

# League 40

## Rules of practice for youth baseball

1. Fun! If practice is fun, the players will be focused. They will give 100 percent, and they certainly will look forward to each and every practice.
2. Organized - Plan
3. Keep them moving. Players should not be standing around. They should always be moving or learning.
4. Always focus on positives. It is never a good reason to yell or be negative during practice.

## Establish an environment of learning

Be humble in your approach and empower players to learn from you.

## Believe in your players

You prepared them. You gave them tools and your knowledge to have an opportunity to succeed. Let them play the game. Your value is putting together the processes to develop each player to the end of their talent, and foster an environment of high energy.

## Players come first

Players will win and players will lose games, period. You will not throw a pitch, swing a bat, or run a base all year. Your main job is to establish the culture and develop the skills and talents of each individual player. Then when you win give them all the credit, and when you lose take all the blame. This will allow them to play fast, intent focused baseball.



# BENTONVILLE YOUTH BASEBALL



Pre-Game and Pre-Practice (15 min)

# League 40



## Warm-up Before picking up a baseball

Set up the Distance as the Base path Distance ( 60ft – 20yards)  
from either the 1<sup>st</sup> or 3<sup>rd</sup> base line

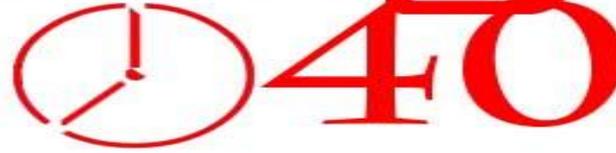
### Warm up - General

1. Line up on either the 1<sup>st</sup> or 3<sup>rd</sup> base line jog to Centerfield and touch the wall (do it twice)

### Warm up - Dynamic

1. 1-2-3 kick – jog back
2. 1-2-3 knee hug – jog back
3. Heel walk – jog it back Tall Shuffle
4. Low Base Shuffle
5. 1-2-3 Lunge and (twist/rotate)
6. 1-2-3 Lunge – Scoop out
7. Hamstring Stretch
8. Back Pedal
9. Calf Bounce
10. Up on toes, Body lean Knee drive sprint (2)

# League



Video Example:

<https://www.youtube.com/watch?v=iSikYaWS6sg>

Video are for visual reference for the drill only – BYB doesn't endorse any offers or products

## Throwing with a Purpose

### Proper grip, four seam, 2 finger grip (3 fingers ok for 8s)

1. With glove arm shoulder toward target, step toward target as glove arm elbow leads to rotate shoulders for throw.
2. Throwing arm elbow should be above shoulder at release.
3. Follow through with full arm motion and back foot coming up with throw, then planted in defensive stance after throw.
4. Catching player always gives glove target and catches with two hands.
5. 4 to 5 throws at each distance starting with about 40 foot and then moving back in 20 ft. increments to 100 ft. for long toss.

