Aim-Throw**
  - Play Coach Says (i.e.: Simon Says)
  - Coach Say "Ready" Coach Says "Aim" Coach "Throw"

Grip



Ready with ball facing out



Aim with glove to target



Throw - Release Point

## Break [2 mins]

### Hitting Review and Introduce two steps for more Advance or 7u [20 mins]

- Coach demo with players mimicking. Parents correct form. Break down in steps then put all together (no bats yet)
  - BAT SAFETY: **Only swing the bat when you are at a tee. Carry bat with barrel**
  - **“Set your feet” (Strong Legs);**
  - **“Set your hands”;**
  - **“Bat position” – Can introduce “Power Position” to the more advance or 7u’s**
  - **Introduce “Squish the Bug” for advance players or 7u’s**



Set feet

Set hands /Bat  
Position

Power Position



Squish bug at contact

### Hitting Drill [15 mins]

- Using a tee. Players hit off tees. 5-10 swings each, rotate through as many times as possible

### Break [2 mins]

### Game Suggestions [10 mins]

- Freeze Tag (See Appendix A) – when Frozen player must freeze in with a ‘Catching’ Position or ‘Hitting’ Position
- Backyard Clean up (See Appendix A)

### Practice End – Circle Time [2 mins]

- Ask what they enjoyed allowing each girl a chance to share
- Share the following week’s practice plan
- Cheer

# 5U - 7U Girls Practice Week #3 Fielding, Positions, Base Running

## Warm Up [5 mins]

- Active Warm Up
  - Starting on foul line and jog out 30', stop and return.
  - Progressions: High knees, butt kickers, trunk twists, sprint

## Connection Drills [15 mins]

- Round Circle Time – Get to Know you Questions
- Huckle Buckle (See Appendix A)
- Triangle Tag (See Appendix A)

### Get to Know you Questions:

Do you have a "nick" name?  
 What's your favourite: Sport  
 Activity  
 What does your family like to do  
 for fun?

## Intro to Fielding [10 min]

- Ready position (strong legs)
- Fielding position (sit on a chair)
- Receive (alligator)
- Shuffling side to side
  - Field and Freeze
  - Play Coach says



Ready Position



Fielding Position



Alligator

## Drill Stations [24 mins]

- Station 1: Fielding
  - Ready position to fielding position
  - Progression: moving towards ball; focus on shuffling side to side

## Break [2 mins]

### Base Running [5 mins]

- Run (in straight line)
- Stop (under control)
- Balance (stay on feet)
- Don't forget to Touch the base



Opposite Arm/Leg



### Field Positions [10 mins]

- **Infield Positions** - Show players what each INF position is (1B, 2B, SS, 3B)
  - Follow the leader around bases. Name bases as you touch them
  - Have players run from home plate to a position coach calls out
  - Encourage players to get into their Ready Position once reaching the base
- **Outfield Positions** - Show players what each out-field position is (LF, C, RF)
  - Follow the leader to the outfield
  - Have players run from home plate to a position coach calls out
  - Encourage players to get into their Ready Position once reaching the location

### Break [2 mins]

### Game Suggestions [10 mins]

- Relay Around the Bases (See Appendix A)
- RPS Baseball – Rock Paper Scissors Baseball (See Appendix A)

### Practice End – Circle Time [2 mins]

- Ask what they enjoyed allowing each girl a chance to share
- Share the following week's practice plan
- Cheer

# 5U - 7U Girls Practice Week #4 Scrimmage

## Warm Up & Connection Drills [15 mins]

- Active Warm Up
  - Starting on foul line and jog out 30', stop and return.
  - Progressions: High knees, butt kickers, trunk twists, sprint

## Connection Drills [10 mins]

- Round Circle Time – Get to Know you Questions
- Huckle Buckle (See Appendix A)
- Triangle Tag (See Appendix A)

### Get to Know you Questions:

Do you have pet's (siblings) & what are their names?

What are your favorite things to do with your pet(s) (siblings)...?

## Scrimmage [45 mins]

- This is a day for players to test their skills on the field.
- Depending the number of girls, you might have to modify the game
- Be sure to change up the team's mid way through
- Encouraging the girls to cheer each other on

Be sure to add in a few other suggested games after

## GAME SUGGESTIONS (See Appendix A) choose 2: [15 mins]

Backyard Clean Up [5-7 mins]

California Kickball

Triangle Tag [5-7 min]

RPS Baseball (Rock, Paper Scissors)

Obstacle Course

Hula Hoop Magic

Relay Race around Bases

## Practice End – Circle Time [2 mins]

- Ask what they enjoyed allowing each girl a chance to share
- Remind them the following week is Bring a Friend Night
- Cheer

# 5U - 7U Girls Practice #5 – Bring a Friend

## Warm Up [5 mins]

- Active Warm Up
  - Starting on foul line and jog out 30', stop and return.
  - Progressions: High knees, butt kickers, trunk twists, sprint

## Connection Drills [10 mins]

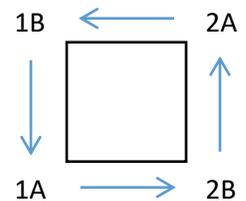
- Round Circle Time – Introduce Friend
- Huckle Buckle (See Appendix A)
- Triangle Tag (See Appendix A)

### Get to Know you Questions:

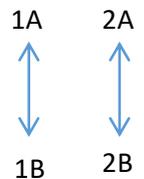
What's your friend's name?  
 How do you know your friend?  
 What's interesting about your friend? (Friend can add or share too...)

