

Winners and Rookies

Safety

- #1 priority, especially with new players
- Heartguards and helmets are mandatory for all players
 - Each player should have their own helmet to avoid head lice issues
 - Helmets should be worn by all players when team is up to bat
 - Check each child for a heartguard when they come to the field. They cannot participate in the day's activities without one...NO EXCEPTIONS
- No bat swinging or throwing around other children
- Soft baseballs ONLY
- Familiarize yourself with the incident reporting policy

Remember this is a FUN league!

Throwing

- Ball grip – use 3 fingers, thumb tucked at 6 o'clock
- Front shoulder pointed at target – pretend it's a gun sight
- Stride toward target with front foot
- Games => "10 in a row," "Throw into bucket"

Catching

- Glove orientation – when in doubt catch with bare hands to see correct orientation
- Games => "10 in a row with bare hands, w/ glove," "Around the clock"

Fielding

- Ready position - "Frog-hop"
- Demonstrate positions of each player in the field

Hitting

- Hit off of tees –correct placement of tee should be in front of plate slightly; not directly on plate
- Ball height –higher is better
- Bat grip – demonstrate "index finger point" method; hands together
- Foot position –demonstrate foot, step, step back method

Baserunning

- Practice overrun of 1st and turn to outside; stop on all others except home.
- Games=> "Stopwatch races to 1st and 2nd"