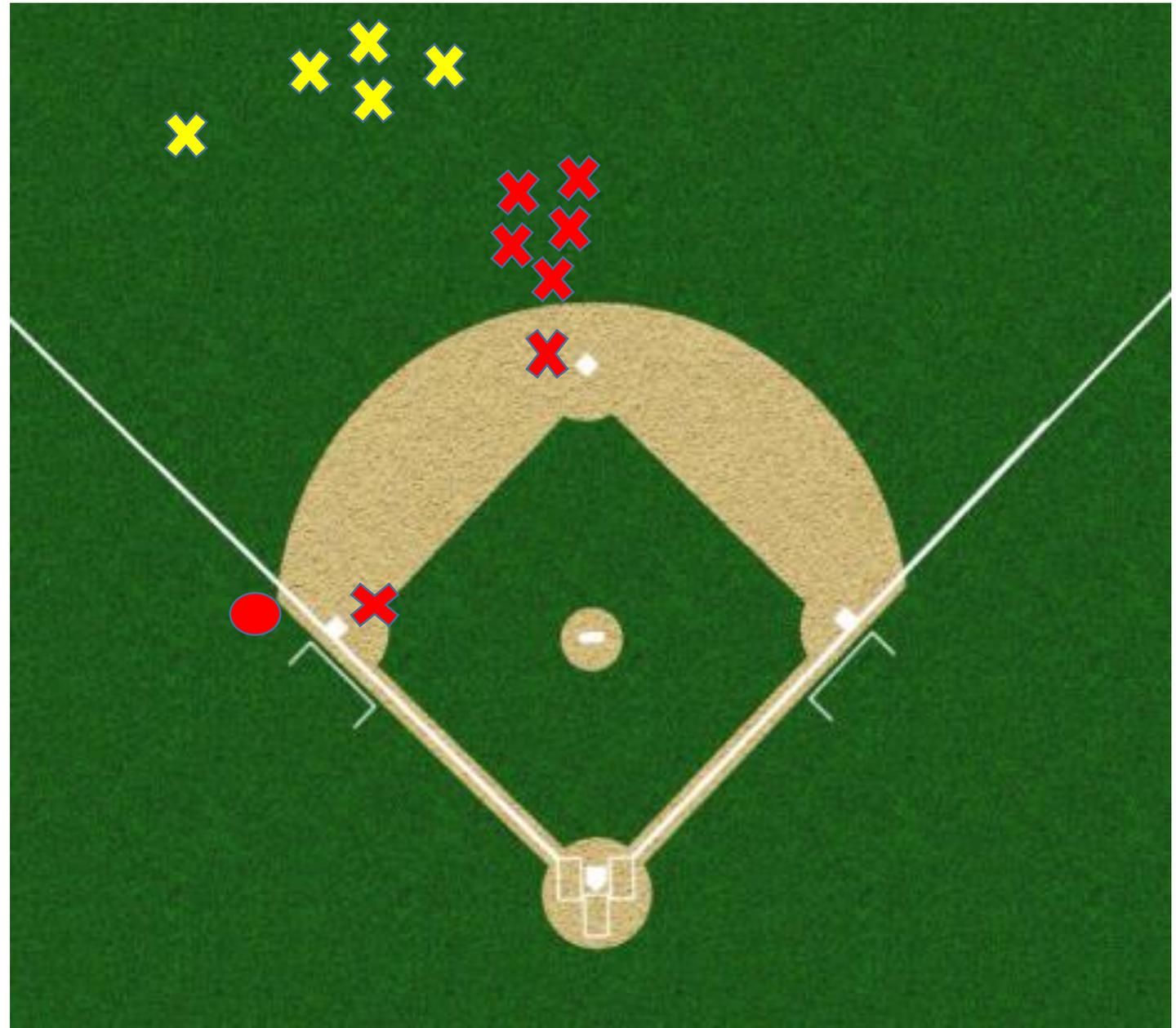
# League

A large red "40" logo with a circular graphic element to the left of the "4", resembling a clock face or a target.

# League 40

## Infield / Outfield Half Diamond

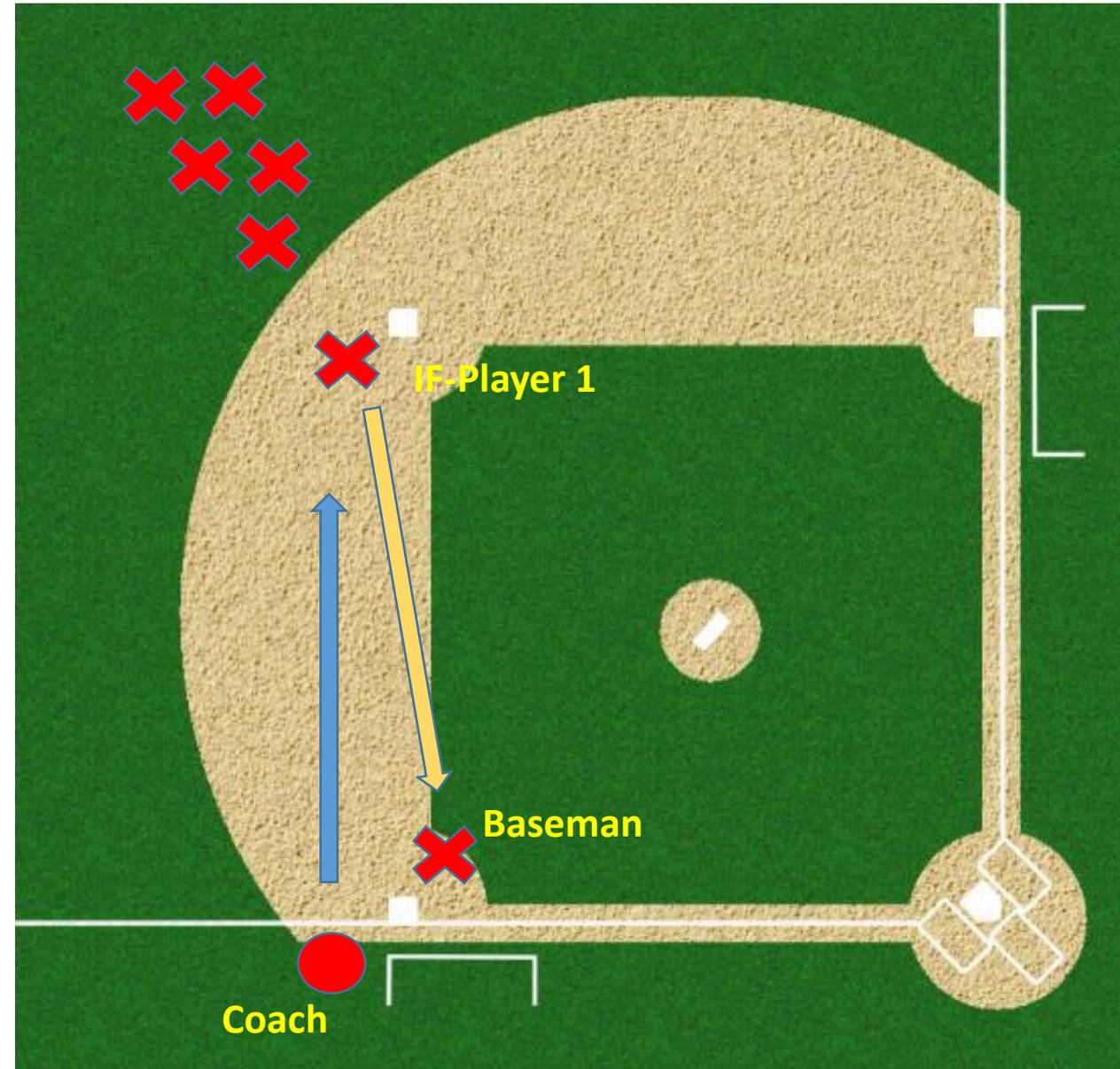
1. Third base side Field alignment
2. Coach (●)
3. Infielders (✕) IF-Player
4. Outfielders (✕) OF-Player