## Catching & Throwing Demonstration - 15 mins

- **Catching Positions** – \*\*Group or Pod Demonstration
  - Ready Position (2 hands), watch (eyes on ball), catch (close hands; cradle/cushion ball)
  - Hand positions for catching above, below or at chest level
  - Alligator chomp for grounders (younger players)
  - **USING bean bags –& tossing under hand** - have players and friends toss/catch to each other
  - Use names to call out who you are throwing to



- **Throwing Positions** (no ball) – \*\*Group or Pod Demonstration
  - Use experience players as examples. They can help friends (B) throw to each other
  - Ball Grip
  - Aim-Ready-Throw-Follow Through - Intermediates might be able to do the Step & Aim
  - Ball facing back – (waving to parents behind us when demonstrating)
  - Can use bean bags or jug balls (yellow) for younger or new to ball players



### \*\* Pod Demonstration Suggestion:

- Break group into pods of four (2 players with their friends.) Have experienced players help with instruction/feedback
- Switch the pods a couple of times so friends can meet other girls.

## Base Running [5-7 mins]

- Follow the leader around bases. Name bases as you touch them
  - Players lead without coach.
    - Run (in straight line), stop (under control), balance (stay on feet)

## Break [2 mins] - Water break and allows for coaches to setup hitting stations

## Station 3: Hitting – 20min

- Review set feet, set hands, bat position and follow through
- Players hit off tees. 5-10 swings each, rotate through as many times as possible

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GAME SUGGESTIONS (See Appendix A) choose 2 [20 mins]

Backyard Clean Up [5-7 mins]

California Kickball

Triangle Tag [5-7 min]

RPS Baseball (Rock, Paper Scissors)

Obstacle Course

Hula Hoop Magic

Relay Race around Bases

Teamwork Makes the Dream Work

Practice End – Circle Time [2 mins]

- Ask what they enjoyed allowing each girl a chance to share
- Cheer

# 5U - 7U Girls Practice Week #6 – Last Practice

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Your last practice should be filled with lots of fun activities for the girls. You should know some of their favourite games/drills. If not, ask them during warm-up and circle time what they would like to do. The more involved they can be in the decisions, the more fun they will have.

Having a few prizes to give away whether it be a draw or one for every player also adds to the excitement.

 **Have a scrimmage game with parents – Girls vs Parents.**

 **Have an all-star skills contest**

This special event acts as a fun celebration for your athletes, and an All-Star format for everyone to get involved in.

- 4 stations will be set up and points will be awarded throughout each station in which you can have individuals compete or compete in teams if you have a larger number of athletes. (1 – Home Run Derby, 2 - Relay Race, 3 – Fastest Throw, 4 – Bullseye Target Challenge, for example)
- If you have enough athletes to make 4 teams this is a perfect number, as they can all be at a station while the competition runs
- You award points at each station or rank which team did it best, and tally the points continuously

# Progression Skills 8U-10U

<p style="text-align: center;"><b>Throwing</b> <b>8U</b></p>	<p style="text-align: center;"><b>Catching</b> <b>8U</b></p>	<p style="text-align: center;"><b>Hitting</b> <b>8U</b></p>
<p><b>**Progressive throwing Intro** - Start square, soccer kick, step and ready, aim, throw, follow through)</b></p> <ol style="list-style-type: none"> <li>1. <b>Grip - 4-seam/across horseshoe</b></li> <li>2. <b>Square up - Chest to target</b></li> <li>3. <b>Step &amp; Ready - Hand up; Show the dog the ball</b></li> <li>4. <b>Aim - Point to target with arm/leg</b></li> <li>5. <b>Throw - Body control – stay on feet</b></li> <li>6. <b>Follow Through</b></li> <li>7. <b>Throwing to a target</b></li> <li>8. <b>Creating momentum with our body (intro)</b></li> </ol>	<ol style="list-style-type: none"> <li>1. Ready - 2 hands together and out</li> <li>2. Watch - Eyes on ball</li> <li>3. Catch - Close hands</li> <li>4. <b>Catch – Close hands Cradle/Cushion</b></li> <li>5. <b>Move towards the ball using body control</b></li> <li>6. <b>Catch with vertical movement</b></li> </ol>	<ol style="list-style-type: none"> <li>1. Set feet - Bellybutton to tee <b>**Plate**</b></li> <li>2. Set hands - Door knockers</li> <li>3. <b>**Power** Position - hands back, bat point to sky</b></li> <li>4. <b>Swing - Moving ball</b></li> <li>5. <b>Follow Through - No spinorama/ Squish the bug</b></li> <li>6. <b>Hit an overhand thrown pitch</b></li> </ol>
<p style="text-align: center;"><b>9U-10U</b></p> <p><b>**Progressive throwing Intro** - Start square, soccer kick, step and ready, aim, throw, follow through)</b></p> <ol style="list-style-type: none"> <li>1. <b>Grip - 4-seam/across horseshoe</b></li> <li>2. <b>Square up - Chest to target</b></li> <li>3. <b>Step &amp; Ready - Hand up; Show the dog the ball</b></li> <li>4. <b>Aim - Point to target with arm/leg</b></li> <li>5. <b>Throw - Body control – stay on feet</b></li> <li>6. <b>Follow Through</b></li> <li>7. <b>Throwing to a target</b></li> <li>8. <b>Creating momentum with our body (intro)</b></li> <li>9. <b>Throwing with movement (shuffle)</b></li> </ol>	<p style="text-align: center;"><b>9U-10u</b></p> <ol style="list-style-type: none"> <li>1. Ready - 2 hands together and out</li> <li>2. Watch - Eyes on ball</li> <li>3. Catch - Close hands</li> <li>4. <b>Catch – Close hands Cradle/Cushion</b></li> <li>5. <b>Move towards the ball using body control.</b></li> <li>6. <b>Catch with vertical movement</b></li> <li>7. <b>Catch ball in glove with 1 hand</b></li> </ol>	<p style="text-align: center;"><b>9U-10U</b></p> <ol style="list-style-type: none"> <li>1. Set feet - Bellybutton to <b>**Plate**</b></li> <li>2. Set hands - Door knockers</li> <li>3. <b>PowerPosition - hands back, bat point to sky</b></li> <li>4. <b>Swing - Moving ball</b></li> <li>5. <b>Follow Through - No spinorama/ Squish the bug</b></li> <li>6. <b>Hit an overhand thrown pitch</b></li> <li>7. <b>Swing at pitches in strike zone</b></li> <li>8. <b>How to protect yourself from a ball that is going to hit you</b></li> </ol>

