



Kings Park Youth

Athletic Association

Est. 1960

2010 Baseball/Softball Rules

This organization greatly appreciates the time and effort put in by our many volunteers. Without your hard work and dedication - KPY would not be possible.

Let us be reminded, though, that coaching our youth is a privilege. Many hours are put in each year to insure that our youth have a quality athletic program and your cooperation is essential to reaching our goal. The board will be happy to meet with anyone who is having a problem with the rules of our organization.

Unfortunately, anyone who cannot resolve the problem or is found to be detrimental to this organization will be asked to forgo their privilege of coaching and step down.

Thank you, and have a great season

Main Objectives of Our Program

Have Fun

Teach Sportsmanship

Teach Baseball/Softball Fundamentals

Kings Park Youth **Coaches' Code of Conduct**

The purpose of this Code of Conduct is to provide the children participating in any activity with a safe and fun environment where they can learn the fundamentals of various sports. The institution of the 3 “R” policy is the way to accomplish our goals.

1. **Respect**: As a volunteer coach you are required to respect all others that you come into contact with. This includes players, coaches, coordinators, commissioners, board members, umpires, parents/guardians, and siblings. You must treat them the way you would like others to treat you!

2. **Responsibility**: As a volunteer coach your responsibility is to provide the children with a fun and safe environment where they can learn the fundamentals of the sport. You must be responsible for being on time to both games and practices. You are expected to impart as much knowledge as possible about the sport to all members of your team. You are responsible for talking to your team in a normal manner at all times. You are also responsible for informing your team of all practices and games, which might include time and date changes. You are responsible for preparing your team to be as competitive as possible with the other teams in the league. You are responsible for providing the players with a good role model, in respect to sportsmanship and fair team play.

3. **Relax**: We are all here to have fun and relax. If you are not having fun coaching the children, then let the league commissioner know immediately and we will find a replacement for you. If you can't relax and have fun, how can you expect the children to do so? Sports are meant to be enjoyed, not dreaded. Remember these are our children you are coaching, not Major League All-Stars. And remember these are all our kids – not just the ones on your team. So, encourage all the kids and cheer on good plays by both teams!

Managers and coaches are an extension of the Kings Park Youth Board of Directors. Please abide by and enforce all rules set forth by the board.

Kings Park Youth Baseball League Rules

A. PURPOSE:

The Kings Park Youth Baseball/Softball League is a voluntary non-profit organization dedicated to developing and enhancing the skills of young ballplayers through high level competition.

B. GENERAL RULES:

1. Good sportsmanship will be exhibited at all times by everyone.
2. Team managers are responsible for the conduct of everyone connected with their team (coaches, players, parents and spectators). Please notify the Division Coordinator immediately if there are any problems. If someone is thrown out of a game or made to leave the field, please notify the Division Coordinator right after the game.
3. The umpire is the absolute authority and must be respected. **Harassment of the umpire will result in a forfeiture** of the game and possible **suspension** from coaching as determined by the **Commissioner and/or the Board of Directors**. Any dispute of calls will be conducted in a civilized manner between umpire and manager only, and **ONLY** if it is regarding of a KPY rule. Ball and Strikes and judgment calls cannot be questioned.
4. If a question arises pertaining to a rule interpretation, **only the team manager** shall have a discussion with an official, and the discussion shall be carried on calmly and briefly.
5. Alcoholic beverages, smoking or tobacco products of any kind, foul language, abusive language and gestures are strictly prohibited.
6. Throwing of equipment in any manner that could cause harm to another player will result in ejection from the game.
7. Fighting in any manner will not be accepted and will result in ejection from the game and automatic league suspension.
8. Field areas should be kept clean and free of litter. After the game it is the responsibility of the manager to be sure that all litter left behind by your team and spectators is cleaned.
9. Equipment should be kept in the dugout or away from the playing area.
10. **No one is allowed behind the backstop**. This includes spectators as well.
11. Only team personnel are allowed on the field or in the dugouts. All other persons should be in the appropriate spectator areas.

