West Vancouver Little League

Minors Week 1 – Coach Handout

Theme: Fundamentals

Hitting Structure

- Each player gets 8 swings
- On swing #8 → run hard to first base
- Focus: ready early, line drives

Warm-Up

- Throwing progression
- Ground balls + fly balls

Station 1 — Hitting

- Machine or coach pitch
- Line drives

Station 2 — Catch

- Partner catch
- Point, Knock, Throw

Station 3 — Ground Balls

- Field and throw to first

Station 4 — Fly Balls

- Track and catch

Team Defense

- Where to throw: first base