



# COACH PITCH

## PROGRAM OUTLINE

INTRO

PROGRAM  
TIPS

PROGRAM  
OUTLINE

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6

WEEK 7

WEEK 8

WEEK 9

WEEK 10

WEEK 11

WEEK 12

### 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
- 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; hit the ball off a tee
- Field with two hands

### WEEK FOUR

#### PRACTICE GOALS

- Run the bases
- Catch a ball using two hands above the waist
- Consistently hit the ball off a tee
- To see the ball from the coaches hand 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

- Run from home plate to second base and run from second base to home plate
- How to hit a ball from the drill soft toss
- Play a game of 21



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### WEEK SEVEN

#### PRACTICE GOALS

- Successfully throw to a two hand target using a four-seam grip while playing a game of 21
- Run from first base to third base and from second base to home plate
- Take cues from the first base coach
- Field a ground ball while moving laterally

### WEEK EIGHT

#### PRACTICE GOALS

- Catch a tennis ball above their head
- 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