# Progression Skills Continued

<p style="text-align: center;"><b>Fielding</b> <b>8U</b></p>	<p style="text-align: center;"><b>Running</b> <b>8U</b></p>	<p style="text-align: center;"><b>General</b> <b>8U</b></p>
<ol style="list-style-type: none"> <li>1. Ready position - Strong legs/Athletic Position</li> <li>2. Fielding position - Sit on a chair</li> <li>3. Receive - Alligator</li> <li>4. Shuffle - Moving towards ball with body control</li> <li>5. Step and Throw</li> <li>6. How to catch a ball at 1B, 2B, 3B (stretch)</li> <li>7. Throw to correct base (where runners are)</li> </ol>	<ol style="list-style-type: none"> <li>1. Run - Straight line</li> <li>2. Stop - Using body control</li> <li>3. Balance - Stay on feet</li> <li>4. Run through 1<sup>st</sup> base/rounding bases</li> <li>5. Intro to running technique/form</li> <li>6. How to leave base when ball is hit</li> </ol>	<ol style="list-style-type: none"> <li>1. Positions - Infield positions/Outfield positions</li> <li>2. Directional Baserunning - counter clockwise</li> <li>3. Throw to a base for an out</li> <li>4. How to make an out - Force, Tag, Catch, Strike Out, Bat throw</li> <li>5. Advancing/stopping at bases</li> <li>6. On field communication (calling for the ball)</li> </ol>
<p style="text-align: center;"><b>9U</b></p>	<p style="text-align: center;"><b>9U</b></p>	<p style="text-align: center;"><b>9U</b></p>
<ol style="list-style-type: none"> <li>1. Ready position - Strong legs/Athletic Position</li> <li>2. Fielding position - Sit on a chair</li> <li>3. Receive - Alligator</li> <li>4. Shuffle - Moving towards ball with body control</li> <li>5. Step and Throw</li> <li>6. How to catch a ball at 1B</li> <li>7. Throw to correct base (where runners are)</li> <li>8. Fielding a ball outside of your feet</li> </ol>	<ol style="list-style-type: none"> <li>1. Run - Straight line</li> <li>2. Stop - Using body control</li> <li>3. Balance - Stay on feet</li> <li>4. Run through 1<sup>st</sup> base/rounding bases</li> <li>5. Intro to running technique/form</li> <li>6. How to leave base when ball is hit</li> <li>7. Tag up on ball in air</li> </ol>	<ol style="list-style-type: none"> <li>1. Positions - Infield positions/Outfield positions</li> <li>2. Directional Baserunning - counter clockwise</li> <li>3. Throw to a base for an out</li> <li>4. How to make an out - Force, Tag, Catch, Strike Out, Bat throw</li> <li>5. Advancing/stopping at bases</li> <li>6. On field communication (calling for the ball)</li> <li>7. Tag ups/appeals</li> </ol>

# 8U - 10U Girls Practice #1 Catching & Hitting

## Parent Meeting [5 mins]

- Cover schedule, parent participation, objectives of season, and important dates

## Warm Up [5 mins]

- Active Warm Up
  - Starting on foul line and jog out 30', stop and return.
  - Progressions: High knees, butt kickers, trunk twists, sprint

### Get to Know you Questions:

- What's your name?
- What's your favourite colour?
- What do you like to do for fun?

## Connection Drills [15 mins]

- Round Circle Time – Get to Know each other, Questions, Etc.
- Huckle Buckle (See Appendix A) – Girls Meet in the middle to high five. Rotate line so everyone high fives each other

## Athletic Position [3 mins]

- Introduce Athletic Position

## Catching Position Demonstration [Demo with Drills - 15 mins]

- Catching - Show the positions (no ball)
  - READY Position (2 hands), WATCH (eyes on ball), MOVE towards, CATCH (close hands, cradle/cushion ball)
  - Hand positions for catching above, below or at chest level
  - Shuffling side to side



