West Vancouver Little League

Minors Week 2 – Coach Handout

Theme: Throwing with Purpose

Hitting Structure

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

Warm-Up

- Longer throwing
- Quick transfer

Stations

- Faster throws
- Add pressure

New Skill

- Intro to stealing

Defense

- Quick decisions