C. GROUND RULES:

1. All ground rules and division rules will be discussed with the managers and the officials prior to the start of the game. All teams should have a copy of their rules with them at every game.
2. It is the responsibility of the home team to notify the Division Coordinator of the outcome of the game and provide the Division Coordinator with the pitch counts for ALL PITCHERS for both teams by 9 p.m. that evening by phone or email.

D. EQUIPMENT, FIELDS AND UNIFORMS:

1. Each team will supply one new ball to the umpire for each game.
2. Batting and running helmets are mandatory.
3. Complete uniforms which consist of pants, shirt, socks and hat/visor must be worn while at the field.
4. Shirts **must** be tucked in at all times at games and practices.
5. No backward hats are allowed in games and practices.
6. Metal spikes are prohibited.
7. All players must wear protective cups during all games and practices.
8. Each catcher must wear a mask, throat protector, hard hat, chest protector and shin guards during all games and practices.
9. Bats must be little league approved 2 ¼ barrel. Bats must be in good condition and not altered in any unauthorized manner. All aluminum bats must have a handle grip.
10. The officials may remove from the game any equipment that they deem unsuitable or unsafe for competition.

E. BATTING ORDER:

1. Once the line-up is exchanged, any player arriving late must bat last.
2. All players are included in the batting order regardless of whether they are playing the field in a particular inning.
3. For all divisions up to and including the Babe Ruth division, while not mandatory, KPY strongly recommends the use of a continuous batting lineup during the regular season. This means that a manager will set a lineup for the initial game of the season and then in subsequent games the lineup will commence from the point where it ended in the previous game. For example, if in the first game the child in the 7th position of the lineup makes the last out of the game then the child in the 8th position will be the first batter of the next

game. This should be followed for the entire regular season. New lineups would be used for any and each playoff game

F. PITCHING RULES AND PITCH COUNT GUIDELINES

Baseball is one of the safest sports available to today's youth. However, many of the serious injuries suffered by adult baseball pitchers may have begun to develop at the youth level. One of the missions of KPY is to provide guidelines to its youth baseball members to reduce the risk of injury now, and later in life and maximize the younger player's ability to perform and advance to higher levels.

Multiple leagues: In order to have additional opportunity to develop skills, many young players play in multiple leagues. Although the amount of pitching in a league is often limited by league rules or the judgment of its coaches, individual pitchers sometimes exceed such limitations by pitching in more than one league at a time. The strength and skills needed to be a successful pitcher are developed by repetition; however, a pitcher must also give his body time to rest and recover in order to optimize his development. Growth plates in pitchers arms up to High School Age are still open and can be injured. It is the parents and coaches responsibility to make sure the guidelines are being adhered to. A manager should understand if any of their players are playing for another team (travel or intramural). To the extent that a player is playing for another team a manager should work with that player's parents and/or other manager to ascertain if and when they pitch and how many pitches were thrown. Pitches thrown for other teams **should** be taken into account in applying KPY pitch count rules. Extra care should also be taken with such players in practice situations.

- 1) Warm up pitches prior to the game and in between innings are not counted as part of the official pitch count. They should be kept to a minimum however as this can be just as dangerous.
- 2) If a pitcher reaches the maximum amount of pitches mid batter they are permitted to finish the at bat.
- 3) The term days of rest is defined as follows. If a pitcher's pitch count mandates a 3 day rest and he pitched on Monday he is not permitted to pitch until Friday.
- 4) Coaches and parents should listen and react appropriately to a pitcher when they complain or show signs of arm pain. The pitcher should be removed immediately from the game. Parents should seek medical attention if pain persists.
- 5) If a pitcher is removed from a game, they may not pitch again during that game.
- 6) The home team Manager is responsible for retaining the pitch count sheet and must have them with them at all times. The sheets do not have to be turned in but must be available for Coordinators if requested. Both teams are expected to monitor pitch counts. Pitch counts are to be compared at the end of each half inning. The home team Manager is to E-Mail the Division Coordinator the game score and the pitchers used & their pitch count. Failure to do so will result in the game results not being recorded.
- 7) Division Coordinators must post the pitch counts on the web site for their division so all Managers would be able to view them.

