# West Vancouver Little League

Farm Division Week 2

Theme: Consistency + catcher intro

## 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

- Consistent swings

## Fly Balls

- Move and catch

## Catcher Intro

- Block and return ball

## Partner Catch

- Step back distance