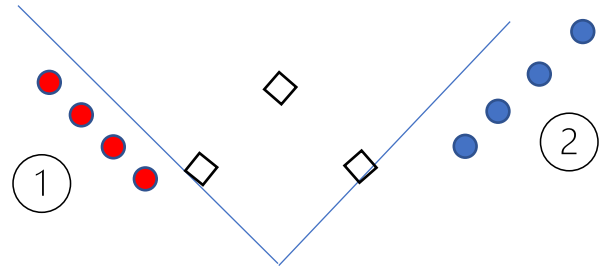
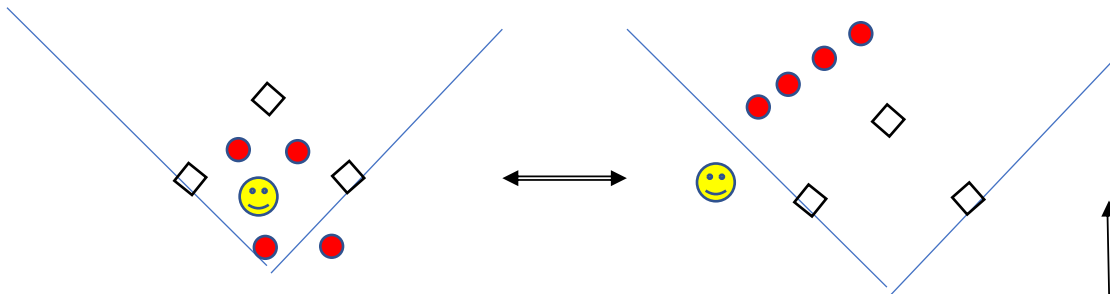


MPBA Coaching Manual  
9U (Rookie Ball)

- Pre Game
  - coaches distribute cones in areas
  - Set up machine (home team)
  - Hand sanitizer on each bench
  - Players socially distanced
    - LF line (home team) or RF line (away team)
    - Encourage players to bring folding chairs
    - Meet with coaches and go to first practice area

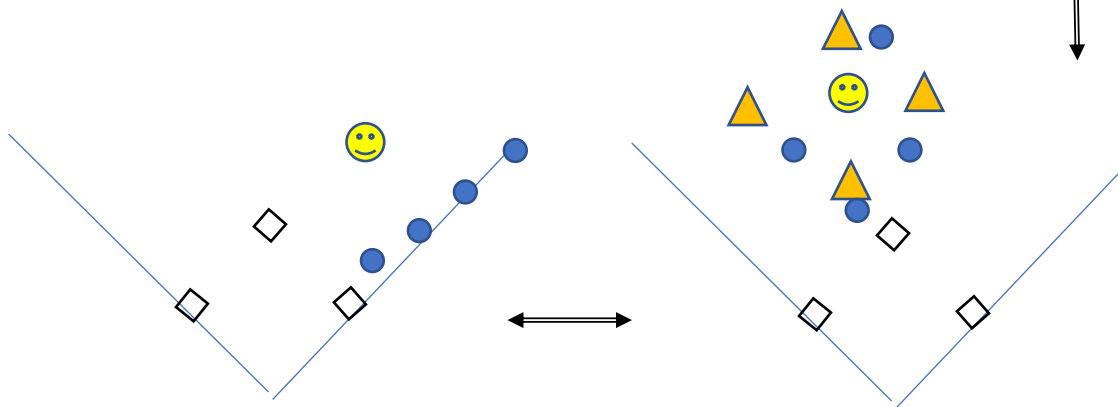


- Pre game practice 6:30 pm-7:00 pm
  - WEEK 1:
    - Team 1: Infield and LF area (15 min)
      - Whiffle batting drill...teach grip and stance only...swing as hard as you can
      - Ground balls (rolled by coach) Alligator drill...teach elevator and alligator only
        - 6-7 min then switch

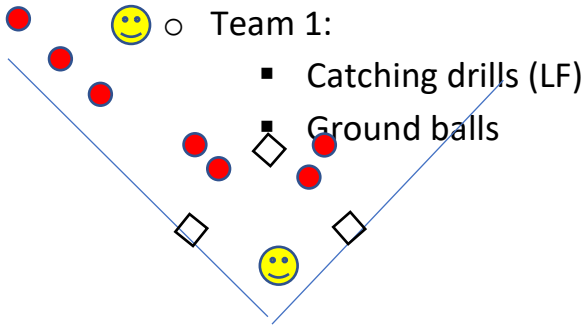


- Team 2: CF and RF area (15 min)
  - Catching drill...bare hand wiffle balls
  - Fun game...hit and run until tagged out
  - 6-7 min then switch

TEAMS SWITCH  
AFTER 15 MIN.



- WEEK 2:



- Team 2:

- Whiffle hitting 2 groups of 4...load and stride
- 