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## Infield / Outfield Half Diamond

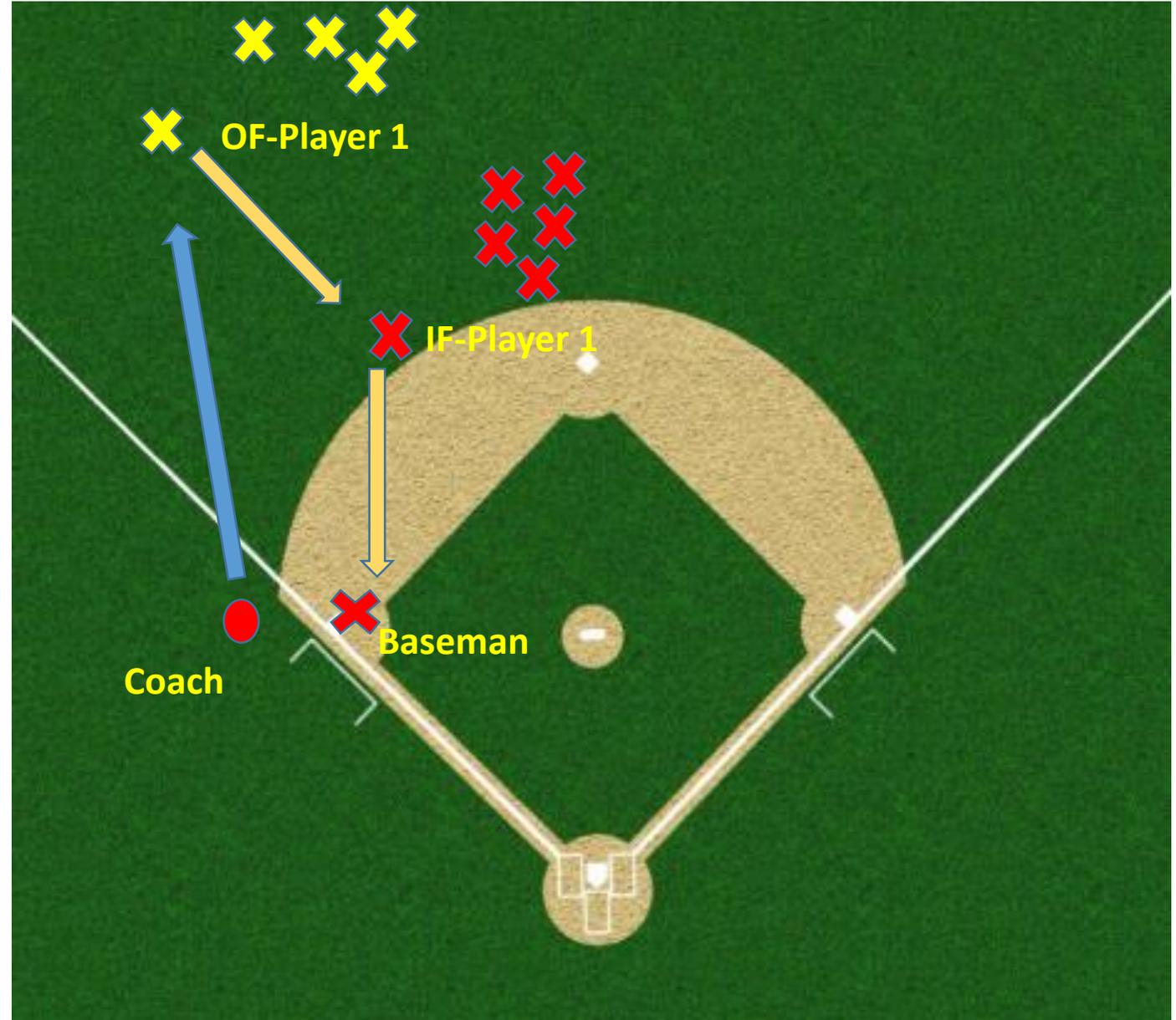
1. Coach hits ground ball to IF-Player (1)
2. IF-Player fields and (1) throws to the Baseman
3. Coach hits ball to OF-Player (1)
4. Baseman returns first hit ball to coach



