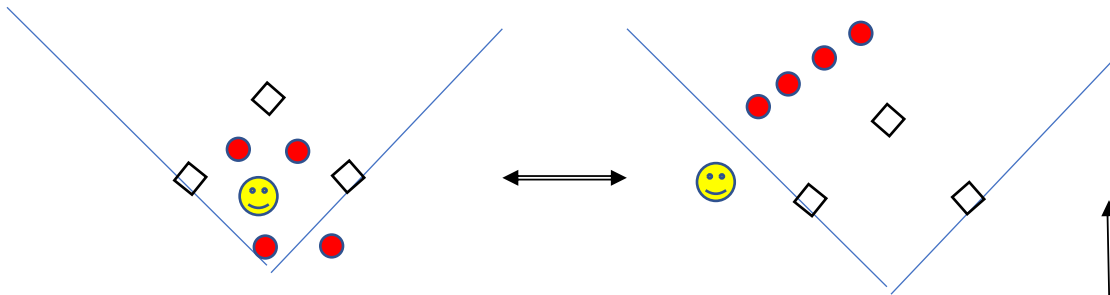
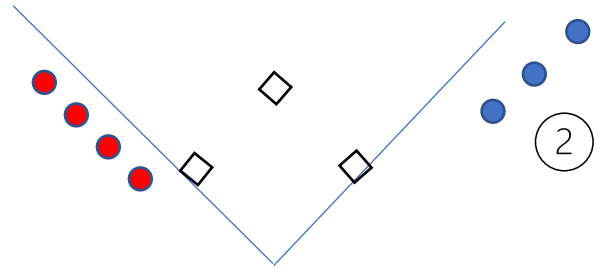


MPBA Coaching Manual  
9U (Rookie Ball)

- Pre Game
  - Set up machine (home team)
- Pre game practice 6:00 pm-6:30 pm
  - WEEK 1:

Team 1: Infield and LF area (15 min)

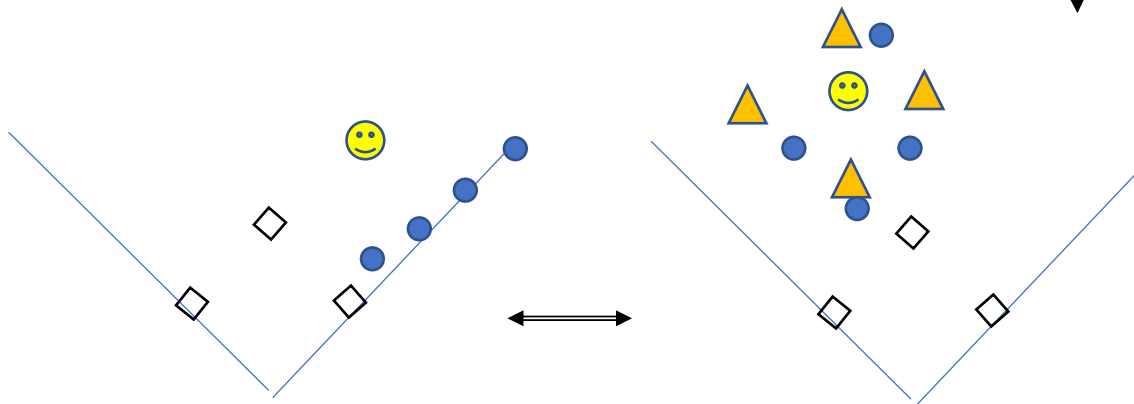
- Whiffle batting drill...teach grip and stance only...swing as hard as you can
- Ground balls (rolled by coach) Alligator drill...teach elevator and alligator only
  - 6-7 min then switch



Team 2: CF and RF area (15 min)

- Catching drill...bare hand wiffle balls (around the clock)
- Fun game...hit and run until tagged out
  - 6-7 min then switch

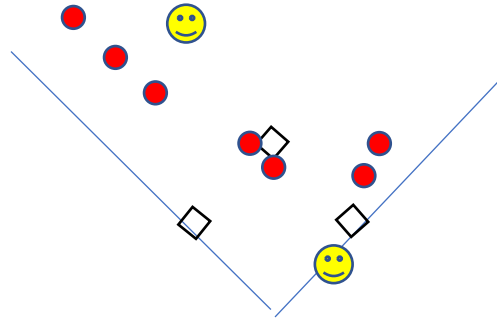
TEAMS SWITCH  
AFTER 15 MIN.



- WEEK 2:

- Team 1:

- Catching drills (LF)
    - Ground balls



- Team 2:

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

