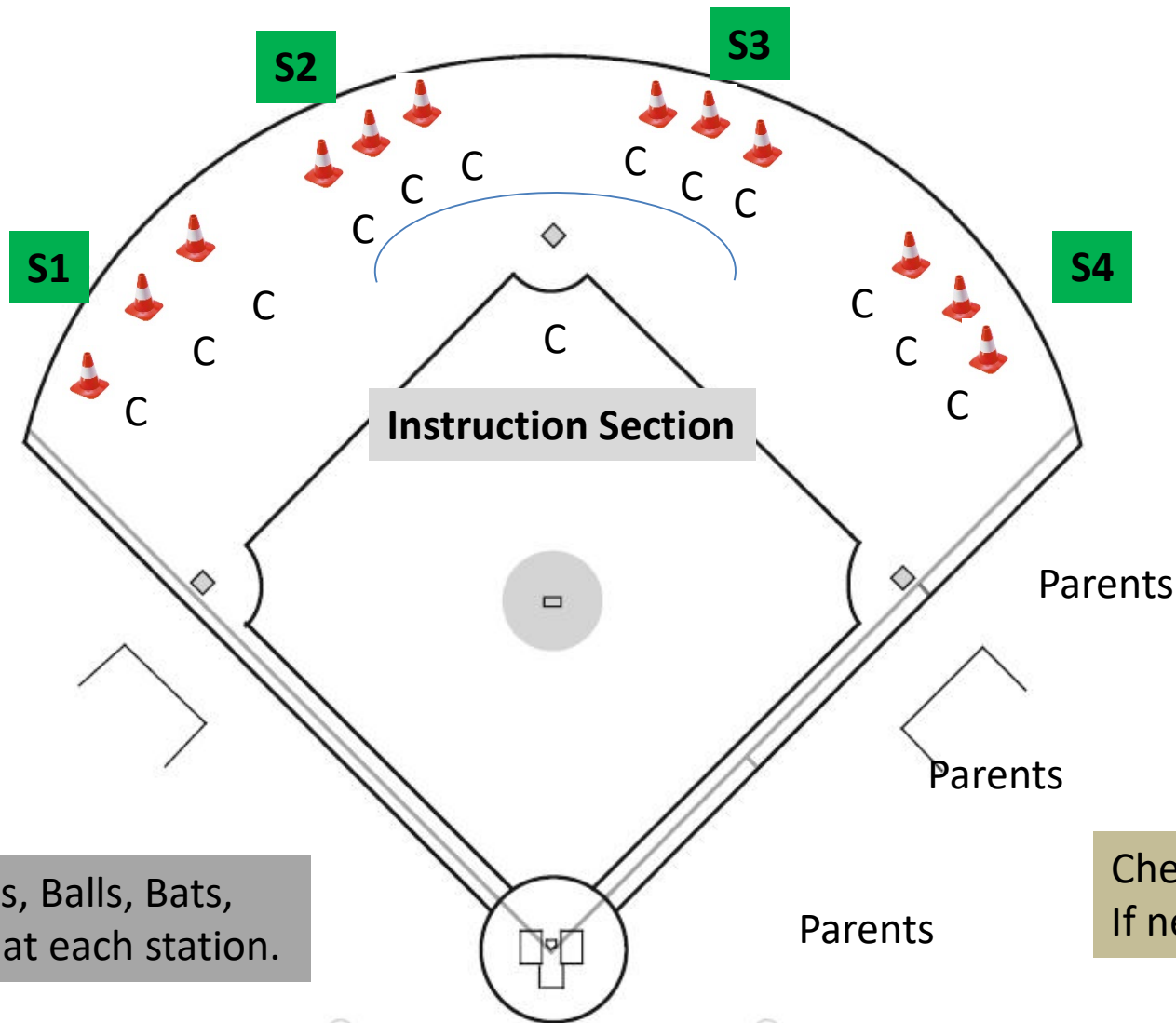


Mosquito, Pee Wee, Bantam & Midget Lesson Planning 2019

Master Detailed Planning Grid: Mos/Pee/Ban & Mid

	Wk 1 – Teach	WK 2 - Individual Coaches	Week 3 & 4
Plan	Stretch & Run Throwing & Catching Fundamentals Ground balls fundamentals Infielding Hitting Fundamentals Pitching (Overview) Cool Down	Stretch & Run Review Throwing & Catching Fundamentals Fly Ball Fundamentals Hitting Fundamentals Review Pitching Home to 1 st Running, Rounding 1 st / Home to 2 nd /3 rd /Home Run Lead off / Stealing Cool Down	Exhibition Games Organized By Conveners
Admin	Prior <ul style="list-style-type: none"> • Assign coach's station's • Set up field During <ul style="list-style-type: none"> • Convener assess players & balances teams 		Final team balancing / teams locked after exhibition game 1.

Week 1,2&3 Field Set Up: Mos/Pee/Ban & Mid 2017



Equipment : Pylons, Balls, Bats, Whiffle Balls & T's at each station.