Athletic Position



Catch above waist



Catch below waist



Squeeze Ball



Catch Hands Out



Catch after cradle

## Drill 1: Catching with Parents or Girls Paired up

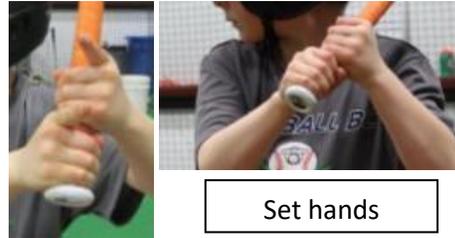
- Catching underhand toss above/below waist. Focus on cradle/cushion
- Moving towards ball; shuffling side to side

## Break [2 mins] - Water break and allows for coaches to setup next station

### Instruction to Hitting Position [10 mins]

- Coach demo with players mimicking (NO BATS). Parents correct form. Break down in steps then put all together
  - **BAT SAFETY: Only swing the bat when you are at a tee. Carry bat with barrel**

- “Set your feet”; Set your hands”
- “Power Position”
- “Swing”
- “Follow Through”



### Hitting Drill [15 mins]

- Using a Tee. Players hit off tees. 5-10 swings each, rotate through as many times as possible

### Break [2 mins]

### Game Suggestions [15 mins]

- Freeze Tag (See Appendix A) – when Frozen player must freeze in with a ‘Catching’ Position or ‘Hitting’ Position
- Triangle Tag (See Appendix A)
- Obstacle Course (See Appendix A)

### Practice End – Circle Time [2 mins]

- Ask what they enjoyed allowing each girl a chance to share
- Share the following week’s practice plan
- Come up with a cheer team name
- Cheer

# 8U - 10U Girls Practice #2 Throwing, Base Running, Hitting

## Warm Up [5 mins]

- Active Warm Up
  - Starting on foul line and jog out 30', stop and return.
  - Progressions: High knees, butt kickers, trunk twists, sprint

### Get to Know you Questions:

What's your full name?  
 What's your favourite: Food  
 What's your favorite restaurant?

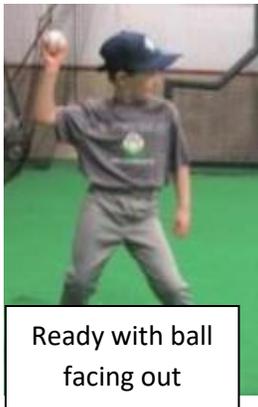
## Connection Drills [15 mins]

- Round Circle Time – Get to Know you, Questions, Stories, Etc.
- Triangle Tag (See Appendix A)

## Throwing Positions [15 mins]

- Show throwing position – parents to correct player form.
  - Athletic position reminder
  - Ball Grip – small hands might use four fingers to grip
  - “show the dog the ball”
  - Grip, Ready, Aim, Throw, Follow through

Grip



Ready with ball facing out



Aim with glove to target



Throw - Release Point



Arm Finish



Leg Follow Through

## Break [2 mins]

## Base Running [10 mins]

- Introduction on stopping at bases (other than first base)
  - Stop (under control)
  - Balance (Stay of feet)
- Don't forget to Touch the base
- How to run through 1st base and how to round 1st base
- Teach them proper way to leave 1st base when the ball is hit
  - Good running form, ready to go, and eyes on the ball



Opposite Arm/Leg



### Break [2 mins]

### Hitting Position [20 mins]

- Coach demo with players mimicking (NO BATS). Parents correct form. Break down in steps then put all together
  - **BAT SAFETY: Only swing the bat when you are at a tee. Carry bat with barrel**
  - “Set your feet”; Set your hands”;
  - “Power Position”;
  - “Swing”;
  - “Follow Through”



### Hitting Drill [15 mins]

- Using a Tee. Players hit off tees. 5-10 swings each, rotate through as many times as possible

### Break [2 mins]

### Game Suggestions [10 mins]

- RPS Baseball (See Appendix A)
- Backyard Clean up (See Appendix A)

### Practice End – Circle Time [2 mins]

- Ask what they enjoyed allowing each girl a chance to share
- Share the following week’s practice plan
- Cheer

# 8U - 10U Girls Practice #3 Hitting, Fielding & Positions

## Warm Up [5 mins]

- Active Warm Up
  - Starting on foul line and jog out 30', stop and return.
  - Progressions: High knees, butt kickers, trunk twists, sprint

## Connection Drills [10 mins]

- Round Circle Time – Get to Know you Questions
- Huckle Buckle (See Appendix A)
- Triangle Tag (See Appendix A)

### Get to Know you Questions:

Do you have a "nick" name?  
 What's your favourite: Sport Activity  
 What does your family like to do for fun?

## Break [2 mins]

## Intro to Fielding [10 min]

- Ready position (strong legs)
- Fielding position (sit on a chair)
- Receive (alligator)
- **Shuffling side to side**



Ready Position



Fielding Position



Alligator

## Drill Stations [15 mins]

- 2 stations
  - Ground balls [7 minutes]
    - Players line up and ground balls are hit/rolled to them.
    - Progress into moving them left and right
  - Fly balls [7 minutes]
    - **Introduce how to catch a ball on the forehand (glove side) and the backhand (throwing side)**
    - Use bean bags or soft balls and have them use bare hands to start. Start at a close distance so they learn how to react and turn their hand the right direction.
    - Progress to putting on their glove and have them do the same thing.

## Break [2 mins]

## Field Positions [10 mins]

- Infield Positions - Show players what each INF position is (1B, 2B, SS, 3B)
  - Follow the leader around bases. Name bases as you touch them
  - Have players run from home plate to a position coach calls out
  - Encourage players to get into their Ready Position once reaching the base
- Outfield Positions - Show players what each out-field position is (LF, C, RF)
  - Follow the leader to the outfield
  - Have players run from home plate to a position coach calls out
  - Encourage players to get into their Ready Position once reaching the location.