PITCH COUNT CHART PER GAME

Division	Max. Pitches per Game
AA & AAA	50
Majors	55
Babe Ruth	60
Roger Maris	65

MANDATORY RECOVERY TIMES BY PITCH COUNT

Division	1 Day rest	2 Day rest	3 Day rest	4 Day rest
AA & AAA	1-20	21-30	31-40	41-50
Majors	1-22	23-32	33-42	43-55
Babe Ruth	1-25	26-37	38-47	48-60
Roger Maris	1-29	30-42	43-52	53-65

AGE RECOMMENDATION FOR LEARNING VARIOUS PITCHES

Pitch Types The 2002 study by the ASMI also showed that youth baseball pitchers who throw curveballs or sliders have an increased risk of elbow and shoulder pain. Further research is required to define the specific risk of throwing breaking pitches but throwing curves and sliders, particularly with improper mechanics appears to be a potential cause of injury.

Age	Pitch
8	Fastball 2 & 4 Seam
11	Change Up
14	Curve ball
15	Knuckle ball
16	Fork ball & Slider
17	Screwball

BASIC PITCHING RULES:

1. Dropped third strike is not in effect – i.e., catcher does not need to catch third strike for batter to be out. However, if catcher catches foul tip on strike three – batter is out.
2. Two hit batters in one inning, or three per game, pitcher must be removed. Manager discretion may be used in AA in determining if a pitcher must be removed on second hit batter in inning – must be agreed by both managers.
3. The managers must complete a pitchers log after each game. This log will contain who pitched and how many pitches were thrown. It must be initialed by both managers or coaches and home plate umpire. Failure to complete the log after the game will result in an automatic forfeiture of the next game (see section H).
4. Pitching distance is determined by division. **For safety purposes, please do not allow pitchers to pitch from closer distance.** If they cannot reach home plate from required distance, work with them in practice until they can.
 - a. Pre-K, K (Farms) – all managers and coaches pitch.
 - b. 1st grade (A) – all managers and coaches pitch.
 - c. 2nd grade (AA) – all managers and coaches pitch games in April. Starting in May, coaches will pitch the first 3 innings and players will pitch the remainder of the game. Distance from mound to home plate will be 36 feet. Pitcher must be removed after three walks or two hit batters (see above for manager’s discretion). Coaches must pitch after six total walks in an inning.
 - d. 3rd grade (AAA) – Distance from mound to home plate is 42 feet. After two hit batters in one inning or three total, pitcher must be removed.
 - e. 4th grade (Majors) – Distance from mound to home plate is 46 feet. After two hit batters in one inning or three total, pitcher must be removed.
 - f. 5th (Babe Ruth) – Distance from mound to home plate is 46 feet. After two hit batters in one inning or three total, pitcher must be removed.
 - g. 6th & 7th grade (Roger Maris) – Distance from mound to home plate is 50 feet. After two hit batters in one inning or three total, pitcher must be removed.
 - h. 8th – 10th grade (Whitey Ford) - Distance from mound to home plate is 60 feet. See separate league rules for further information.