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## Infield / Outfield Half Diamond

1. Coach hits the ball to OF-Player (1)
2. Baseman returns first hit ball to coach
3. IF Player (1) moves to cutoff position
4. OF-Player (1) fields the ball and throws to cutoff IF-Player (1)
5. IF Player (1) throws ball to Baseman (1)
6. Coach hits the ball to IF-Player (2)
7. Repeat thru the players

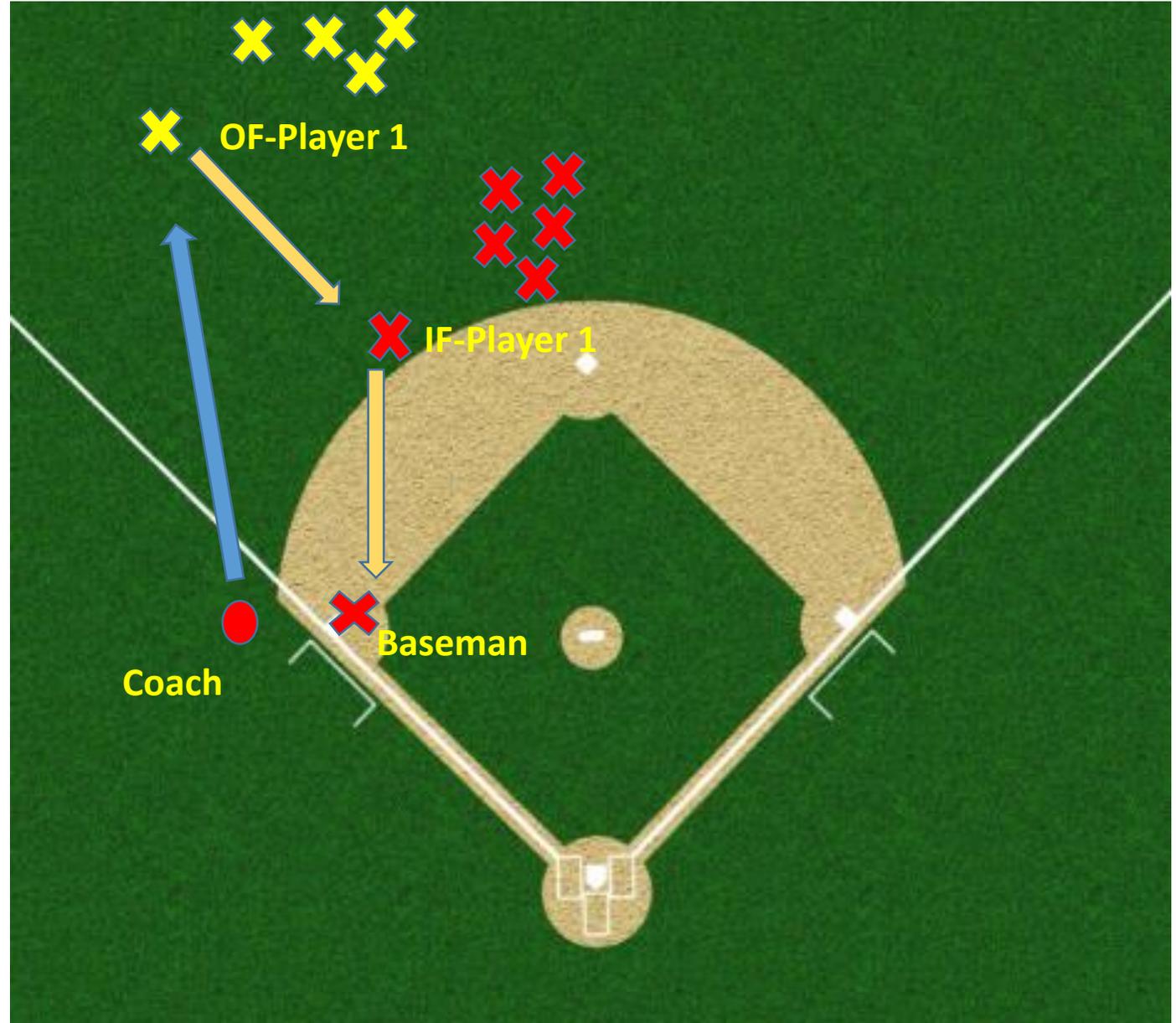


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## Infield / Outfield Half Diamond

### Variations

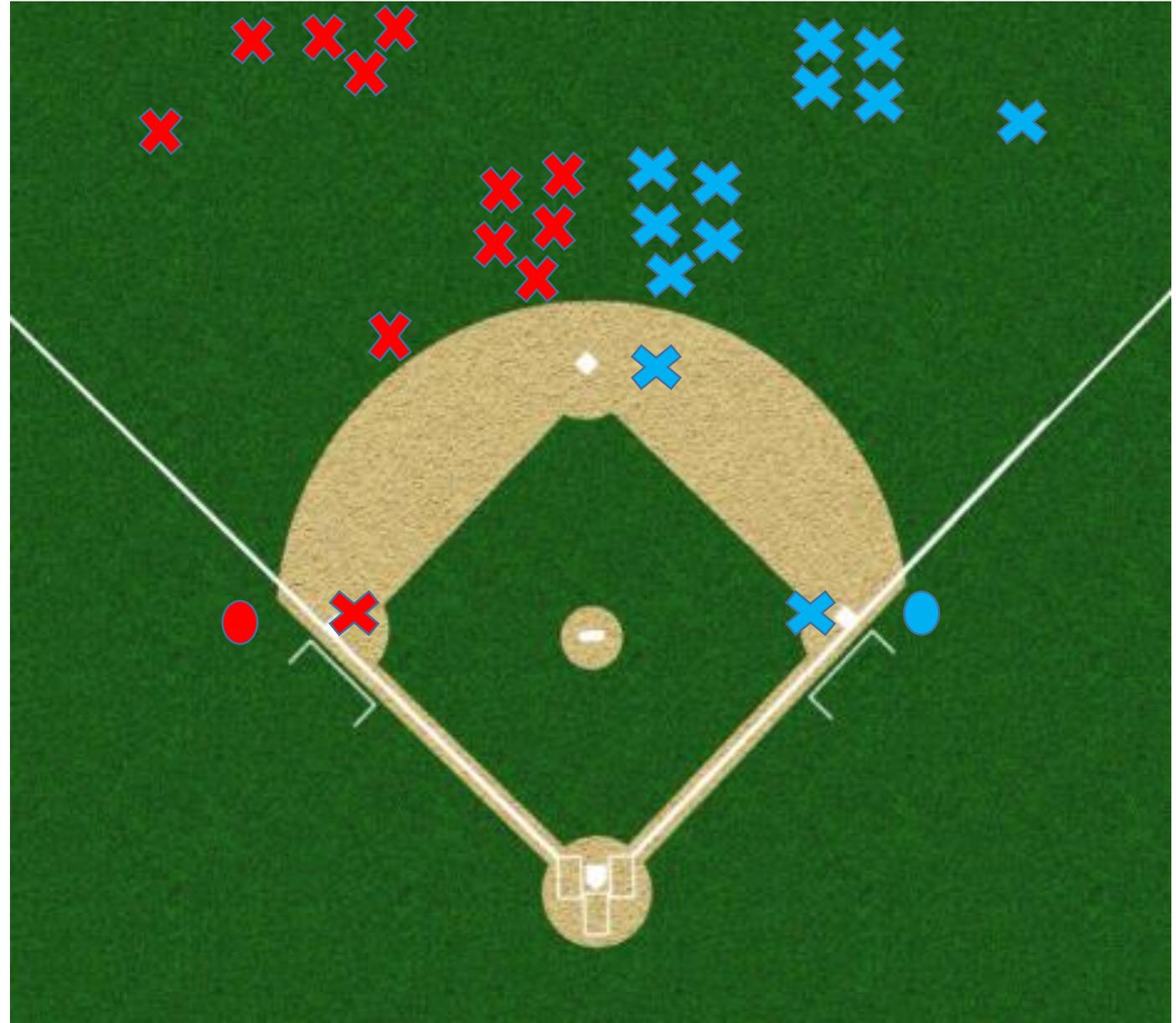
1. Roll thru 3 IF's only and have OF do long toss
  - a. After the completion of the drill roll-off IF's and have the OF's throw directly to the Baseman and then roll-off
2. Players rotate quickly thru IF and OF positons