### Infield/outfield Making Outs [15 minutes]

- Here we want to focus on how to make outs (force play, tags, catch etc.) and teach them the ways to get players out. Coach will hit the ball to different parts of the field. If needed, explain why a play should have gone to a different base.
  - Set up players in different positions in the infield and outfield
  - Have them play at least 1 infield, and 1 outfield position
    - Depending on team numbers, you might have to do infield and baserunning first, and then outfield and baserunning second.
  - Have baserunners to learn how to base run and so the players must make a decision about where to throw the ball.

### Review Hitting Position [5 mins]

- Quick demo and Bat Safety
  - “Set your feet”; Set your hands”;
  - “Power Position”;
  - “Swing”;
  - “Follow Through”



Set Hands



Power Position

Swing/Squish bug  
at contact

Follow Through

### Hitting Drill [15 mins]

- 2 stations
  - Using a Tee. Players hit off tees. 5-10 swings each, rotate through as many times as possible (use whiffle balls if possible).
  - **Live Batting Practice.** Have coach throw overhand (from one knee down on the ground) and have girls hit ball. Try to hit the ball towards center field.

### Break [2 mins]

### Game Suggestions [10 mins]

- Relay Around the Bases (See Appendix A)
- California Kickball (See Appendix A)

### Practice End – Circle Time [2 mins]

- Ask what they enjoyed allowing each girl a chance to share
- Share the following week’s practice plan
- Cheer

# 8U - 10U Girls Practice # 4 – Throwing, Catching and Hitting

## Warm Up [5 mins]

- Active Warm Up
  - Starting on foul line and jog out 30', stop and return.
  - Progressions: High knees, butt kickers, trunk twists, sprint

## Connection Drills [10 mins]

- Round Circle Time – Get to Know you Questions
- Huckle Buckle (See Appendix A)
- Triangle Tag (See Appendix A)

### Get to Know you Questions:

Do you have pet's (siblings) & what are their names?

What are your favorite things to do with your pet(s) (siblings)...?

## Throwing [15 minutes]

- Review throwing mechanics.
- Progression throwing intro
  - Start square, soccer kick, step and ready, aim, throw, follow through
  - Rock and fire
    - Focus on alignment, balance, and proper arm circles.
    - Check the ball, make sure "show the dog" is there every throw



Ready with ball facing out



Aim with glove to target



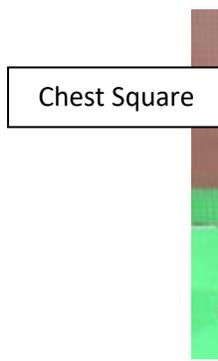
Throw - Release Point



Arm Finish



Leg Follow Through



Chest Square



Soccer Kick

Step and Throw

### Catching [15 minutes]

- Have parents/coaches throw a bean bag or ball up in the air to players and they must catch it. Make them move left/right, different heights
  - Start with no gloves, progress with gloves. If players are good at catching with 2 hands, get them to start trying to catch with **1 hand**
    - **Make sure when they catch with one hand, it is their catching hand and not their throwing hand (with bare hands)**
- Progress to having players run in and catch the ball, then have them catch the ball that is over their head.
  - Progression: Split the line into 2. Teach flyball communication by one person calling the ball and catching it. The player that doesn't catch the ball should back up in case the ball is dropped or gets by the person that calls it.
  - Trying to not backpedal when the ball is over the head. Turn and run forwards while keeping eyes on the ball.
  - Try to catch the ball up high near shoulders, and not let get too low at the waist



**Hitting [30 minutes]** – Have 2 players at each tee station, with the rest fielding balls in play. Rotate from the field, to the tee stations, to live batting practice.

- Station 1 – Tee work (2 tees with 2 players per tee), Use whiffle balls and hit into a fence if possible
  - Players will hit off a tee focusing on set up and level swing



Set Hands



Power Position



Swing/Squish bug at contact



Follow Through

- Station 2 - Live Batting Practice
  - Coach will be down on one knee throwing overhand batting practice. Balls should be in the strike zone and at a low velocity to start. 5 swings each
    - After first round mix in some balls that are NOT in the strike zone. Decision making on when to swing is key here. Try to focus on balls that are in the middle of their body and over the plate to swing at.
  - Players should try to focus on keeping eyes open and on the ball all the way through contact
  - Players should also focus on follow through after contact.

#### Whiffle ball GAME: [20 mins]

- Split players into 2 teams of 6. Make a small diamond. Play a baseball game with a whiffle ball.
- Should be fast paced and able to get through 4 innings.
- Can use outs or let everyone bat every inning.

#### Practice End – Circle Time [2 mins]

- Ask what they enjoyed allowing each girl a chance to share
- Share the following week's practice plan
- Cheer

# 8U - 10U Girls Practice # 5 – Fielding, Running and Hitting

## Warm Up [5 mins]

- Active Warm Up
  - Starting on foul line and jog out 30', stop and return.
  - Progressions: High knees, butt kickers, trunk twists, sprint

## Connection Drills [10 mins]

- Round Circle Time – Get to Know you Questions
- Huckle Buckle (See Appendix A)
- Triangle Tag (See Appendix A)

### Get to Know you Questions:

What's school do you go to?  
 What's your teacher's name  
 What do you like about school?

