



Start Baseball Right Youth Baseball Template

Organization and League Note:

We suggest to replace BOTH practices and games with Start Baseball Right because as you will see in the structure below it merges both practice and games together. We recommend 8 week sessions, if your "tee ball season" is longer than that, then have multiple sessions. The purpose of this new experience is to bring engagement and fun to families.

Team Setup:

- Total 8 to 10 players on a team
- Each coach would make sure that he has at least 2 helpers (i.e. older siblings of the players, parent helpers, league helpers).
- A team should host one Start Baseball Right slot of 60 minutes per week.
- Each session is 8 weeks long.

Field Setup:

- Outdoor or Indoor
- The field would be the same size as the infield for a softball game.
- Bases are 45 feet apart.
- Cones would be placed in the outfield to mark the imaginary walls of our field. To start, place the cones just outside the infield dirt in the outfield.
- The balls that should be used would be the balls that can be squeezed (i.e. "Incrediballs", "mush" balls). If the players get hit with these types of balls, it will not hurt.
- Extras: Have an announcer for kids coming up to bat!

Coach Requirements:

The coaches/helpers should know the practice structure three 20 minute segments: Drills, Quick Scrimmage, and Fun Games.

Start Baseball Right Youth Baseball Template

Part 1: First 20 minutes - Fundamental Drills

Coaching Objective: Introduce these youth baseball drills to kids and keep them moving - quick pace! The objective is not on mastery of the drills but that of exposure and keeping the engaged. Drills can be found in our Member Dashboard.

- [Base Running Drills](#) (Yes, we suggest teaching base running. Kids really think this is fun and cool to do)
 - The Lead Off
 - Back to Bag
 - Lead After Part 1
 - Lead After Part 2
 - Base Running – Put a Pitcher Out There
 - Stealing a Base
 - Stealing a Base_4 Step and React
 - Run Throughs Part 1



Start Baseball Right Youth Baseball Template

- Run Throughs Part 2
 - Run Throughs Part 3
 - Run Throughs Part 4
- [Throwing and Receiving Drills](#)
 - Throwing No Ball
 - Throwing with Ball
 - Throwing with each other
 - Throwing Long Toss
 - Receiving Ball no glove
 - Receiving Ball with glove
 - Receiving Catch and Cover
- [Infield Drills](#)
 - Ready
 - Ready Crossover
 - Ready, Approach, Triangle
 - The Infielder Approach
 - Approach to Triangle
 - Soft Hands
 - Charge ball using cones
 - Throwing from SS back hand
 - Throwing from 3B
 - Circle Drill
 - How first baseman stands on first base
 - First Base Drill, without a ball
 - First Base Drill, add a ball
- [Outfield Drills](#)
 - OF Drop, Cross, Run
 - OF Drop, Cross, Run
 - Drop & Cross with ball
 - Drop, Cross, with fungo
 - One Knee Tough Ground Balls
 - Charging the Ball and Breaking Down, no ball and ball
 - Circle up Fly Balls
- [Hitting Drills](#)
 - Hing
 - Hinge & Dip
 - Hitting Stance
 - Counter Rotate/li>
 - The Approach
 - Swing
 - Work Individually
- [Team Base Running Drills](#)



Start Baseball Right Youth Baseball Template

- 1st to 3rd
- 1st to 3rd Part 2
- 1st to 3rd Part 3
- [Pitcher Fielding Practice \(PFP\) Drills](#)
 - PFP Cover First Base no ball
 - PFP Cover First Base with Ball
 - PFP Cover First Base Delayed Ball
 - PFP RH Pitcher fielding bunt
 - PFP LH Pitcher fielding bunt 1B line
 - PFP Run ball over

Part 2: Second 20 minutes - Scrimmage

Coaching Objective: Engage them. Keep them moving! Quick pace! Have them hustle wherever they go. No walking. Be talking with each player about what happens. The objective is not on mastery at this point.

- Scrimmage Setup:
 - 8-10 people assigned to coach
 - Field is the size of a softball infield
 - Bases are 45 feet apart
 - 4-5 fielders vs. 4-5 hitters (if 10 the 5th fielder is with pitcher/coach)
- Scrimmage Rules:
 - Every offensive player bats every inning plus the next 2. So bat 6 guys per inning
 - Coach Pitch and coach catch - 1 knee and throw on a line underhanded, overhand to a more advanced hitter and back about 8 feet
 - Hitter runs on 3rd strike and coach catcher will roll ball to fielder to simulate that player got a hit.
 - Count outs. Do not count runs! Force defensive players to think a play ahead hustle in and hustle out
 - 3 outs and switch - If pace is slow in recording outs, change to 1 or 2 outs per inning.

Part 3: Last 20 minutes - Fun Games of Baseball Practice (aka Snidbits)

Coaching Objective: Put common, small parts of the game into competition that is fun. Get kids excited by having them cheer or embellishing calls. This is your last chance to get them to smile, laugh, and learn so they come back wanting more.

Explanations for the Fun Games for Baseball Practice videos can be found on our site on the Member Dashboard.

- Ground Ball Charge Game
 - 4 runners at plate, 4 fielders at 2b
 - Coach at plate and coach at 1b
 - Roll ball to fielder, fielder charges ball and throws to coach for the out — fielders get point
 - If runners are safe- runners get point
 - Switch after all players run
- Pitcher Cover 1b Game
 - 4 players on mound, 4 players at plate
 - Coach at 1b, coach at plate
 - Coach at plate rolls ball to coach/1b and our pitchers cover 1b



Start Baseball Right Youth Baseball Template

- If they get an out the pitchers get a point, if not, the runners get a point
- Base Hit to Left Game
 - 4 runners at 2b and 4 fielders in left field
 - Coach/catcher at plate and coach cut man at 3b
 - Coach at plate rolls ball to left fielder and runners start running from 2nd to 3rd and will attempt to score
 - Fielders will charge ball and throw thru cut/coach and he will throw to plate and have a bang-bang play point awarded to running team if they score or fielding team if runner is thrown out at plate
- Hockey Game
 - Set up a goal with cones
 - Each player will take turns trying to keep the ball from crossing the line
 - Coach will hit a fungo that will challenge the fielder
 - If ball goes between cones coach gets point
 - If ball does not go between cones, players get point first one to 8 wins (coach vs the 4 fielders)
- "PIG" Fly Ball Numbers Game
 - Put players in circle with coach in middle
 - Each player is given a number
 - Coach throws a fly ball up in air and calls number
 - Player must catch ball above forehead
 - If player touches ball he gets 1 point
 - If player catches ball he gets 2 points
 - First player to 8 wins
- 1st to 3rd Base Running
 - Coach in right field and coach at 3b
 - Coach coaching in 3b box
 - As player runs from 1st to 3rd the right field coach throws ball so there is a bang-bang play at 3b
 - If coach at 3b stops the runner the runner rounding 2b, the runner must get back to 2b and find ball

Your Notes:



Start Baseball Right Youth Baseball Template