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Infield / Outfield Half Diamond

Two team Game day alignment





# BENTONVILLE YOUTH BASEBALL



Required Practice Drill (15 min)

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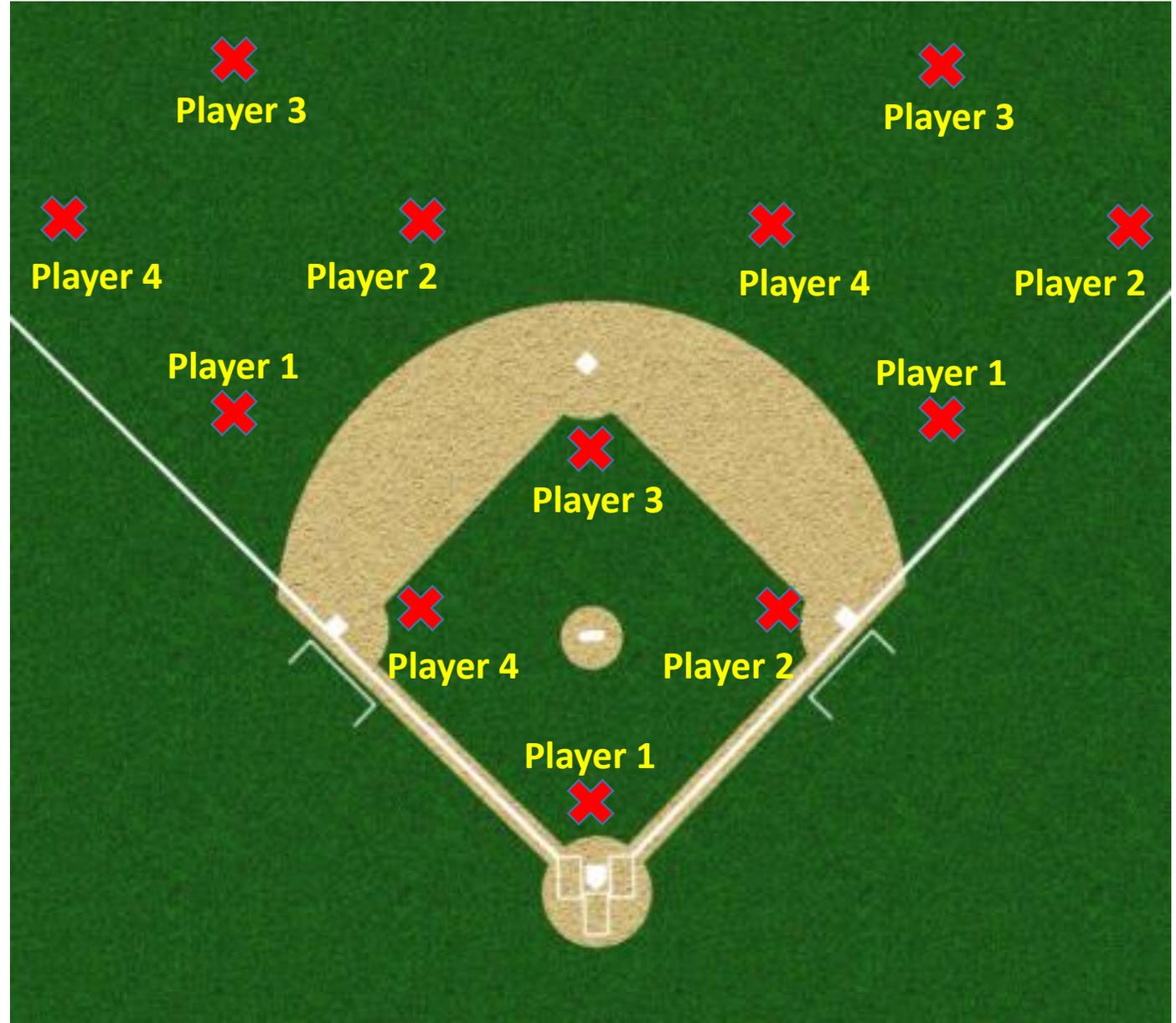
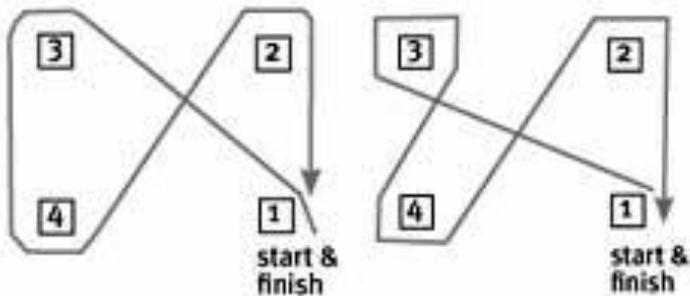
## 4 Corners - Throwing

