

# Lunada Bay Little League

## T-Ball/Farm Division Tigers/Padres Practice Script/Alvin Lowi III, P. E.

- I. **Run, Stretch, Throw** **5 minutes**
- ✦ Team lap
  - ✦ Throwing warmup (T-Ball use Dads/Moms and Coaches one-on-one)
- II. **Team Meeting** **5 minutes**
- ✦ Team Rules (bat safety, behavior, focus attention, effort, on-time, baseball clothes and gear, etc)
- III. **Fielding Drills – Basic (2 stations)** **10 minutes (T-ball)**  
**20 minutes (Farm)**
- ✦ Infield Drills – Players @ 2<sup>nd</sup> Base and SS, alternating
    - ⇒ two coaches, 1<sup>st</sup> rolling balls to the left, right, center; players fielding barehanded focus on attacking the ball, breaking down and squaring up (“alligator”), players field ground ball and continue to coaches bucket and drop ball in bucket (T-Ball, Farm Divisions)
  - ✦ Outfield Drills – Players fielding thrown GB in grass and FB using training ball (T-Ball, Farm Divisions)
  - ✦ Infield Drills – GBs thrown or hit by coach using infield, throws to 1B and 2B, begin to teach base coverage on force plays (Farm Division)
  - ✦ Watch throwing mechanics – fingers on seams facing away from head (Farm Division)
  - ✦ Beginning Situational Defense
    - T-Ball Division emphasize tagging runner or base to get an out
    - Some players in Farm Division may begin to understand the difference between force and tag outs, and trying to get the lead runner
    - Emphasize fielding the ball first (Farm Division)
- V. **Hitting Drills (Stations depending on coaching support)** **25 minutes**
- ✦ Scrimmage BP works best at these levels
  - ✦ Break team into 2 groups – one team on defense infield positions, the other hitting, Farm Division begin to develop catcher in gear (keep a cup/supporter in gear bag)
  - ✦ JUGS on mound position – Coach feed (Farm Division)
  - ✦ T on Home Plate (T-Ball Division)
  - ✦ One additional hitting station off the tee/Soft toss, easy up net (T-Ball)
  - ✦ 1-2 additional hitting stations (Farm Division)
  - ✦ Introduce live toss pitching from Coach ½ way through season (T-Ball)
  - ✦ Coach pitch in practice as alternative
- VI. **Base Running Drills** **5 minutes**
- ✦ Teach ready run position
  - ✦ Teach to run on contact
  - ✦ **Emphasize Watch the ball get hit**
  - ✦ Emphasize running hard through first base
  - ✦ Emphasize need to stop at 2<sup>nd</sup> and 3<sup>rd</sup>
  - ✦ Relay running races

- **Emphasize tag when ball is in the air and go on the ground (Farm Division)**
- ✦ Teach Cross 4 both ways (Farm Division)

**VIII. Wrap Up (Dads break down and drag/water field)**

**5 minutes**

- ✦ Fundamentals reminders worked on at practice
- ✦ Various other reminders
  - Next game or practice
  - Things to work on away from team

**Keep in Mind**

- ✦ **Always keep it positive**
- ✦ **Try to keep it fun**
- ✦ **The outfield is an actual position in baseball**

- ✦ **Baseball Resources – Be a Positive Influence**
  - *Positive Coaching Alliance (SEE ARTICLE ATTACHED)*
    - [www.positivecoach.org/](http://www.positivecoach.org/)
  
- ✦ **Baseball Resources – Know the Game**
  - *Little League Baseball*
    - [www.littleleague.org/](http://www.littleleague.org/)
    - *Stump the Ump*
  - Little League Rule Book
    - Regular season
    - Tournament
  - Interleague Rules and LBL Local Rules
  - Steven Ellis Pitching Tips, Pitchers Workout Manual
  - Various on-line baseball knowledge base resources
  - Heads Up Baseball, Ken Ravizza
  
- ✦ **Baseball Resources – Manage the Game**
  - Lineup Matrix
  - Pitch Count Tracking Sheet
  - Scorebook/Scorekeeper
    - Ipad App ESPN iScore
  - Stats Tracking Sheet/Excel File
  
