West Vancouver Little League

Farm Division Week 1

Theme: Machine intro + catching

Hitting Station Format (All Weeks)

- Each player gets 8 swings
- On swing #8 → run hard to first base (hit or miss)
- Keep pace high, next hitter ready
- Cues: Ready early, watch the ball, run it out

Partner Catch (Players Together)

- Players pair up (no parents needed)
- Start close (8–12 ft), step back as ready
- Every throw uses: Point, Knock, Throw
- Focus on hitting partner's chest
- Quick catch → throw back

Stations

Machine Hitting

- Timing reps
- 8 swings + run

Fly Ball Intro

- Easy tosses
- Catch above eyes

Ground Ball + Throw

• Field → throw to first

Partner Catch

• Point, Knock, Throw every rep