



PEE WEE & LIONS DRILLS

- Goals:
- 1/ To teach basic skills in a fun manner,
 - 2/ To assist the parent/volunteer coaches in setting the rules for the players and structuring the experience, and
 - 3/ to involve all the parents – we intend this to be a family experience.

Strategy: For the beginning of each session (20-30 minutes), the players, coaches, and parents will participate in drills that are intended to teach specific basic skills.

Tactics:

1. Basic Skills to be taught
 - a. The Ready Position
 - b. Throwing
 - c. Catching Ground Balls
 - d. Catching Fly balls
 - e. Base Running

(Batting is difficult to teach in large groups of young children – it will not be included in the drill games but will be taught separately)

2. Drills

- a. Ground Ball Drill: One player is thrown a ground ball by a parent. A second player backs up the first player and then takes the next ground ball. Skills taught – ready position, the proper throwing grip, throwing (using the “Pop, Hop and Throw” technique) and the proper way to catch a ground ball. Multiple two-player pairings will participate simultaneously. The player and parent are spaced about 20’ apart – 7 adult-sized steps. A third player can be placed on a “drill team” if one player has no place to participate

- b. Pop Fly Drill: Players are positioned in the shape of a W (if there are more players, then the pattern of the W should be extended). The players toss the ball underhand along the W and back – first aiming at the chest, then, upon the instruction of the coach, higher in the air. Skills learned – the proper throwing grip, controlled underhand throwing, and the proper way to catch line drives and pop flies. The players are spaced about 15’ apart – 5 adult-sized steps.

- c. Each drills session will end with the players running around the bases to familiarize themselves with the proper direction to run and how to step on the base (the left foot on the inside corner of the base).

To promote a sense of responsibility, the games should begin on time, even if players are missing.

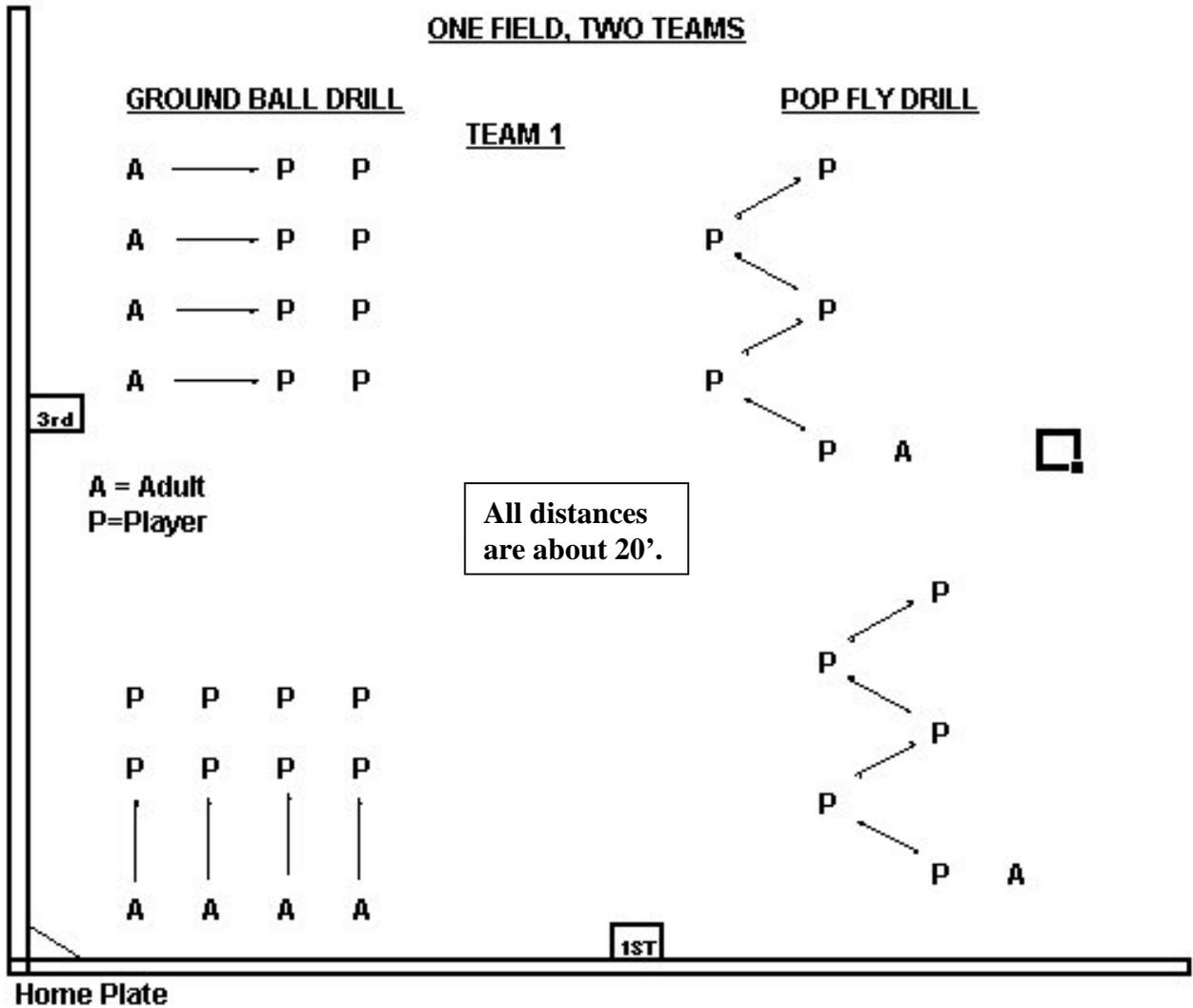
3. Administering the Drills:

- a. Drill Setup: The umpires will place orange cones on the fields for each team. The players will be instructed to stand in front of the cones during the drills.

- b. Assisting the Drills:
 - i. Running the Drills:
 - A. Ground Ball Drill - for each group of two players there will be one parent rolling the ball and catching the return throw.
 - B. Fly Ball Drill - one parent will start the drill and keep it flowing.
 - C. Balls - Rif 1 soft hardballs are hard to find, expensive, and easily lost. The parents should be responsible for taking the balls to the drill and giving them back to the coach after the drill
 - ii. Guiding the process: The coach (and assistant coaches) shall be responsible for:
 - A. placing the players in the games as they arrive
 - B. stopping and making player skill corrections,
 - C. Adjusting the drills - such as increasing or decreasing the distances, and
 - D. determining when the players should switch to the other drill game and when the drill games session for that day is over.
- c. Setting the Behavioral Ground Rules:
 - i. Each two hour session involve four fields or eight teams and more than 100 five, six and seven year olds. Maintaining order will be difficult if certain rules are not followed and the parents do not help. The ground rules will be explained to the players before any activities are commenced. The rules for the players are:
 - 1. When the whistle is blown by the coach, stand still, be quiet, and look at the coach;
 - 2. If you want to speak raise your hand and wait until you are chosen;
 - 3. Always pay attention to your coach and the ball in the field;
 - 4. If you do not understand something, ask a coach to explain it;
 - 5. During the drill games, stand in front of the cones;
 - 6. During baseball games and before each play,
 - a. always face forward so you can see the ball and
 - b. ask yourself: What should I do next?;
 - 7. Only the player about to bat and the next batter are allowed to hold and swing bats. The next batter can only swing the bat while in the on-deck circle.
 - 8. Try your best and don't get too upset if you make a mistake- you are learning a new game and everyone makes mistakes - be patient and understanding. - No one is perfect. A really smart person is one who learns from their mistakes; and

9. Practice at home and watch others play the game on TV or at the fields.
 10. If a player cannot follow the rules, he or she will be asked to sit on the sidelines with their parents until they are ready to join the team and follow the rules.
- d. Items provided by the organization:
 - i. Orange Cones (including nails and mallets to secure them in the ground)
 - ii. Whistles for the coaches
 - iii. Balls - those given to the coaches when they picked up their equipment
 - iv. A printed handout depicting the skills and drills, rules of conduct, and other important information - which can also be downloaded from the website.
 - e. Items provided by the parents: baseball gloves when assisting in the drills.
 - f. How this program will be introduced:
 - i. When: On the first Saturday of the season, all the teams for each time period will gather at Field D fifteen minutes before their regularly scheduled time, except that we will combine the 1pm groups with the 11am groups so that there will only be a total of two introductory sessions. Those teams scheduled for 9am will come to field D at 8:45 am, and those teams scheduled for 11am and 1pm will come to field D at 10:45am.
 - ii. By Whom: A representative of our organization will introduce the division director, umpires, and Bulldogs (travel team players), and, using the Bulldog players, demonstrate the skills and drills for all the players, parents, and coaches. Then the players will take the field and be taught the skills and drills by the Bulldog players and coaches while the parents meet with the Commissioner and Division Director. After that meeting, the parents will assume their roles in the drills.
 - iii. On another Saturday, a brief lesson on batting will be given some time during that week's activities.