## Fielding [15 minutes]

- Review fielding
- Ready position (strong legs)
- Fielding position (sit on a chair)
- Receive (alligator)
- Shuffling side to side
  - Progress to fielding a ball outside their feet



Ready Position



Fielding Position



Alligator

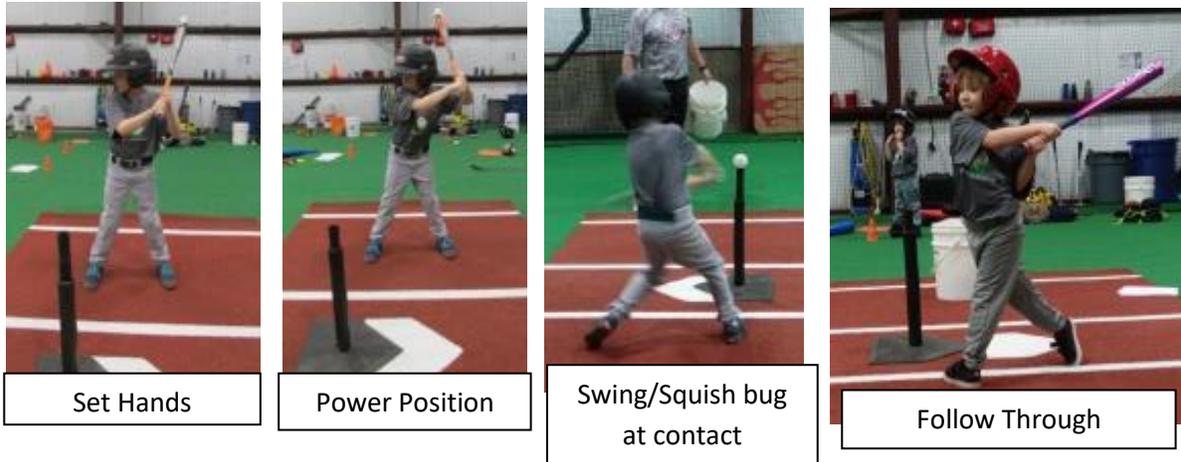
- Teach how to stretch and catch a ball at 1B
  - Throwing foot on base. Step towards where the ball is going with your glove foot.
    - Don't step too early. Try to wait until the ball is in the air before stepping

## Baserunning [15 minutes]

- Review how to run through bases, round bases, and leave bases.
- Tag ups – teach players how to tag up (stand on base), and when to tag up.
  - Start with all players on the foul line. Coach will throw a ball up in the air and catch it themselves. Players must run back to line when ball is in the air, and then run towards 2b once the ball is touched by the fielder.
  - Progress to live practice – break up players into groups. Coach will hit (or throw) flyballs to the fielders.
    - Baserunning group (3B) – players must tag up and leave once fielder catches the ball. Can have players at multiple bases as well.
    - Fielding group – players must catch the ball and try to throw out baserunner at home
      - Have a coach be the cut-off person and/or catcher. Rotate groups.

**Hitting [30 minutes]** – Have 2 players at each tee station, with the rest fielding balls in play. Rotate from the field, to the tee stations, to live batting practice.

- Station 1 – Tee work (2 tees with 2 players per tee), Use whiffle balls and hit into a fence if possible
  - Players will hit off a tee focusing on set up and level swing



- Station 2 - Live Batting Practice
  - Coach will be down on one knee throwing overhand batting practice. Balls should be in the strike zone and at a low velocity to start. 5 swings each
    - After first round mix in some balls that are NOT in the strike zone. Decision making on when to swing is key here. Try to focus on balls that are in the middle of their body and over the plate to swing at.
  - Players should try to focus on keeping eyes open and on the ball all the way through contact
  - Players should also focus on follow through after contact.

### Game Suggestions [10 mins]

- Relay Around the Bases (See Appendix A)
- California Kickball (See Appendix A)

### Practice End – Circle Time [2 mins]

- Ask what they enjoyed allowing each girl a chance to share
- Share the following week's practice plan (Scrimmage)
- Cheer

# 8U - 10U Girls Practice #6 Scrimmage

## Warm Up [5 mins]

- Active Warm Up
  - Starting on foul line and jog out 30', stop and return.
  - Progressions: High knees, butt kickers, trunk twists, sprint

## Connection Drills [10 mins]

- Round Circle Time – Get to Know you Questions
- Huckle Buckle (See Appendix A)
- Triangle Tag (See Appendix A)

### Get to Know you Questions:

Who's your favorite baseball player?  
 What's team do they play on?  
 What do you like about that player?

## Game warm up [20 minutes]

- Throwing
- Catching
- Fielding
- Hitting

## Scrimmage [45 mins]

- This is a day for players to test their skills on the field.
- Depending the number of girls, you might have to modify the game
- Be sure to change up the team's mid way through
- Encouraging the girls to cheer each other on

Be sure to add in a few other suggested games after. Teamwork Makes the Dream Work drill (See Appendix A) is a good one for this age group.

