

# 2016 Little League Baseball®

## Machine Pitch

Introduction

### WEEK ONE

#### PRACTICE GOALS

Be able to hold a ball with a four seam grip  
How to throw to a two-hand target using a four seam grip (**Proper Fundamentals**)  
Run through first base  
Attempt to catch the ball using two hands  
**Properly grip a bat**

### WEEK TWO

#### PRACTICE GOALS

How to hold a ball with a four-seam grip  
Successfully throw to a two-hand target using a four-seam grip  
Attempt to catch the ball using two hands below the waist  
**Get into an athletic batting stance**  
Field and transition into a throwing position

### WEEK THREE

#### PRACTICE GOALS

How to hold a ball with a four-seam grip out of the glove  
Successfully throw from a knee to a two-hand target using a four-seam grip  
Round first base  
Attempt to catch the ball using two hands below the waist  
**Properly grip a bat; rotate through the swing; hit the ball**  
Field with two hands

### WEEK FOUR

#### PRACTICE GOALS

Run the bases  
Catching a ball using two hands above the waist  
Consistently hit the ball off a Machine  
To see the ball from the machine to the bat when hitting

### WEEK FIVE

#### PRACTICE GOALS

Successfully throw to a two hand target using a four-seam grip  
Attempt to catch a fly ball using two hands  
To separate their hands when throwing  
The last three steps of fielding a ground ball

### WEEK SIX

#### PRACTICE GOALS

**How to quickly relay a ball from the outfield to the infield using a four-seam grip**  
How to hit a ball from the drill soft toss

**WEEK SEVEN**

**PRACTICE GOALS**

Successfully throw to a two hand target using a four-seam grip while fielding a hit  
Practice outfield to infield relays using a four-seam grip  
Take cues from the first base coach  
Field a ground ball while moving laterally

**WEEK EIGHT**

**PRACTICE GOALS**

Quickly transition the ball from their glove hand to their throwing hand  
Play a simulated game of baseball while working on strengthening their fundamentals  
Develop hand eye coordination through the same side toss drill

**WEEK NINE**

**PRACTICE GOALS**

Be able to quickly relay a ball from the outfield to the infield using a four-seam grip  
Field ground balls on their knees, demonstrating the proper two-hand technique

**WEEK TEN**

**PRACTICE GOALS**

Use a cross/drop step to catch a fly ball using two hands (tennis ball)  
Be able to catch a fly ball (baseball)  
The way to play long toss

**WEEK ELEVEN**

**PRACTICE GOALS**

Run the bases more proficiently  
Use a cross/drop step to catch a fly ball using two hands (baseball)

**WEEK TWELVE**

**PRACTICE GOALS**

Enjoy the game of baseball and softball  
Reflect on the season and how they improved throughout the season