

## ***Des Plaines Youth Baseball Finch (A)***

**Learning basic rules** – force outs, baserunning (knowing when you don't have to run; not running past teammates on the bases)

**Throwing Mechanics** - turn body so that the front shoulder points toward the target; keep elbow above the shoulder, step toward the target with nonthrowing foot and release; introduce the four seam grip point the shoulder, step and throw introducing the concept of momentum toward a target.

**Catching and Fielding** – thrown and hit balls – fingers up versus fingers down “Ball high, fingers to the sky” “Ball down, fingers to the ground; fielding with two hands – teach drop and cross-over steps

**Hitting** – choosing the correct bat, proper grip, stance

## ***Baseball Skills to Teach***

- Play to have fun
- Follow the instructions of coaches
- Learn to be part of a “team” respecting other players, coaches, and parents
- Identify bases and order in which they should be touched
- Identify and play the nine field positions • Understand the “Force Play”
- Fielding Ground Balls with two hands
- Catch ball in the air with two hands, fingers to the sky
- Run straight through the base at first on infield hits
- Take a turn at first base on outfield hits, watch and listen to first and third base coach
- Slide into bases (exception being 1st base) on close plays – teach proper sliding technique
- Warm-up in outfield grass prior to a game
- Make contact with a pitched ball
- Catching the baseball
- Safety – Learn how to “Defensive Roll” out of the way of a pitched ball

## ***Des Plaines Youth Baseball Finch (A) Practice Plan***

Dynamic Warm Up – skipping, high knee jogging, backwards running

Base-running – controlled follow the leader

Stretching – Quick and simple

Throwing and Catching Stations

Hitting – Tee work, soft toss, pitched ball

Infield and throwing – rolled ground balls with throwing after the catch

Outfield – fly balls and throwing the ball in

Controlled game, game situations, or teach rules

Base-running drills – Emphasize running hard – be creative and make it fun!

Re-emphasize throwing skills and fielding with two hands.

Give players tips for practicing at home and set up next practice time.