3 sets of 4 Players in a square

Work the ball around the square

Change Direction

4-Corner Drill



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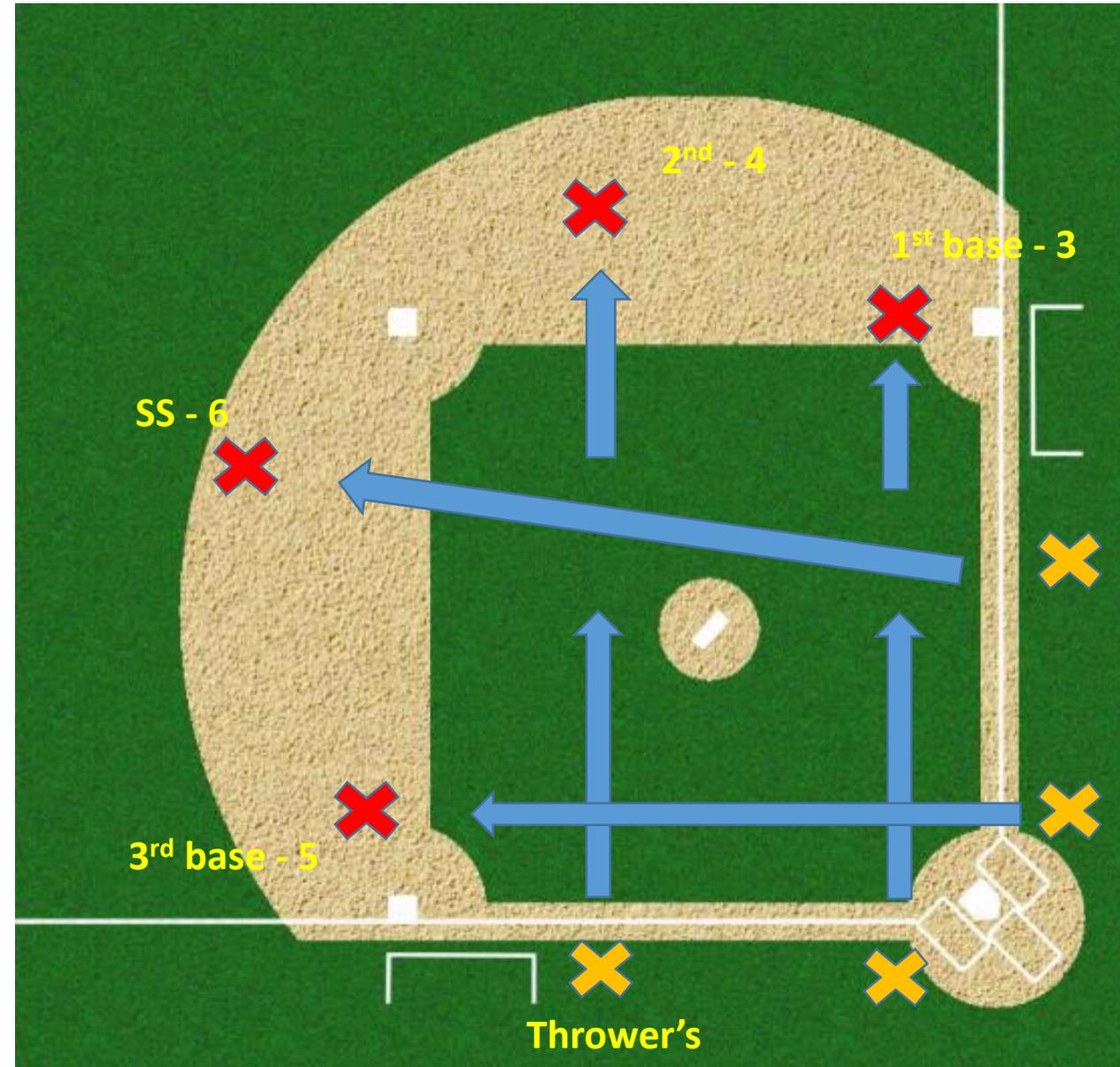
## 4 Corners - Fielding

One or two players at four infield positions with throwers (X) behind infield foul lines directly opposite the positions, throwing ground balls. All four infield position stations get (thrown) ground balls at once. After 5-10 ground balls per player, all players stop and each position rotates their thrower, then resumes ground balls to that position. Emphasis is on fielding technique, staying low and balanced, setting feet and making the throw, back to thrower. Important to make sure all players stop and start at the same time

