

Throwing**6U**

Grip, Basic Motion

Intro

Throwing Motion

Intro

[Water bottle drill](#)**Fielding**

Positions

Intro

Catching a Ball

Intro

[Tennis Ball Squeeze](#)

Fielding a Ground Ball

Intro

[Alligator/Scarecrow](#)[Easy Triangle](#)

*Covering the Bases, Basic

Intro

Hitting and Running

Batting Stance

Intro

Running to 1st Base

Intro

Covering the Bases, Basic – this covers the proper techniques on how to safely cover

Moving Feet/Tracking Ball

a bag and basic base covering responsibilities during regular play.