PITCHING – INTEGRATION OF TRAVEL PLAYERS

Travel players are permitted to pitch in in-house games. However, great care and discretion should be used in doing so – both for safety and competitive reasons. Managers must communicate with travel managers to determine when a player last pitched as well as when a player is expected to pitch next. All pitching appearances (KPY in-house, KPY travel, non-KPY travel or intramural) must be included when

determining a players availability to pitch in a particular game. **If in doubt – DON'T PITCH.**

G. WEATHER CONDITIONS:

Please use the KPY web site for field closures. If your field is not closed it will be a game time decision between Managers and Umpires. You may not cancel a game from home. If you do and the other team shows up at the field you will forfeit the game. www.kingsparkyouth.com

1. Every effort should be made to allow games to be played.
2. As soon as lightning is evident, the game is to be stopped and suspended. DO NOT GO BACK ON THE FIELD!
3. A game is considered official after 3 innings. If the home team is winning a game can be official after 2 ½ innings.
4. If game is not official, please call division coordinator to have game rescheduled during a practice time.

H. FORFEITURES:

A forfeiture will be awarded under the following circumstances:

- A team is not ready to play 15 minutes after the scheduled game time
- A team is unable to field at least eight players throughout the entire game
- Harassment of the umpire by any manager, coach, or any spectator will result in an automatic forfeiture
- Failure to complete pitching log after game will result in an automatic forfeiture.
- Failure to call game outcomes to Coordinators after the game will result in an automatic forfeiture

I. MAKE-UP GAMES:

1. Games must be rescheduled through the division coordinators.
2. Division coordinators must schedule through the commissioner.
3. Make-up games are not guaranteed due to time and field restrictions. No games will be played in July

J. BASE-RUNNERS:

1. There is a courtesy and speed up rule in all of the divisions.
2. If a catcher is on base with two outs, the last batter to make an out will run for him.
3. If a runner is injured, the last player to make an out will run for him.
4. If a runner leaves the base too soon, the runner will be warned and called out at the termination of the play; all other results of the play will stand. NO WARNINGS

K. PLAYING WITH EIGHT PLAYERS:

1. A team may play with eight players. When playing, the vacant slot in the batting order is not an automatic out. If a ninth player arrives, he may be inserted into a game in the vacant slot and is considered a starting player.

L. MOUND VISITS:

1. The manager is permitted to visit the mound once in any inning and on the second visit, the pitcher must be removed.

M. DEADBALL/TIME OUT:

1. Ball from catcher to the pitcher, when the ball is in the pitcher's hand and the pitcher is toeing the rubber, time is out, unless in the judgment of the umpire, a runner is considered in motion before the pitcher toes the rubber. However, no delayed steals will be allowed.
2. Ball from a fielder to the pitcher, the ball is considered in play and a runner may advance until the fielder has successfully thrown the ball to the pitcher and he is on the mound area - meaning the chalk area or dirt area if the field has grass. The runners must retreat back to the base.

N. BARRELING:

1. No base runner is permitted to "barrel" into another player. A base runner is expected to slide into a base if there is a play being made on him. If a fielder is blocking the base, the base runner should make an effort to avoid contact. If, in the judgment of the umpire, unnecessary contact is made which could be considered potentially dangerous, the umpire may eject that player.

N. THROWING BATS:

1. If a batter throws his bat in any manner that could cause harm to another player, the umpire will issue a warning to the player and the manager of the team. In the event that any batter on the same team throws his bat again, the batter will be declared out and ejected from the game.

O. ROSTERS:

1. Farms through AA:
 - i. Coordinators will assign players to rosters
 - ii. Best efforts will be made to honor parent requests

2.AAA through Mickey Mantle:

- i. Division-wide drafts will be held.
- ii. See separate *Draft Rules*

P. PLAYOFFS:

Beginning with AAA, there will be single-elimination playoffs following the conclusion of the regular season. All teams make the playoffs. Generally teams will be seeded according to their winning percentage during the regular season. However, if (i) the first place team has a positive run differential of 60 or more runs OR (ii) the last place team has a negative run differential of 60 or more runs, the general playoff seeding process will be replaced by a process that seeds the teams (including any byes) randomly by the Commissioner selecting team names from a hat.

