



10U – Drills and Practice Plans

Overview

The 10U is the first level where the players are introduced to modified high school rules. This level should still focus on the fundamentals that are established in the 6U & 8U levels plus begin working on those new aspects that are introduced the rules at this level.

Drills

BASERUNNING

1. Leading Off (Primary, Secondary Leads)
 - a. Queues on stealing on pitcher
 - b. Queues on pitcher and pick off moves
 - c. How to get a good lead off 1st base, 2nd base, 3rd base
 - d. How to get back to base on pickoff move
 - i. Head first dive and area of the base to return to

PITCHING

1. Holding Runners
2. Balks
3. Getting comfortable on mound
4. How to use pitching rubber
5. Developing leg drive as a part of pitching motion
6. Pick off moves
 - a. Footwork
 - b. Rubber
7. Types of moves
 - a. 1st base
 - b. 2nd base
 - c. 3rd base
8. Checking Runners
9. Proper Throwing Technique

BATTING

1. Continue modified Load, Stride, Drive (LSD)
2. Increase pitching speeds in batting practice
3. Bunting - Moving runners
4. Slashing

CATCHING

1. Drop 3rd Strike
2. Throwing behind runners
3. Pitch framing
4. Blocking
5. Throwing
6. Calling Pitches

DEFENSE

1. How to hold runners at bases
2. How to cover for lead off and steal attempts at 2nd base
3. Play design to cut down runner at home on a 1st – 3rd double steal

COACHING

1. Develop Sign System
 - a. Pitching/Catching Signs
 - i. Pitch Type, Inside Outside
 - b. Defensive Signs
 - i. Bunt, Steal
 - c. Offensive Signs
 - i. Bunt, Steal, Take, Hit and Run