Video Example:

[https://www.youtube.com/watch?v=GcklgSL1\\_Hw](https://www.youtube.com/watch?v=GcklgSL1_Hw)

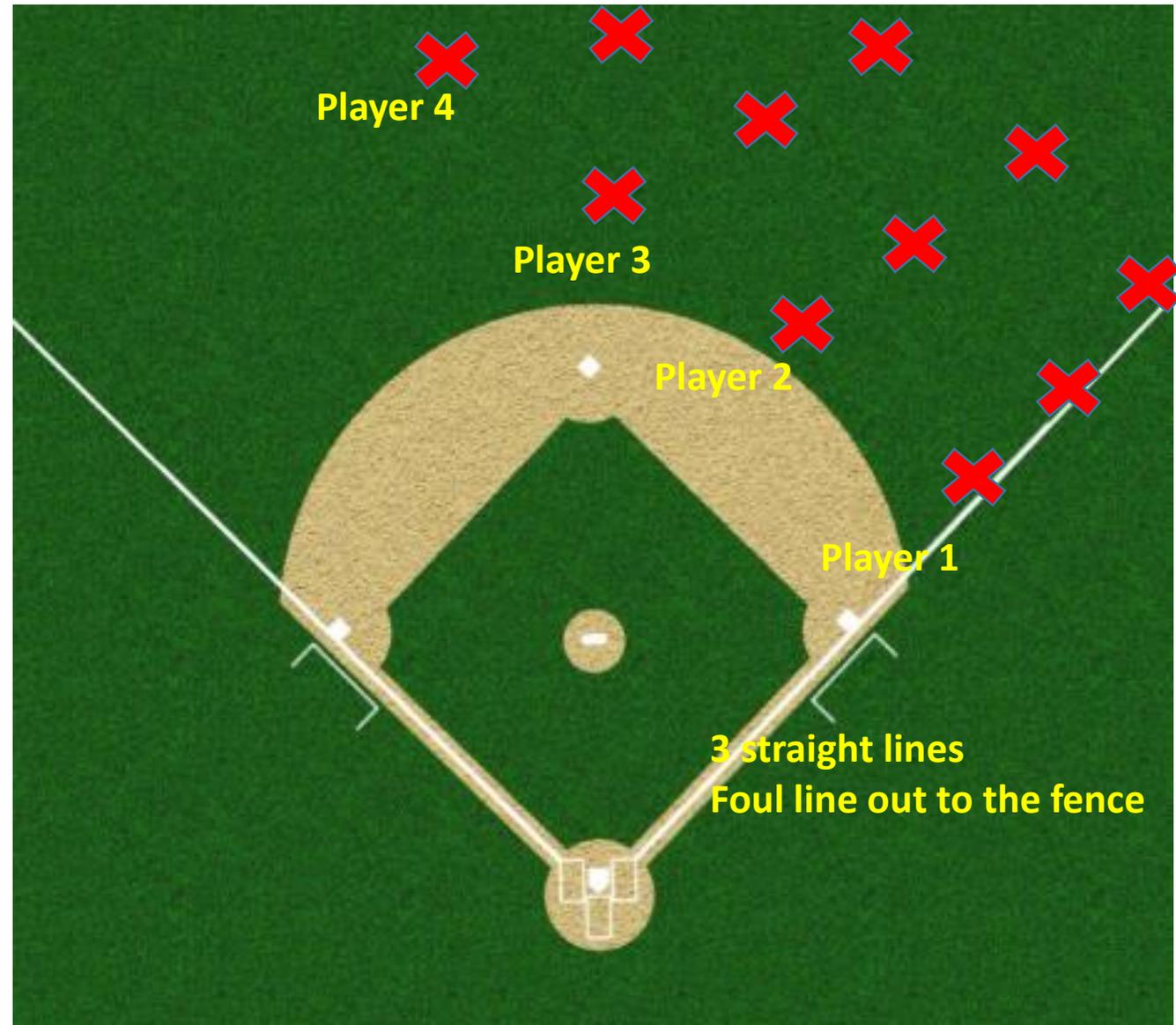
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## Catch and Throw Relays

Catch and throw relays – players line up in single relay lines from foul line to center field fence, 4 to 5 players per line about 60-90 ft apart. Player on line throws to next player who catches and makes glove side turn (as infielder on cutoffs) and throws to next player until ball makes complete cycle back to foul line.



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## Outfield Pattern Passes

Balls thrown to players running pass patterns (right, left and center) and catching ball as outfielder. Emphasis on getting under the ball, good routes to the ball, and going back on the ball. Can have multiple stations. Typically one thrower to 4 to five players rotating.

