

# Harrisburg Township Park District

## 12U Kid Pitch

### 4<sup>th</sup>, 5<sup>th</sup>, & 6<sup>th</sup> Grade

#### Coach: What to Teach

1. Review all that should have been taught at T-Ball, 7U and 9U levels. Basic fundamentals should be stressed and practiced throughout the season.
2. Fundamentals of throwing can never be taught or stressed enough. Make sure they can now find the seams of the ball without looking.
3. Make sure they form two lines in the outfield to warm up before practices and games. Do not let them get more than 30-40 feet apart to play pitch and catch. Until they can consistently throw back and forth at this distance without throwing the ball away, DO NOT let them get any more distance between them.
4. Fielding: hit them ground balls every practice for at least 15 minutes and have them throw to first base from all positions.
5. Cut-offs: make sure your middle infielder knows where to position themselves to be a cutoff man.
6. Show infielders where to position themselves around the base to take a throw at all three bases.
7. Outfield: throw them a lot of fly balls. You do not need to hit high fly balls. Throw them ten to twenty feet up in the air and have them come in and go back on fly. Stress catching ball above head with two hands.
8. Work with catchers on throwing to bases and on blocking pitches in dirt. Make sure catcher stays in squat position all the time so umpire can see to call the pitch.
9. Only use pitchers that need to pitch at this level. It is time to have kids that throw strikes consistently or at least be around the plate. Teach pitchers about balance on the mound.