

7U - TBall DIVISION SESSIONS

As per the Division Schedule; one team will be responsible for setting the field up and one will be responsible for field take down.

Field set up involves:

- put out bases in the infield – 1st, 2nd & 3rd
- put out a set of catchers gear near the home plate area
- place 5 or so balls at the pitching mound
- put a set of bats on the 1st base dugout fence. *This is the dugout the 'hitting' team will use.*
- Put 1 batting tee near the home plate area
- place a practice cone at the various infield positions; pitcher, 1st, Rover, 2nd, short stop & 3rd
- in the left outfield area place 5 sets of cones for coaches to use to line their players up for drills
- Put a bucket of balls & wiffle balls in the outfield
- Put out a tee stand and a bat in the outfield

Field take down involves:

Putting all equipment away in an orderly fashion, in the equipment room and RAKING the infield, all dirt areas. **NOTE:** if another division is taking the field after you ie on a Saturday then you can leave the bases out as long as the other teams have started to arrive. **Please still rake the infield**

At the start of each session ALL Teams are to spend 10 minutes on warm up – stretching and short jog and quick play of catch between players. You will then go to your respective stations. Teams will spend 20 minutes at each station. The infield team is to keep track of 20 minutes and announce to all teams when it is time to rotate.

The 7U Initiation Program consists of 3 stations:

Station: Hitting (goes to outfield then to Infield)

Station: Infield (goes to hitting then to outfield)

Station: Outfield (goes to Infield then to hitting)

- The team that **starts at the Hitting** Station **moves to** the Outfield Station then to Infield
- The team that **starts at the Infield** Station **moves to** the Hitting Station then to Outfield
- The team that **starts at the Outfield** Station **moves to** the Infield Station then to Hitting

STATION 1: HITTING

For the hitting station teams are to use the 1st base dugout. Coaches to create a 'make-shift' line up with the team (ie alphabet by name starting with letter A one week and end of the Alphabet the next week). One coach will work with a player at the plate and the other coach will pitch to his team. (Highly recommended to have a parent help keep the rest of the players 'in line' in the dugout).

Each player is to be given **5 pitches** maximum (these should be under hand pitches from 1 knee). If after 5 pitches the batter is not successful with hitting the ball then a Tee is to be set up for them to hit from. The last player on the batting line up will run all bases. Teams will run through the batting order twice. .

The coach assisting the batters needs to work with the player on bat selection, grip, stance, ready position, swing, hip rotation & stride.

****** Please refer to the GVBA Coaches Reference Manual created by Triple A Sport Consultants specifically Section 3.2 Hitting Mechanics & Section 4 Effective Practice Planning. ******

Once your team has gone through your batting order twice you will move to the Outfield Station

STATION 2: PLAYING THE INFIELD (INFIELD)

The keys to becoming a good infielder are proper techniques and constant practice. All young ballplayers can become better fielders if they develop sound fundamentals and are willing to work hard toward self-improvement at every opportunity.

At this station coaches are to set their players up at the various infield positions. Your players will be fielding the balls hit by the team up to bat (station 1). As your team is waiting for balls to be hit coaches are to work on the basic infield drills such as what a ready position is and to always keep their eye on the play! Tell your players where the play is to go just before the ball is pitched and reiterate this after the ball is hit (ie play is at 1st base). Run them through what is expected once the ball is hit. You should rotate your players around the infield positions every couple of batters.

****** Please refer to the GVBA Coaches Reference Manual created by Triple A Sport Consultants specifically Section 3.3 Fielding Mechanics & Section 4 Effective Practice Planning. ******

Once the team hitting has gone through their batting order twice your team will move to Hitting Station

STATION 3: THROWING & RECEIVING (OUTFIELD)

At this station coaches will work with their players in the left outfield area working on throwing, receiving & batting techniques.

You have 20 minutes at this station so each 'session' pick 2 skills to work on. Divide your players in to 2 groups and have them work on each skill for 10 minutes each and then switch them. For example:

- At one session have one group work on batting techniques using the tee and wiffle balls & have the other group work on receiving grounders and pop flies and after 10 minutes switch them out.
- The next session you could have one group working on throwing techniques and the other on receiving drills and again rotate them after 10 minutes.
- The next session have one group work on batting techniques using the tee and wiffle balls and the other group working on ready position and teach them the various field positions. Rotating the groups after 10 minutes.

****** Please refer to the GVBA Coaches Reference Manual created by Triple A Sport Consultants specifically Section 3.3 Fielding Mechanics & Section 4 Effective Practice Planning. ******

Once the infield teams are done their hitting rotation your team will move to the Infield Station