**Effective Youth Baseball Practices** (Credit to Driveline Baseball)

**Jim Jones**

**Goal** > To engage the players in the activity and drive development of what is fairly complex movements – in a relative short period of time.

**Teaching Objectives >**

1) teach the necessary technical expertise,

2) teach the baseball rules,

3) the players have fun.

**Obstacles to Effective Practices >**

1) Youth athletes are less coordinated than older athletes

2) Short attention spans / focus

3) The total number of skills and abilities to be taught are numerous - hitting, pitching, fielding, baserunning, etc.

4) The players to coach(es) is large

5) Facilities & equipment available

6) Time

A General Guide to Consider when designing your Practices >

**Introduce Success, then Introduce a Challenge**

**Key Skills for Youth Baseball Players**

Put the majority of your focus in practice on the **Skills** that are used the most in your games.

Allocate practice time to the **Key Skills** that make the most impact on the players’ **ability to compete** today, tomorrow and all the days to follow.

**The Big 3 of Hitting** >

1) Bat Speed

2) Contact Quality

3) Swing Decisions

**The Big 3 of Pitching** >

1) Stuff – Velocity & Movement

2) Control – Command

3) Durability

**The Big 3 of Defense** >

1) Fielding Ground Balls

2) Fielding Fly Balls

3) Velocity & Accuracy of Throwing

**Important Guideline for Youth Coaches >** YoungPlayers should play multiple positions