- ✦ **Baseball Resources – Get Instruction**
  - Brian King (Former MLB Pro) (310) 755-5119
    - Baseball Instruction
    - Infield, Outfield, Hitting
    - South Bay Elite Travel Baseball Teams
    - High School developmental 8<sup>th</sup> grade Travel Team
    - Player and Coach Clinics
  - Dave Leeper (Former MLB Pro) Baseball Academy (310) 345-1031
    - Baseball Instruction
    - Infield, Outfield, Pitching, Hitting
    - Travel Baseball Teams
    - Clinics
  - Scott Davison (Former MLB Pro) - House of Hardball (310) 891-1077
    - Baseball and Training Instruction
    - Pitching, Catching, Hitting
    - Hitmen Travel Baseball Teams
    - Batting cage facility
    - Strength and condition facility
  
- ✦ **Baseball Resources – Get Equipment**
  - Baseball Express [www.baseballexp.com](http://www.baseballexp.com)
  - The Sporting Place – Russell Ethridge (310) 832-1452
  - House of Hardball – Mizuno (310) 891-7011
  - California Pro Sports (310) 548-6012
  - *Sliders, compression, undershirts* [www.underarmour.com](http://www.underarmour.com)
  - *Flex cups, supporters* [www.shockdoctor.com](http://www.shockdoctor.com)

# The Solution to *Every* Youth Sports Problem by Jim Thompson, PCA

I realize I am making a big claim here, but I believe we have in our grasp the key to improving youth sports and the answer to pretty much every problem bedeviling youth sports. A simple, even an elegant, answer. But not by any means an easy one.

Still, we believe in this answer so strongly that PCA, Deloitte and Thrive Foundation for Youth are putting our money where our mouths are, expanding the Triple-Impact Competitor™ Scholarship program from its Northern California roots out to the metro areas of Chicago, Houston, New York and Washington, DC. [Click here for more program information and a link to our online scholarship application](#) and continue reading below to understand our solution.

If you have not surmised by now, the answer to every youth sports problem is to make the Triple-Impact Competitor model the standard for high school and youth sports. A Triple-Impact Competitor makes self, teammates and the game as a whole better.

Triple-Impact Competitors make themselves better by focusing on personal mastery, which provides a way to navigate the inevitable setbacks that are inherent in sports and life. They cultivate a Teachable Spirit and, like a sponge, soak up anything that will make them better. Triple-Impact Competitors know that effort over time will make them better so they give their best effort every time. They use a mistake ritual to develop the ability to bounce back from mistakes quickly.

Triple-Impact Competitors make their teammates better by filling their Emotional Tanks when they need it (and most of us need it a lot of the time). They also have a mature understanding of the concept of the Window and the Mirror. They appropriately look through the Window to help teammates get better, and into the Mirror to take responsibility for their own shortcomings. This habit of making people around you better is called "Leadership." Leadership, a much-misunderstood term, is not just for team captains and it is not about telling people what to do. Leadership is making other people better, and Triple-Impact Competitors are Leaders!

They also make the game better by competing by a code of Honoring the Game. With the acronym ROOTS as a memory aid, Triple-Impact Competitors show respect for Rules, Opponents, Officials, Teammates and Self.

The problems of youth sports will be largely resolved when the Triple-Impact Competitor model becomes the dominant aspirational model for youth sports. Widespread adherence to this model can erode -- perhaps *eradicate* -- such ills as use of performance enhancing drugs, win-at-all cost behavior and hazing.

Beyond sports, we'd like to believe Triple-Impact Competitors would not sling mud at each other in politics; would not economically exploit other, less powerful people; and would not despoil the environment to make a buck.

As I mentioned, the Triple-Impact Competitor model is simple but not easy. It requires that high school and youth athletes take on this model as part of their identity. When confronted by the temptation to cut corners or cheat or disrespect others, they must say to themselves, "I am a Triple-Impact Competitor. What would a Triple-Impact Competitor do in this situation?"

And they do the right thing, not because they will be rewarded for it or punished for acting badly. But because being a Triple-Impact Competitor is part of who they are, and they want to live up to their higher self.

Which is why I am so excited about the expansion of the Triple-Impact Competitor Scholarship Program and grateful for the past two years of support from Deloitte and Thrive Foundation for Youth during our scholarship pilot program in Northern California. Now we are expanding that to other cities to begin to solve ALL the problems with youth sports!

**– Jim Thompson, Founder and Executive Director**