**Kings Park Youth
Athletic Association
Baseball**

Division Rules

FARM

(Pre-Kindergarten, Kindergarten)

1. All weekday games start at 5:45 p.m. See schedule for weekend game times (2 hour time limit)
2. 4 innings maximum
3. Baselines are 30 feet
4. All players are in the field; try to keep them in positions. Players should be rotated so that they receive an equal amount of time playing in the infield and outfield. Coaches allowed on the field.
5. 6 batters per team every inning. Everyone gets on base and moves to the next base as the others bat.
6. Coaches will be encouraged to “reward” batters with hits to the outfield by allowing them to advance to 2nd base, as appropriate, and other runners to advance two bases on such a hit.
7. The “last batter” of an inning will not automatically hit a “home run” but will be allowed to advance as far as their manager deems appropriate for the play.
8. Coaches pitch and catch every game.
9. All players are included in the batting order regardless of whether they are playing the field in a particular inning.

A
(1st Grade)

1. All weekday games start at 5:45 p.m. See schedule for weekend game times (2 hour time limit)
2. 6 innings maximum
3. Baselines are 40 feet
4. Each team is to field 10 players, 4 in the outfield (straight around). Two players field on either side of pitcher
5. Players may play a maximum of 2 innings at one position and all players should get equal time at infield positions vs. outfield positions.
6. All players must play 4 innings and should not sit out more than one inning at a time
7. 6 batters every inning per team even if 3 fielded outs are made.
8. If a fielded out is made, the batter does not stay on base.
9. Coaches will be encouraged to “reward” batters with hits to the outfield by allowing them to advance to 2nd base, as appropriate, and other runners to advance two bases on such a hit.
10. The “last batter” of an inning will not automatically hit a “home run” but will be allowed to advance as far as their manager deems appropriate for the play.
11. Coaches pitch and catch every game.
12. All players are included in the batting order regardless of whether they are playing the field in a particular inning

AA
(2nd Grade)

1. All weekday games start at 5:45 p.m. See schedule for weekend game times (2 hour time limit)
2. 6 innings maximum
3. Baselines are 45 feet.
4. Coaches pitch entire game in April.
5. In May/June– coaches pitch the first three innings of each game – players pitch the remainder of game.
6. After 6 walks in an inning the coach must pitch again.
7. Each team fields 10 players - 4 in the outfield and a catcher.
8. Players will catch – even when coaches pitch.
9. No short fielders.
10. Players must be rotated each inning, infield and outfield.
11. Players may play a maximum of two innings at one position and all players should get equal time at infield positions vs. outfield positions.
12. All players must play 5 innings (if game goes 6 innings) and should not sit out more than one inning at a time
13. 6 batters every inning. (Unless 3 fielded outs are made)
14. Distance from mound to home plate is 36 feet.
15. Normal base running rules apply. No stealing.
16. All players are included in the batting order regardless of whether they are playing the field in a particular inning

AAA
(3rd Grade)

1. All games (2 hours time limit)
2. 6 innings maximum
3. Baselines are 50 feet.
4. Distance from mound to home plate is 42 feet.
5. Each team is to field 10 players, 4 in outfield and a catcher. No short fielders.
6. Players may play a maximum of 3 innings in the infield. Catching counts as an infield position but a player that catches 2 full innings may play a total of 4 infield innings. No other exceptions. Pitching does not count as an infield position.
7. Players may play a maximum of three innings at one position. The only exception is pitcher which is governed by pitch count. If a player is under his pitch count limit, they may continue pitching more than 3 innings.
8. All players must play 5 innings (if a game goes 6 innings) and should not sit out more than one inning at a time.
9. All players are included in the batting order regardless of whether they are playing the field in a particular inning
10. Dropped 3rd strike not in effect – i.e., catcher does not need to catch third strike for batter to be out. However, if catcher catches foul tip on strike three – batter is out.
11. Bunting is allowed, no squeeze plays.
12. Stealing is allowed in games in May/June (no stealing in April games). The catcher must catch the ball and the runner may not leave their current base until the catcher has caught the ball. (3 stolen bases per inning max) Runners may not advance on a catchers overthrow. No delayed steals.
13. No leading. No stealing of home.
14. Runner frozen at 3rd base and may only score on hit ball or walk
15. Players must slide into all bases (except 1st) when there is a play on at the base (no barreling or roll block slide, player will be ejected)
16. Head first slide, player will be called out
17. Tagging up is allowed.
18. Infield fly rule is in effect
19. Overthrows from the field, the ball is live and in play, until the umpire calls time out
20. Appeals – Only the manager may request
21. Catchers must use catcher's glove.
22. Five run rule in effect every inning except the last inning. Based on darkness Managers/Umpire may agree on an earlier inning to be the last.

