

OTA - Little League Clinic Agendas: SAMPLE

Session 1

1. Huddle-Up (Coaches Introductions, Rules, Stretch)
 - Quick Stretch – arms and legs (circle up)
 - Quick Warm Up
 - Sprint to First
 - Sprint from First to Third
 - Steal Home
2. Station Work
 - **Throwing and Fielding Groundballs**
 - **THROWING SKILL –**
 - Bring arm back in circular motion.
 - Step with opposite leg forward.
 - Glove points towards target.
 - At top of circular motion, L shape is created with throwing arm.
 - When releasing ball, throwing arm should go down across their body, and back leg brought forward.
 - **FIELDING GROUNDBALLS SKILL –**
 - Be on toes with hands to the ground.
 - Butt down, knees bent, and body behind the ball.
 - Wiffleball reaches glove, take other hand and use it to clamp the ball into the hand on the ground.
 - **DRILL – THE LOOP**
 - **Catching and Fielding Fly Balls**
 - **CATCHING SKILL –**
 - Hold hands out in front, chest high.
 - Use two hands to catch ball.
 - Keep eye on the ball.
 - When ball hits hands, squeeze hands closed.
 - **FIELDING FLY BALLS –**
 - Keep eyes on the ball.
 - When judging a fly ball, players should always move back before moving forward.
 - Two hands to catch ball in front and overhead
 - **DRILL – Partner Practice (face to face toss)**

- **Hitting**
 - Grip bat with hands together.
 - Stance shoulder width apart, knees bent, and hands shoulder high, elbow bent straight out.
 - Instruct players on the three swing positions:
First swing position is to keep hands back while striding forward.
Second swing position is to keep eye on the ball while bringing bat head through the zone. Belly button should be facing pitcher at this point.
Third swing position is to follow through keeping your front foot as closed as possible while turning your back foot on the ball of your foot
 - **DRILL - BP off Tee – Two hits, back of line (Swing, Swing and Go)**

- **Pitching**
 - Review the fundamentals of throwing.
 - Difference between pitching from the stretch and windup (Leg Kick).
 - Hitting target (catcher's mitt).
 - **DRILL – Fast Balls to the Coach (Throw, Throw, Throw, and GO)**

3. GAME TIME

- Ground Ball Eliminator
- Numbers Game
- Go Long
- Around the Corner and Headed for Home
- Situational Baseball – Controlled Scrimmage