Check In Table
If needed

Week 1 Lesson Plan – Mos/Pee/Ban & Mid

BTA Begins

ALL

A) Run & Stretch – Logistics: Line Up Left Field Foul Line – 10 min

- Leader organize running - Jog (warning track pole to pole for peewee and above, and pole to centre field and back for mosquito and below)
- Leader organize Stretching – big group circle, leader in the middle
- Leader organizes and demonstrates dynamics from foul line out to about second base: High Knee's; But Kicks; Side Steps (Karaoke); Side Shuffle & Sprints

B) Lesson 1 – Throwing & Catching – Logistics: All on 3rd baseline - 20 min

- Leader Teaches & Demo Throwing – Grip, Arm motion, point to target, Stepping on throw & Aim
- Leader Teaches & Demo Catching – Give target, catch with 2 hands, catch in the center of your body
- KIDS & COACH'S MOVE TO STATIONS – Have kids throw and catch with each other in partners

Can Divide into 2 groups (Grounders, fly ball, infield)

Week 1 Lesson Plan – Mos/Pee/Ban & Mid

Group 1

C) Ground Balls / Side to Side – Logistics: Home Plate – 20 min

- Leader Teaches & Demo Ready Position - Feet shoulder width apart, on the balls of your feet, crouching position and watching the play
- KIDS & COACH's MOVE TO STATIONS - Kids behind pylons & coach's do ground balls taking turns

D) Fly Balls Introduction / Advanced – Logistics: Infield – 15 min

- Leader Teaches & Demo Fly Balls – Ready position & catch with 2 hands above your head
- KIDS & COACH's MOVE TO STATIONS - Kids behind pylons & coach underhand toss fly balls (short distance)

E) Infield - Ground Ball to First – Logistics: On Infield – 20 mins

- Leader Teaches & Demo Ready Position - Feet shoulder width apart, on the balls of your feet, crouching position and watching the play
- KIDS & COACH's MOVE TO STATIONS - Kids behind pylons & coach's do ground balls taking turns

Week 1 Lesson Plan – Mos/Pee/Ban & Mid

Group 2

G) Hitting Introduction – Logistics: Behind 2nd - 25 min

- Leader Teaches & Demo Hitting – Bating Stance (Feet shoulder width apart, weight slightly on back leg, hands together, monitor distance to the plate, hands by ear & adjust elbow on a case by case basis); STEP AND LOAD/SEPARATION OF HANDS AND FEET: step toward the pitcher while hands load back straight, transfer weight & swing through the ball (try to make contact at the front side of the plate to maximize power).
- Do 2 drills –
- (1) Hitting off the T whiffle Ball, coach says “batting stance, step and load, wait a split second, then swing. Get the kids practicing their separation properly.
- (2) Next round of hitting is throwing whiffle balls overhand, about 10 ft. from batter, coach down on one knee.

All

Lesson 1 – Pitching basics (stretch)– Logistics: Behind 2nd - 20 min

- Leader Teach & Demo: break the pitching down into steps:
 - STEP 1: pre-set position (back foot on rubber, ball and glove apart).
 - STEP 2: Set position (come together with the ball in the glove while front leg moves closer to back leg slightly, make sure to pause, keep ball in glove around belt level).
 - STEP 3: Bring knee up to belly button, slightly turned in while glove moves up slightly,
 - STEP 4: bring leg down straight as close to the ground without touching, glove comes back to belt level so hands can break,
 - STEP 5: leg stretch out as far as it can go while keeping weight on back foot, make sure to step straight toward the catcher, while doing this glove elbow is pointing to target while the throwing arm is at a 90 degree angle with ball facing second base.
 - STEP 6: turn body so that chest is moving toward the glove and hips are rotating,
 - STEP 7: Throw and follow through, make sure back leg comes off the rubber so both feet are square and pitcher is now in proper ready position
- KIDS & COACH’S MOVE TO STATIONS – NO THROWING, kids lined up in a straight line practicing their proper mechanics. Coach tells them, step 1, step 2, step 3, etc. Have the kids break down each step and hold it until the coach asks to see the next step

H) Cool Down – Logistics: Behind 2nd – 5 min

- Leader Runs Cool Down

Week 2 Lesson Plan – Mos/Pee/Ban & Mid

BTA Begins

ALL

A) Run & Stretch – Logistics: Line Up Left Field Foul Line – 10 min

- Leader organize running - Jog (warning track pole to pole for peewee and above, and pole to centre field and back for mosquito and below)
- Leader organize Stretching – big group circle, leader in the middle
- Leader organizes and demonstrates dynamics from foul line out to about second base: High Knee's; But Kicks; Side Steps (Karaoke); Side Shuffle & Sprints

B) Review of Week 1 – Practice Throwing & Catching – 20 mins

Group 1

C) Hitting Introduction – Logistics: Behind 2nd - 35 min

- Leader Teaches & Demo Hitting – Bating Stance (Feet shoulder width apart, weight slightly on back leg, hands together, monitor distance to the plate, hands by ear & adjust elbow on a case by case basis); STEP AND LOAD/SEPARATION OF HANDS AND FEET: step toward the pitcher while hands load back straight, transfer weight & swing through the ball (try to make contact at the front side of the plate to maximize power).
- Do 2 drills –
- (1) Hitting off the T whiffle Ball, coach says “batting stance, step and load, wait a split second, then swing. Get the kids practicing their separation properly.
- (2) Next round of hitting is throwing whiffle balls overhand, about 10 ft. from batter, coach down on one knee.