Majors
(4th Grade)

1. All games (2 hour time limit)
2. 6 innings maximum
3. Baselines are 60 feet
4. Distance from mound to home plate is 46 feet
5. Each team is to field 10 players, 4 in the outfield and a catcher. No short fielders.
6. Players must be rotated 3 innings in the infield and 3 innings in the outfield maximum. Catching counts as an infield position but a player that catches 2 full innings may play a total of 4 infield innings. No other exceptions. Pitching does not count as an infield position.
7. Players may play a maximum of three innings at one position. The only exception is pitcher which is governed by pitch count. If a player is under his pitch count limit, they may continue pitching more than 3 innings.
8. All players must play 5 innings (if a game goes 6 innings) and should not sit out more than one inning at a time.
9. All players are included in the batting order regardless of whether they are playing the field in a particular inning.
10. Dropped 3rd strike not in effect – i.e., catcher does not need to catch third strike for batter to be out. However, if catcher catches foul tip on strike three – batter is out.
11. Bunting is allowed, no squeeze plays
12. Stealing is allowed. The catcher must catch the ball and the runner may not leave their current base until the catcher has caught the ball. (3 stolen bases per inning max) Runners may not advance on a catchers overthrow. No delayed steals.
13. No leading
14. Stealing of home is not allowed
15. Advancing on a past ball or wild pitch is not allowed.
16. Players must slide into all bases (except 1st) when there is a play on at the base (no barreling or roll block slide, player will be ejected)
17. Head first slide, player will be called out
18. Tagging up is allowed
19. Infield fly rule is in effect
20. Overthrows from the field, the ball is live and in play, until the umpire calls time out
21. Catchers must use catcher's glove.
22. Five run rule in effect every inning except the last inning. Based on darkness Managers/Umpire may agree on an earlier inning to be the last.

Babe Ruth
(5th Grade)

1. All games (2 hour time limit)
2. 6 innings maximum
3. Baselines are 60 feet
4. Distance from mound to home plate is 46 feet
5. Each team is to field 10 players, 4 in the outfield and catcher. No short fielders
6. Players must be rotated 3 innings in the infield and 3 innings in the outfield maximum. Catching counts as an infield position but a player that catches 2 full innings may play a total of 4 infield innings. No other exceptions. Pitching does not count as an infield position.
7. Players may play a maximum of three innings at one position. The only exception is pitcher which is governed by pitch count. If a player is under his pitch count limit, they may continue pitching more than 3 innings.
8. All players must play 5 innings (if a game goes 6 innings) and should not sit out more than one inning at a time.
9. All players are included in the batting order regardless of whether they are playing the field in a particular inning.
10. Dropped 3rd strike not in effect – i.e., catcher does not need to catch third strike for batter to be out. However, if catcher catches foul tip on strike three – batter is out
11. Bunting is allowed, no squeeze plays
12. Stealing is allowed. The catcher must catch the ball and the runner may not leave their current base until the catcher has caught the ball. (3 stolen bases per inning max) Runners may not advance on a catchers overthrow. No delayed steals.
13. No leading
14. Stealing of home is not allowed
15. Advancing on a past ball or wild pitch is not allowed.
16. Players must slide into all bases (except 1st) when there is a play on at the base (no barreling or roll block slide, player will be ejected)
17. Head first slide, player will be called out
18. Tagging up is allowed
19. Infield fly rule is in effect
20. Overthrows from the field, the ball is live and in play, until the umpire calls time out
21. Catchers must use catcher's glove.
22. Five run rule in effect every inning except the last inning. Based on darkness Managers/Umpire may agree on an earlier inning to be the last.