GENERAL FIELD SETUP FOR DRILLS
(may differ based on the field)





PEE WEE & LIONS - ACTUAL GAME PLAY

1. The Rules

Coaches and parents should familiarize themselves with the rules of the game. They are modified to be age appropriate. The most significant ones relate to pitching, balls and strikes, and when a ball becomes dead. They are located on the website and can be reached from the rules link on the home page or the rules link on the Pee Wee or Lions division page.

The coaches pitch to the players from 15'. They pitch underhand to the Pee Wees, but must pitch overhand to the Lions. In either case, the coach may pitch from his/her knees. If the coach who is pitching is hit by a batted ball, the ball is dead and the batter automatically gets first base and the baserunners advance one base. If a batted ball hits the defensive coach positioned in the outfield, the ball is dead and the batter is awarded a double.

An inning ends after either 3 outs or the offensive team scores 6 runs. Ten players can assume defensive positions each inning (four outfielders, all of whom must be at least 10' past the infield). Those who sit on the bench one inning must play the next inning. A player should not sit out more than one inning per game. Otherwise there is free, unlimited substitution.

There is universal batting, which means that all players are in the batting order. Latecomers are added to the end of the batting order. First and third base are placed 40' from home plate. Strikes are not called. The batter is out if he or she swings at three pitches (the last of which is not fouled). A batter is also out if, after one warning, the batter throws the bat. If after 10 pitches (excluding foul balls from the tenth pitch on) the batter has neither hit the ball into fair territory nor struck out, that at bat is over but the batter's team is not charged with an out. A pitched ball that hits the batter is a "no pitch" and does not count against the ten pitches.

A ball that is hit into the outfield is live until it reaches the infield. A ball that is thrown out of bounds is live until it crosses an out of bounds line drawn 10' from first or third base. Baserunners are entitled to the next base if when the ball becomes dead, the baserunner is, in the opinion of the umpire, at least half way to the next base. Otherwise the baserunner must return to the prior base. Baserunners should slide or avoid contact if there is a close play.

There is no bunting, leading, stealing, or infield fly rule.

Conduct: We are very strict about the rules of conduct by players, coaches and fans. Adults are important role models. The following is strictly prohibited: Negative rooting, arguing with the umpire (judgment calls cannot be challenged, only interpretation of rules), fighting, taunting, use of foul language, and any other abusive conduct.

Parents are not allowed on the field and there is no picnicking, only drinks are allowed.

2. Coaching

a. Coaches and assistants are necessary to fulfill the following roles:

1. Offensive team:

A. a parent to keep order on the bench to watch the bats and make sure that only the on-deck batter is swinging a bat and then only in the on-deck circle (uncontrolled bat swinging is one of the most frequent causes of accidents at this age). The parent will also help the catcher put on the catching equipment to avoid delays between innings;

B. a parent to keep the scorebook who makes sure the players know who is batting and who is on deck

C. a parent to coach at first base

D. a parent to coach at third base, and

E. a coach to pitch to his/her players

The base coaches are the only offensive coaches allowed on or near the field during the game.

2. Defensive team:

A. a coach who is allowed to stand in the outfield to position and direct the defensive players

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KEY CONTACT INFORMATION

DIVISION DIRECTOR: GILDA MOONEY-DUBE, WHO CAN BE REACHED AT:

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GENERAL QUESTIONS ABOUT ANY OF OUR PROGRAMS, ELYSE NEWMAN:

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OUR WEBSITE (WHICH HAS RULES, SCHEDULES, TEAMS, COACHES, SPONSORS, INSTRUCTIONAL TIPS AND MUCH MORE):

www.78youthsports.org