

MLBA Pinto Practice Example

A combination of the following components should be incorporated into every practice (time-permitting):

1. Warm-up

- Stand in a circle with coach in the middle.
- Reach to the Sky (count to 5) & Reach to your Toes (Count to 5) Repeat
- Arm circles: Arms to side making small circles forward and backward (10X)
- March of the Kings: High Knee March in a circle—no bumping in front
- Run Bases

2. Throwing- Partner-up (Focus on accuracy not velocity)

- Teach grip (preferably 4-seam)
- Snap Throws- have player hold throwing arm up with glove hand under elbow then snap throw using only elbow and wrist. (short distance about 6-10 feet)
- Knee Toss- Players' throwing arm-knee is on the ground. (distance about 10-15 feet)
- Step and Throw- start at about 15 feet and expand.
- Count how many players can catch in a row.

3. Fielding

- Teach Baseball Ready Position
 - Stance with feet shoulder width or wider and knees bent.
 - Glove elbow in / glove palm towards catcher / throwing palm up.
 - Butt down and hands between knees, waist high.
- Drill(s): Alligator Pairs, Goalie Drill, Web Gems, Bucket Line, Follow the Ball, Fly Balls, Infield practice, Bucket Drill, Perfect Innings

4. Hitting

- Mechanics Review (try with no bats)
 - Line up with toes on base lines or create a line in the dirt for footwork.
 - Grip should have “Knocking Knuckles” in a line.
 - Stance is wider than shoulders, knees bent—hands at or above back shoulder.
 - Heel of bat is pointing to opposite batter’s box.
 - Stride front foot small amount—“Step straight to the pitcher”.
 - Swing level at waist and follow through with two hands together to the ear.
 - Coach cues “Grip, Stance, Stride, Swing, Follow Through”.
 - Check for balance at start and finish, bat to opposing box, stride to pitcher.
 - Have players “hold” in follow through to test for balance.
- Drill(s): Team Batting Practice, Chair Drill, Tee Hitting Drill, Hitting Contest

5. Base Running

- Teach to run through first base.
- Make good, hard turns hitting the inside part of the base.
- Head up, looking toward next base and/or base coach.
- Drills: Base running through, not to first, Base running relay, Star Game

6. Baseball Review/Questions (examples)

- 3 ways to make an out.
 - Force, Fly, Tag
- Designated areas
 - Dugout – helmet / on-deck area
 - Foul/fair
 - Other
- Runner stops when ball is thrown towards pitcher / infield (for Mustang league); **See Pinto rules regarding runner advancement and fielder control.**
- Pick a couple Baseball rules/situations to discuss each practice
- Ask for player questions

7. Play a Simulated Game