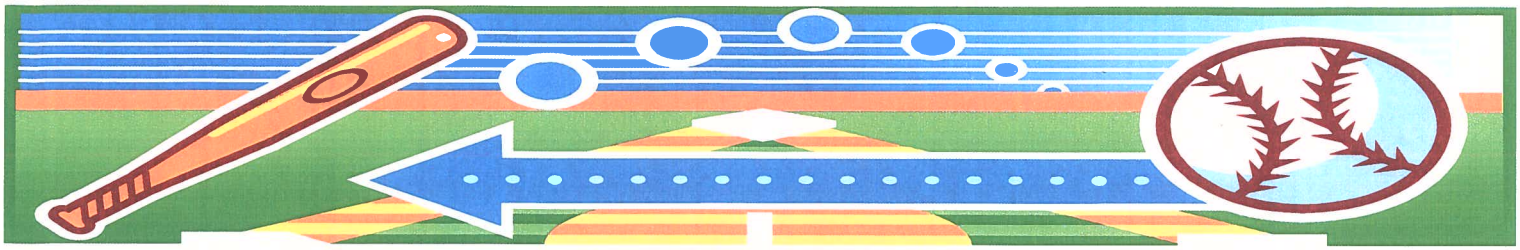
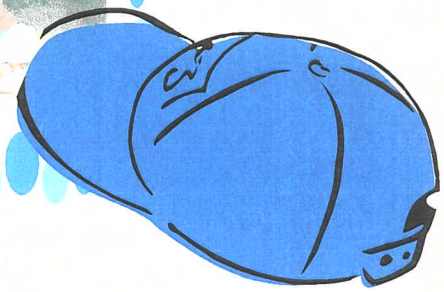


Mite Giants

An Introduction to the Great Game of Baseball for Preschoolers



Introduction

The Livingston Recreation Mite Giant Baseball Program is a fun way to introduce preschoolers to the great game of baseball!! As you enter this adventure as a coach we hope this work book will help you provide a positive experience for your players.

Mite Giants introduces basics and focuses on base recognition, running, hitting , overhand throwing, fielding, fitness and improved hand eye coordination. What a great environment to introduce basic social skills such as following simple instructions, sharing, taking turns and teamwork.

Thank you in advance for all your hard work!!

Jacquelyn Benoit
Recreation Superintendent
City of Livingston

What do I do NOW?

You will be teaching a 5 week clinic. The day and time is up to you. Each lesson is about 45 minutes. If your players are more mature and you want to extend your time it is up to you. But past experience has taught us 45 minutes is even long for most 3 & 4 year olds. This program is parent participation with no exceptions. The curriculum is designed for each player to have an adult partner. (teenagers also make great partners if there is more than one child in the same family). The city will provide you with all the basic supplies needed to implement these lessons. The Recreation Department wants you to be successful. If you have any questions or need assistance in anyway please contact us at 209-394-8830.

Listed are the Goals we have set for this program. You will use these goals as you run the clinic and then use them again at the end of the season for an evaluation of each player.

Child will be able to recognize the following components of the game:

- Bat
- Ball
- Mitt
- Uniform
- Baseball Field
- Identify Bases 1st, 2nd, 3rd, Home and run them in order
- Listen to the Coach run or stay

Who is the:

- Pitcher
- Catcher
- Coach
- Umpire
- Throw the ball properly
- Swing the Bat
- Begin catching the ball with the mitt, scoop and covering

Equipment

All equipment needed to implement the lesson plans will be provided for you . Please arrive at least 20 minutes prior to your practice so you will have enough time to collect all you need. Bins are provided to assist you in taking the equipment to the field. Please return everything after your practice. If something is broken or lost please let the site supervisor know so that it can be fixed or replaced prior to the next teams practice.

Where do I practice?

Due to the heat we have held practices on the parking lot side of the soccer field using the end line as a base line. The grass is cooler and there is shade for parents that are not participating. It also gives you shade when you talk to the team. If you want to use a ball field check with the site supervisor for field availability. The soccer field is also closer to the restrooms.