## GAME SUGGESTIONS (See Appendix A) choose 2: [15 mins]

Backyard Clean Up [5-7 mins]

California Kickball

Triangle Tag [5-7 min]

RPS Baseball (Rock, Paper Scissors)

Obstacle Course

Hula Hoop Magic

Relay Race around Bases

Teamwork Makes the Dream Work

## Practice End – Circle Time [2 mins]

- Ask what they enjoyed allowing each girl a chance to share
- Remind them the following week is Bring a Friend Night
- Cheer

# 8U - 10U Girls Practice #7 – Bring a Friend

## Warm Up [5 mins]

- Active Warm Up
  - Starting on foul line and jog out 30', stop and return.
  - Progressions: High knees, butt kickers, trunk twists, sprint

## Connection Drills [10 mins]

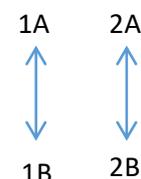
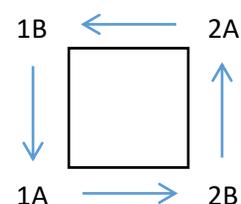
- Round Circle Time – Introduce Friend
- Huckel Buckle (See Appendix A)
- Triangle Tag (See Appendix A)

### Get to Know you Questions:

What's your friend's name?  
How do you know your friend?  
What's interesting about your friend? (Friend can add or share too...)

## Catching & Throwing Demonstration – [20 mins]

- **Catching Positions** – \*\*Group or Pod Demonstration
  - Ready Position (2 hands), watch (eyes on ball), catch (close hands; cradle/cushion ball)
  - Hand positions for catching above, below or at chest level
  - Alligator chomp for grounders (younger players)
  - **USING bean bags –& tossing under hand** - have players and friends toss/catch to each other
  - Use names to call out who you are throwing to
- **Throwing Positions** (no ball) – \*\*Group or Pod Demonstration
  - Use experience players as examples. They can help friends (B) throw to each other
  - Ball Grip
  - Aim-Ready-Throw-Follow Through - Intermediates might be able to do the Step & Aim
  - Ball facing back – (waving to parents behind us when demonstrating)
  - Can use bean bags or jug balls (yellow) for younger or new to ball players



### \*\* Pod Demonstration Suggestion:

- Break group into pods of four (2 players with their friends.) Have experienced players help with instruction/feedback
- One coach/parent per pod. Have the players teach their friends with the coach/parent there for support and help if needed.
- Switch the pods a couple of times to friends can meet other girls.

## Base Running [5-7 mins]

- Follow the leader around bases. Name bases as you touch them
  - Players lead without coach.
    - Run (in straight line), stop (under control), balance (stay on feet)

## Break [2 mins] - Water break and allows for coaches to setup hitting stations

## Station 3: Hitting – 20min

- Review set feet, set hands, bat position and follow through
- Players hit off tees. 5-10 swings each, rotate through as many times as possible

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GAME SUGGESTIONS (See Appendix A) choose 2 [20 mins]

Backyard Clean Up [5-7 mins]

California KickBall

Triangle Tag [5-7 min]

RPS Baseball (Rock, Paper Scissors)

Obstacle Course

Hula Hoop Magic

Relay Race around Bases

Teamwork Makes the Dream Work

Practice End – Circle Time [2 mins]

- Ask what they enjoyed allowing each girl a chance to share
- Cheer

# 8U - 10U Girls Practice Week #8 – Last Practice

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Your last practice should be filled with lots of fun activities for the girls. You should know some of their favourite games/drills. If not, ask them during warm-up and circle time what they would like to do. The more involved they can be in the decisions, the more fun they will have.

Having a few prizes to give away whether it be a draw or one for every player also adds to the excitement.

 **Have a scrimmage game with parents – Girls vs Parents.**

 **Have an all-star skills contest**

This special event acts as a fun celebration for your athletes, and an All-Star format for everyone to get involved in.

- 4 stations will be set up and points will be awarded throughout each station in which you can have individuals compete or compete in teams if you have a larger number of athletes. (1 – Home Run Derby, 2 - Relay Race, 3 – Fastest Throw, 4 – Bullseye Target Challenge, for example)
- If you have enough athletes to make 4 teams this is a perfect number, as they can all be at a station while the competition runs
- You award points at each station or rank which team did it best, and tally the points continuously

**Practice End – Circle Time [2 mins]**

- Ask what they enjoyed allowing each girl a chance to share
- Remind them the following week is Bring a Friend Night
- Cheer

# More Coaching Tips

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1. Reinforce that a young player with a little work, can control what their body does
2. Break down the mechanics of an activity into finer steps and practice each step before putting it all together. It is never bad to practice small parts of the mechanics in isolation from the others.
3. Encourage the players and parents to practice at home. Baseball players are developed in the back yard from lots of reps “the right way”
4. Build confidence one small step at a time – i.e. Compliment the player that they had a good grip on the bat, or their eyes locked on the ball well when then took a bad swing, rather than the negative.
  - a. “That’s ok, you’ll get it next time”
  - b. “Nice swing, you’re going to hit a big one if you keep swinging like that”
  - c. “Good cover you prevented the ball from getting deep into the outfield”
5. Players reach various plateaus of confidence that become the building blocks of success. Celebrate everyone.
6. Reinforce hustle - Running on and off the field between innings may be the most running a player gets during an evening at the ballpark. Make it a race.
7. Promote Cheering and Chatter (the positive kind)
8. Organize each players equipment in the dugout or along the fence line so when they are done a defensive inning, they can easily grab their helmet and replace it with their glove. When the team is done at bat, players replace helmet and grab your glove at same location.
9. Try and get to know something about each athlete that isn’t baseball related.
10. Give both parents and athletes some super easy ‘homework’ between to practice at home.
11. Make sure to help players learn their teammates names, encourage conversations between them. You might have a shy player that needs some encouraging.
12. Try to kneel when talking to the little ones; this avoids any unintended intimidation.
13. Ask questions to your players after instructions, this will give you a sense of what the players think or understand of that drill.

