

FRANKFORT BASEBALL

Shetland Practice Guidelines

- 1.) Try your best to keep all the kids engaged and participating at all times.
- 2.) Baseball can be complex. Introduce the rules gradually.
 - a. Start with the positions
 - b. Running through first base after hitting the ball.
 - c. Running from 1st to 2nd, 2nd to 3rd, 3rd to Home after the ball is hit
 - d. Force out at First Base
 - e. Force outs at other bases when runners are on.
 - f. Covering bases on defense
- 3.) Promote hustling at all times and good listening skills
- 4.) Try to incorporate Hitting, Throwing/Fielding, and Running in every practice
- 5.) Display a positive attitude at all times! Keep it fun.

Practice Example: 9 kids, 3 coaches

- 10min – Running

- Bring group together at Home Plate. Yell out a position and have the kids run to it. Then yell out another and have them run to it, and so on until all the positions are covered. This will help them understand where the positions are on the field and get their legs moving.
- Bring group together at Home Plate and have the practice running through 1B one runner at a time. Incorporate a fake swing, then running as hard as they can THROUGH the base and then stopping 8 feet after it.

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- 21min – Fielding

- Split into 3 groups of 3 kids. Each Coach takes a group. 7 min per station.
- Group 1 – Ground balls then throw back to coach hitting/rolling them
- Group 2 – Throw tennis balls and try to get kids to catch on the fly
- Group 3 – Throwing fundamentals. Have kids line up and throw into fence together allowing the coach to critique their throwing

- 21min – Hitting

- Split into 3 groups of 3 kids. Each Coach takes a group. Only do 10-15 swings each kid and keep rotations going during the allotted 7 min per station.
- Group 1 – Coach pitches whiffle balls to player. Other 2 players shag
- Group 2 – Player hits off tee into net

- 5min – Contest

- Do a short contest. Examples could be:
 - Ground ball contest. Who does the right form and catches ground ball. You miss, you're out
 - Running to first speed contest
 - Throwing at a target contest. If you hit the target, you stay in.

- 3min – Huddle Up and Talk About Practice