TEAM MOM

Very, Very IMPORTANT, she can help you with calls, snack schedule and the team banner!!!

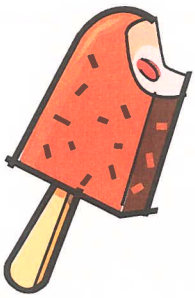
Uniforms

Uniforms usually arrive the week of Opening Ceremonies. You will be called to come pick them up at City Hall.

Notes:

Livingston Mite Giants Tampa Bay Rays Snack Schedule

	Snack	Drinks
Tuesday April 15	Isaac Macias	Alexis Parga
Tuesday April 22	Melissa Cerv[illegible]	[illegible]arcia
Tuesday April [illegible]	[illegible]	[illegible]th[illegible] Zurita
Tuesday May 6	[illegible]	Liliana Zaragoza
Tuesday May 13	Willy Mahn	Rebecca Sobrevilla



Mite Giant Coaches

What are Your Responsibilities:

1. Distribute Uniforms
2. Hold a parent meeting to discuss the season plans and dates
3. Attend Opening Ceremonies Line up to parade on to the field
4. Make a Banner with your Team Name
5. Hold 5 - 30 to 45 minute sessions using the curriculum provided.
6. Inform your team and their families about the Modesto Nuts Game in May, Sell Ticket Orders . Turn in Money to Recreation Office.
7. Have a Team Mom organize a snack Schedule

Picture will be held at the Sports Complex. Each Child will get a team Picture and a individual picture. Please have them fill out the picture packet whether or not they will be buying extra pictures or not. Please arrive a few minutes early so we stay on schedule.

Dates are:

Attend closing Ceremonies at Memorial Park on

_____

Potluck with your team to hand out trophies,
Opportunity to Participate in the Coach VS Coach Game
Thank you in Advance for all your hard work!!

Livingston Mite Giant Tips

Bats are a safety issue...
Keep all bats in one place on the field. Keep one parent there to supervise at all times.
Equipment will be lost...
Tell parents to put players' last name and phone number on all personal equipment (i.e. under the bill of the cap).
Buying a glove...
Find out which hand the player can throw most accurately with. Buy a glove for the opposite hand. Recommend a glove that closes easily.
Players do not know the field...
For very young players, run them around the bases before each game.
Home plate is the most dangerous position...
With young players, you may choose to eliminate the catcher position. Always have a coach with the catcher to guard against the following:

- Batter throwing the bat
- Upcoming batters swinging the bat
- Catcher being hurt by runner from third

Young players are unfamiliar with the game
Your least experienced players need your best effort.
Parent's who are impatient with their own children...
Compliment their knowledge of baseball, "I see you know a lot about baseball." Then ask the parent to coach a specific position other than where their child is playing.
Rubber balls are a great training tool...
Tell the parents and players to practice with a rubber ball at home. Rubber balls are safer and rebound back to them.
Teach your parents some cheers...
Long game, hot day? Use the cheering parents to energize the defensive players.
Plastic sleeve for your team roster...
Your copy will get a lot of wear and tear. You also need to keep your copy dry.
Bats are a safety issue...
Keep all bats in one place on the field. Keep one parent there to supervise at all times (repeated for emphasis).
Call it alligator catching...
Have the players put their glove down close to the ground for grounders. Also, have them position the other hand on the heel of the glove. Otherwise, the ball may pop up and hit the player in the face.
Teach players to run through first base...
Position a coach five to ten feet behind first base, and just outside the base line, to give each player a high five as they run through.
Call the ball...
Teach players to call the ball while catching grounders; calling grounders makes it easier to teach them to call fly balls later in the season.
Use a longer base path if possible...
Fifty to 60 feet between bases gives the defensive players time to get the ball and complete the play. A longer base path also gives you more room to place extra players in defensive positions.
Assume all batters are going to throw the bat...
Place an object (i.e. a bat bag) down the first base line. Instruct all batters to carry the bat to that object and drop the bat at that point.
Parents who are critical of your coaching skills...
Admit you could use more coaches to help the team. Ask them to help at the next practice.
Batting tips...
Repeatedly say, "Watch the ball until the ball hits the bat."
If the player squares up to the plate, the ball will be hit to first base. Instruct the batter to move the lead foot back from the plate so the ball is not hit towards first base for an easy out.
Keep all bats in one place on the field. Keep one parent by the bats to supervise at all times.