**Let them get good at what they can do before challenging too much too soon.**

# Appendix A

## WARM-UPS, ICEBREAKERS and GAMES

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### Huckle Buckle

*Equipment:* None

- Divide into two big groups and have each group line up across from each other. The person directly across from you is your partner.
- The leader will say HUCKLE BUCKLE and follow with an instruction. Example: “Huckle Buckle hand to hand!” Everyone runs in to the middle, touch hands and runs back.
- Possible combinations: Finger to finger, foot to foot, shoulder to shoulder, knee to elbow, head to stomach, nose to shoulder, finger to palm, thumb to knee, “dance off”, “around the world” (meeting in the middle, link arms and swing around) etc.

### Backyard Cleanup

*Equipment:* Soft/whiffle balls

- Create a playing area and create a line with cones or markers down the middle. Either side will be each team’s designated “backyard”
- Divide athletes into two groups and have them in a line at the end of their “backyard”
- Place balls along the middle boundary
- On your “go!” players run into the middle, pick up balls and throw balls into the other team’s “backyard”.
- Have players keep throwing balls back and forth for a certain amount of time
- The team with the least number of balls in their backyard wins.

### Triangle Tag

*Equipment:* None

- Divide into groups of 4. Three members join hands, form a triangle and choose someone to be “it.”
- The fourth person must try to tag them, while the two people in the triangle who are not “it” move to protect.
- The triangle link cannot be broken, and the tagger cannot go under; they must try to get around.

## Relay Race Around Bases

*Equipment:* Bases, game ball, gloves

- Have players stand at every base with people behind them depending on numbers
- Start the ball at home plate and throw clockwise – 3rd – 2nd – 1st – home
- Every time a player throws, they run to the base they threw to (i.e.: home goes to 3rd)
- To challenge players, see how many times they can around the horn without dropping the ball in a minute

## RPS Baseball (Rock, Paper, Scissors)

*Equipment:* 4 pylons or bases

- Set up a baseball diamond
- Have all athlete start off at home plate, challenging someone else at home plate to play RPS with.
- The winning partner runs to first base and the other partner stays at home plate to find someone else to play RPS with until they win.
- Once at first base, athlete find a partner to play RPS with and the winner advances; the other stays at first and keeps playing people until they can advance.
- The goal of the game is to see how many times players can go around the bases in a designated time period.
- The player that gets around the most wins!

## California Kickball

*Equipment:* Dodgeball or soccer ball, bases

- Divide players into two teams – have one team “kick” first and the other in the field
- Play a game with all the same baseball rules but instead of batting a ball, players will be kicking the ball that is rolled to them by the pitcher.

## Hula Hoop Magic

*Equipment:* 2 Hula Hoops

- Split girls into two teams
- Using two hula hoops, place one at Home Plate and another at 2<sup>nd</sup> base
- Have each team stand around the hoop
- Challenge both teams to lift the hula hoop and carry it to the designated spot. Here’s the catch:
  - The only way to touch the hula hoop is with your pointer finger straight out
  - Everyone on the team MUST be touching the hula hoop
  - You cannot go inside the hula hoop
- Race Challenge – First team to their designate spot wins. Home Plate team brings it to 2<sup>nd</sup> base, 2<sup>nd</sup> Base team brings the hula hoop to home plate.
- \*\*\*The trick is to have players alternate their fingers on top and underneath the hula hoop

## Obstacle Course

*Equipment: Cones, hula hoops, bats, balls, targets (use your imagination), stop-watch*

- Set up obstacles around the field that your players need to use different abilities to get through. Running through cones, jumping over hula hoops, throwing a ball to hit a target etc.
- Can be done in teams or individually. If doing it individually, use a stopwatch to see if the players can better their own time.
- Use your imagination for the course and make it fun and as many different abilities as possible.

## Freeze Tag

*Equipment: stopwatch*

- Start with a closed off area with cones that the players need to stay in (infield dirt as example)
- One player is "IT" to start.
- That player must tag players and try to have everyone stopped if possible.
- When a player is tagged, they must stay in a certain position that the coach decides
  - Hitting position, fielding position, throwing position
  - Can use more specific position within each main position (Set hands, set feet, etc.)
- Any player that is not frozen, can un-freeze their teammate by giving them a high five for being in the correct position.
  - If players aren't in the proper position, coaches should use this opportunity to teach what that position should look like
- Can use a stopwatch (30-60 seconds each) so that every player has a chance to start

## Coach Says

*Equipment: gloves, bats, balls*

- Just like Simon Says
- Use different skill positions
  - Hitting e.g. Simon says strong legs, Simon says bat position, swing!
    - When they swing, you can make them run a circle around the rest of the group. Use this for listening, as well as teaching the correct positions to be in for the different skills.
- To make it more difficult, have the coach say positions faster.
- Useful for all skills; hitting, fielding, throwing, running

## Teamwork Makes the Dream Work

*Equipment: none*

- Divide into groups of 3-5. Group members must link arms and make sure their shoes/feet are touching.
- On GO teams must move together to a finish line about 15-20 feet away without separating their feet or breaking the arm link.
- If they break apart, teams take a 2-step penalty back and continue
- First team to the end goal wins.

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***TO EVERYONE INVOLVED AND TO THOSE HELPING GROW THE GIRLS GAME,  
THANK YOU...!***