



JUNIOR BALL RULES

On Game Days, teams will start their warm up at 6:00 p.m. and Games will start at 6:30. Please be on Time!

- 8 or 9 players per team
- Every child needs to have their own batting helmet
- Parents pitch
- Entire roster bats each inning and reverses the order each inning.
- Ensure that all players rotate defensive positions.
- No walks
- 5 strike rule and then Coach/Parent helps child hit the ball
- A batter/runner that is put out by a defensive play will stay on base but you can explain in "real" game they would be out
- No stealing bases during pitching or overthrows
- NO score will be recorded
- Please wear long pants and running shoes
- It is important to have good attendance, if you are unable to attend please contact your coach
- Junior Mites is a learn to play program and its success is dependent upon parent involvement and encouragement!



Mondays in May are practice days!



Activities



1) Running Bases

Have players line up in a line to run bases.

- 1) As they get to each base yell out the name of the base.
- 2) Have players do different things to get to each base. Ex) hopping, waving arms, going backwards, running fast, marching.
- 3) Have someone be the leader to determine what they will do and then move to back of the line and the next person will become leader.

2) Throwing

Take some time to play catch.

Have the player(s) make an L shape with their throwing arm, and concentrate on hitting the coach's nose with the ball. Having a focal point helps players understand the ball will go where they aim. Your nose is about as good as focal point as any.

3) Controlling swarming...

Draw large circles in the infield dirt, and ask one player to stand in each of the circles and "guard their circle." The player to whom the ball comes closest to, or the circle the ball comes closest to, fields the ball. In the event the ball travels between two circles, or right down the middle, the player who jumps first gets it and the other has to back off.

4) Grounding Balls

Hit some grounders to the kids and let them practice making alligators to catch the balls. Make sure that they use their other hand to make the alligator's mouth to stop the ball from going up into their faces.

5) Hitting

Let the kids have a couple practice hits. They do not need to run the bases. This will help with time as they can keep their helmet on and not have to keep switching with the other children. Parents can help to catch the balls.