Week 2 Lesson Plan – Mos/Pee/Ban & Mid

Group 2

Lesson 1 – Pitching basics (stretch)– Logistics: Behind 2nd - 10 min

- Leader Teach & Demo: break the pitching down into steps:
 - STEP 1: pre-set position (back foot on rubber, ball and glove apart).
 - STEP 2: Set position (come together with the ball in the glove while front leg moves closer to back leg slightly, make sure to pause, keep ball in glove around belt level).
 - STEP 3: Bring knee up to belly button, slightly turned in while glove moves up slightly,
 - STEP 4: bring leg down straight as close to the ground without touching, glove comes back to belt level so hands can break,
 - STEP 5: leg stretch out as far as it can go while keeping weight on back foot, make sure to step straight toward the catcher, while doing this glove elbow is pointing to target while the throwing arm is at a 90 degree angle with ball facing second base.
 - STEP 6: turn body so that chest is moving toward the glove and hips are rotating,
 - STEP 7: Throw and follow through, make sure back leg comes off the rubber so both feet are square and pitcher is now in proper ready position
- KIDS & COACH's MOVE TO STATIONS – NO THROWING, kids lined up in a straight line practicing their proper mechanics. Coach tells them, step 1, step 2, step 3, etc. Have the kids break down each step and hold it until the coach asks to see the next step

E) Lesson 2 – Pitching follow through – Logistics: Behind 2nd – 15 min

- Leader Review & Demo: leader on throwing knee, back straight, chest out, while glove leg is stretched out as far as it can go. In partners kids will be throwing to each other about 10 ft apart, practicing breaking at their belt, arms up in proper position (hold to make sure) and then throw and most important with this drill is the follow-through, chest must come over the leg that is out, and arm should be over the leg as well.
- KIDS & COACH's MOVE TO STATIONS - Kids in partners in their stations practicing this drill

F) Lesson 3 – Pitching– Logistics: Behind 2nd – 10 min

- Leader Teaches & Demo Review all the steps to pitching
- KIDS & COACH's MOVE TO STATIONS - Kids behind pylons throwing 2 pitches each to the coach, and then join back of the line

Week 2 Lesson Plan – Mos/Pee/Ban & Mid

Lesson 6 – Running Bases – Logistics: First Base - 15 min

- Leader Teaches & Demo Running – Sprint after ball contact & run straight through 1st turning “out” after you cross 1st
- Leader Teaches & Demo Running – Run to first, as approach first do a question mark and then run straight to second
- Leader Teaches & Demo Running – Rounding second and picking up coach; rounding 3rd and picking up coach
- KIDS & COACH’S MOVE TO STATIONS – Practice running. NOTE: If numbers allow do it on the infield.

Lead offs/Secondaries – Logistics: Behind 2nd - 10 min

- Leader Teaches & Demo – Leadoffs and Secondary Leads: start with RIGHT foot on the base, left foot is stretched out toward second, then pivot on left foot so that they are parallel and runner is facing home plate, then two half steps. Make sure when taking leadoffs always watch the ball, and never lead off until pitcher is on the rubber. A good leadoff is about 3 steps. This is our initial or primary leadoff. Just as important is our secondary leadoff. After the pitcher releases the ball or in mid delivery, the runner will take three shuffle steps toward the next base and stop, if the ball is hit on the ground they have their momentum and a nice lead to get to the next base, if its hit up in the air or the ball is not hit at all the runner will go back to the base.
- If a pitcher picks off, their back leg must move first, runner is looking at the feet. If front foot moves first, take your secondary, if back foot, must drive back into first base, ear turned down so that helmet is facing the ball
- KIDS & COACH’S MOVE TO STATIONS – kids practice proper lead off and secondary approach, using the pylon as the base (3 pylons, 3 kids go at once, then the next group goes)

2) Stealing – Logistics: Behind 2nd - 10 min

- Leader Teaches & Demo: Watching front foot, if that moves first you are going, first few steps are low for a good sprint. Must slide into the base, do not run anyone over
- KIDS & COACH’S MOVE TO STATIONS – Kids behind pylons: kids watch the coach who is pretending to be the pitcher, if his/her front leg moves first toward home they will steal, if the coaches back leg moves first for a pick off, they will dive back into the base (a few groups so that not everyone is going at the same time, after the first group goes, the next will go)

Tips & Tricks

- Consider organizing groups in the following way
 - Week 1: Alphabetically – Helps with rating
 - Week 2: By draft teams so that adjustments can be made
- Anything else????