

60-minute early kid pitch practice with two coaches

Two supervised stations and a team defense segment. No separate bullpen to manage.

60 minutes / 10-14 players / 2 league-approved adults

**0-8
min**

Warm-up and partner catch

Warm up and build easy partner throws. Check that the receiver is ready before each throw.

Cue: Control comes before distance.

**8-13
min**

Explain the jobs

Show the stations and waiting areas. Give one focus: a balanced finish at the plate or feet set before throwing.

Cue: One clear job per turn.

**13-37
min**

Two stations / 12 minutes each

Swap groups after 12 minutes. Hitting: short tee or coach-toss turns; waiting players rehearse their stance without bats in the marked area. Fielding: stop a rolled ball and throw to a ready target. Waiting players call the play before the roll.

Cue: Short turns. Clear targets.

**37-40
min**

Water

Stop both stations for water. Put bats away before team defense.

Cue: Reset before the next job.

**40-55
min**

Defense with a runner

One coach rolls balls into play; the other manages runners and feedback. Work on one simple out and backing up throws. Ask for the decision before each ball. Rotate roles.

Cue: A good decision is a win.

**55-60
min**

Finish together

Ask a player to explain a backup job. Recognize effort and explain the next practice's focus.

Cue: Everyone contributes.

Before practice

60-minute early kid pitch practice with two coaches

Pack the bag

Tees, bats, and helmets / Net or isolated hitting space / Soft training balls and baseballs / Cones / Water

Set up

Split the team into two groups. One coach controls a single hitting lane; the other runs soft-ball fielding in a separate area. Keep waiting players behind the hitter. Do not run a separate pitching station.

Adjust for your team

- With 14 players, shorten turns and repeat the rotation.
- Without a safe hitting net or isolated lane, run hitting and defense separately as whole-team activities.
- Finish a difficult hitting turn with tee contact rather than more instruction.

What success looks like

Both coaches can supervise their groups. Players leave with a clearer hitting or fielding routine.

Ask the team

What did you do to help your teammate finish a play?

Before you take the field

Follow league equipment, supervision, weather, and safety requirements. Keep hitting and throwing lanes separate. Pause for water as needed. Stop throwing if a player reports pain. Check pitching workload, eligibility, and required rest across all teams.

Independent planning example. Official resources: littleleague.org/coaches and mlb.com/pitch-smart/pitching-guidelines.