

## Coach Pitch Curriculum

Coach Pitch Skills		Value of the Week
<b>Week One- Intro and Peer Interaction</b>		<p style="text-align: center;"><b>Respect</b></p> <p>Players learn about listening to and watching the coach through repeated commands of “Bring it In”, “Hold the ball”, “To the bench”...etc, Players work on respect by following commands immediately and quickly.</p> <p>-Self Discipline of bench (no bats, sit in batting order, etc)</p>
1	Parent meeting (see attached sheet)	
2	Standard Team Rules (Waiting your turn, No pushing, bullying, Huddle etiquette-water breaks etc) 15mins	
3	Respect for equipment (name on equipment)-5mins	
4	Warm up exercises (10 mins)	
5	Base Identification and base running (10 mins)	
6	Basic ready position (Glove/body facing forward)	
7	Stopping/ Fielding rolled balls (15mins)	
8	Recap ( 5mins)	
<b>Week Two</b>		<p style="text-align: center;"><b>DISCIPLINE</b></p> <p>Players focus on remaining in their area. Self Discipline on bench (no bats, sit in batting order, etc)</p>
1	Re-cap week one (5mins)	
2	Repeat week one # 2-7 (20 mins)	
3	Stopping/ rolled balls with “Stay” (10 mins)	
4	Fielding hit balls from coach (10mins)	
5	Intro to remaining in your position (Discipline) Stopping/ Fielding rolled/batted balls from coach (focus on fielding balls in your area) 10mins	
6	Recap (5mins)	
<b>Week Three</b>		<p style="text-align: center;"><b>Teamwork</b></p> <p>Players learn about teamwork through turn taking and sharing the ball and batting equipment</p> <p style="text-align: center;"><b>Responsibility</b></p> <p>Players assist with setting up and putting away equipment.</p>
1	Recap of week 2	
2	Repeat week one # 3-5 (20 mins)	
3	Stopping rolled balls with “Stay Stop balls rolled by teammate-(set goals of consecutive attempts)- 5 mins	
3	Ready position shuffle- (5 mins)	
4	Ready position shuffle- set goals of consecutive attempts-( 5mins)	
5	Throwing intro-(T-position)-Throw to coaches	
6	Batting Station-3-4 players-(batting stance/MANDATORY helmet) in conjunction with above drills. Set goal of swings and connections Rotate station approx every 10 mins	
7	Recap Huddle (5 mins)	

## Coach Pitch Curriculum Cont.

Coach Pitch Skills		Value of the Week
<b>Week Four- Practice and game</b>		<p style="text-align: center;"><b>Respect</b></p> <p>Players learn about respecting team and personal equipment as well as bench area.</p> <p>Players must respect their teammates by taking turns in the game.</p>
1	Recap of week 3 (5 mins)	
2	Repeat week one # 3-6 (20 mins)	
3	Ready position shuffle (5 mins)	
4	Ready position shuffle- set goals of consecutive attempts-( 5mins) Throw to Coaches at bases-(good throws) 10 mins	
5	Scrimmage (1 at-bat) 20mins	
6	Recap Huddle of game/practice	
<b>Week Five- Game and skill assessment</b>		<p style="text-align: center;"><b>Leadership</b></p> <p>Players take turns leading warm-ups throughout season. Perhaps players can pick a captain for their team.</p>
1	Recap of week 4 Mid Season Skill assessment-(evaluation sheet)	
2	Players Lead in team warm ups 10 mins	
3	Ground ball Challenge and "Stay"- individual and inner squad competition best of 10 etc (15 mins)	
4	Scrimmage (3 swing at-bats)	
5	Recap Huddle of skills game/practice	
<b>Week Six-</b>		<p style="text-align: center;"><b>Leadership</b></p> <p>Players choose drills they would like to do first (after warm ups). Narrow choices to 2</p>
1	Recap of week 5 Players Lead in team warm ups 10 mins	
2	Base Running Drills 10 mins	
3	Ground Ball pick up with "Stay"- 5mins	
4	Ground ball challenge- one attempt per turn-10 mins	
5	Ground ball pick up and throw to Coach/Player at 1st- focus on good throws, not velocity 10 mins	
6	Batting Station-3-4 players-(batting stance/MANDATORY helmet) in conjunction with above drills. Set goal of swings and connections Rotate station approx every 10 mins	