West Vancouver Little League

Minors Week 3 – Coach Handout

Theme: Game Speed

Hitting Structure

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

Warm-Up

- Game speed reps

Stations

- Faster balls
- Communication

Focus

- Call BALL
- Quick plays

Defense

- Situational awareness