Roger Maris
(6th & 7th Grade)

1. All games (2 hour time limit)
2. 6 innings maximum
3. Baselines are 70 feet
4. Distance from mound to home plate is 50 feet
5. Each team must field 10 players, 4 in the outfield and catcher. No short fielders.
6. Players must be rotated 3 innings in the infield and 3 innings in the outfield maximum. Catching counts as an infield position but a player that catches 2 full innings may play a total of 4 infield innings. No other exceptions. Pitching does not count as an infield position.
7. Players may play a maximum of three innings at one position. The only exception is pitcher which is governed by pitch count. If a player is under his pitch count limit, they may continue pitching more than 3 innings.
8. All players must play 5 innings (if a game goes 6 innings) and should not sit out more than one inning at a time
9. All players are included in the batting order regardless of whether they are playing the field in a particular inning.
10. Bunting is allowed – no squeeze plays.
11. Stealing is allowed after the ball passes the plate (5 stolen bases per inning max). No delayed steals.
12. No leading
13. Stealing of home is not allowed
14. Players must slide into all bases (except 1st) when there is a play on at the base (no barreling or roll block slide, player will be ejected)
15. Head first slide, player will be called out
16. Tagging up is allowed
17. Infield fly rule is in effect
18. Overthrows from the field, the ball is live and in play, until the umpire calls time out.
19. Catcher must use catcher's glove
20. Five run rule in effect every inning except the last inning. Based on darkness Managers/Umpire may agree on an earlier inning to be the last.

Whitey Ford
(8th – 10th Grades)

1. NJBL rules will apply.

**Kings Park Youth
Athletic Association
Baseball/Softball**

**How to Run a Practice
By Sal Agostinelli**

Practice Structure:

- A. **Stretching** (10-12 minutes) – should be taken more seriously. You should have simple stretching exercises.
- B. **Running** – Our kids are slow. Most kids think they are fast, but you should take the time to make sure they run at least twelve 50-60 yard sprints, time each kid, and measure their improvement as the season progresses. (Shorten distances according to ages) You will get results, if you give the goals.
- C. **Throwing** (10-12 minutes) – (after stretching and running) Kids do not throw enough. They should always start short and then throw long. Throwing long (or long toss) is what develops arm strength. Just because a kid’s arm is somewhat sore doesn’t mean he should stop. Bicep pain is a good pain, but shoulder and elbow pains are different. Make sure they step and throw and keep their arms up and elbow at a 90° angle.
- D. **Infield** – If you learn how to have an organized infield, you will intimidate the opponent. Good crisp infield can be developed as early as 8 years old. For early ages, simple hit in the chest drills will help advance them to the next level.
- E. **Batting Practice** – You should always have two tees working into the backstops while live batting practice is going on, which will prevent younger kids from getting bored. Keep everyone active with different stations going on. Get help from more parents during batting practice. If you have 12 kids, do 3 hitting groups of 4. Break groups into positions. Infielders hit first while outfielders get fly balls from a parent in the outfield as the rest shag (“rest” consisting of pitchers, catchers, and multiple-position players). Then, infielders take ground balls while outfielders shag, and extra kids hit. When extras are done, infielders shag, outfielders hit and extras may work on some pitching or catching drills with a coach. While batting practice is going on, extra kids from the group that is hitting can hit off tees.
- F. **Always** end practices with 12 sprints or fun base running where you split the team and play catch the runner.