- Encourage often. Use positive words.
- Don't point out errors and faults; instead show them a better way to do it. And certainly don't yell during this learning process! That will get you absolutely nowhere and can squash any kid's confidence.
- Be aware of the hand and eye coordination level of your child and practice accordingly. Don't practice at a higher level than where s/he is.
- Provide the right type of bat which should be easy to swing. Not too heavy; not too long. Start with a plastic bat at a young age. Show the proper grip on the bat, depending if s/he is left- or right-handed.

On catching . . .

- Provide a baseball glove which fits

Roll the ball first. Then graduate to a few bounces. Next, toss softly at close range. Remind him/her to

squeeze the ball after it lands in the glove. Kids are generally

Above all, make coaching challenging for yourself and fun for the kids. Take a baseball and drill four holes into it. Get some "Mr. Potato Head" parts (eyes, nose and mouth) and build a "Mr. Smiley Baseball." Show it to the players, make it the team mascot. If they have parts to add, let them do so. Tell the players that "Smiley" needs ears, and that, like their mascot, they have to listen. Their mascot needs strong legs and quick feet as well. Always remind them that this is a game and that it must be fun to play. When it is not fun anymore, even you should get out and do something else.
Do not get too technical. Yeah, you must teach basics, but do it the way they would understand.

Teach the "alligator." Never teach the technical way to field a ground ball. The "alligator" will accomplish the same thing. The alligator has a big mouth, and we use our hands like the alligator. The glove hand is the bottom of the alligator's mouth; the throwing hand is the top. Now get down low just like the alligator and keep your back flat. Here comes the ball, let it roll to you. Put your glove on the ground like the alligator's mouth and with the top (throwing) hand, close those jaws down and lock that ball in your glove. Even teach them to growl while they close down the jaws. That will allow them to expend air and make the play much easier. It will also keep them from getting hurt.

Follow the "alligator" with the "bird." Bring the hands to the middle of the chest and spread the wings (arms), with thumbs always downward. Flap the wings, crow hop and throw! This is not only fun, it is natural. It is basic and after a few short practice sessions, the players will be sort of fielding grounders, throwing close to first base and making many strange noises. They will be back next practice, next game, next year and who knows what could be next. ""Squash the bug, ring the bell, hit the ball and run like the wind!"
Never scold or criticize in front of the entire team. Take the child aside and show them what they did wrong. Start out by praising the player about something they do correctly and then emphasizing what to do next time. Wipe their tears when they cry and laugh with them (they will be amusing) as often as you laugh at them.

Always emphasize the need for parent-to-child relationships. Allow parents to watch your coaching techniques and ask them to drill 15 minutes each day on the things taught. As the coach, be a leader, a dad, a nurse and a best friend to the players. To the parents, be the boss. You must know when the child comes to practice or the game and when he or she is being taken home. Discuss parents' differences face-to-face only after practice, never over the telephone.
Be the coach and manager. Never bring the treats! That is for the parents to do. You reward them with high five's, handshakes, words of encouragement and above all, smiles. When a child gets a bump or bruise, be the first to his or her side. Make sure they know you care. Be sure to make practice fun and games competitive only to the point of competition itself-never for the sake of winning at all costs. Leave that must-win thing for Pony League and high school.
Good luck as head coach. I hope you enjoy coaching baseball as much as myself. I have countless memories to be thankful for and would never give up the chance to do it for all the money in the world

We have 5 sessions to begin to teach the children baseball.
I know working with children basic repetition is what will teach them the best. We must have a game plan and that way we will be organized and the kids will begin to learn the plan.

Daily Schedule

Warm-ups and Welcome

Station Explanation

Take the entire group to each station and show the parents what to do.
Divide the kids into their groups
ROTATIONS ARE NUMBERED 1 THROUGH 5 ON YOUR GAME PLAN.

Rotations

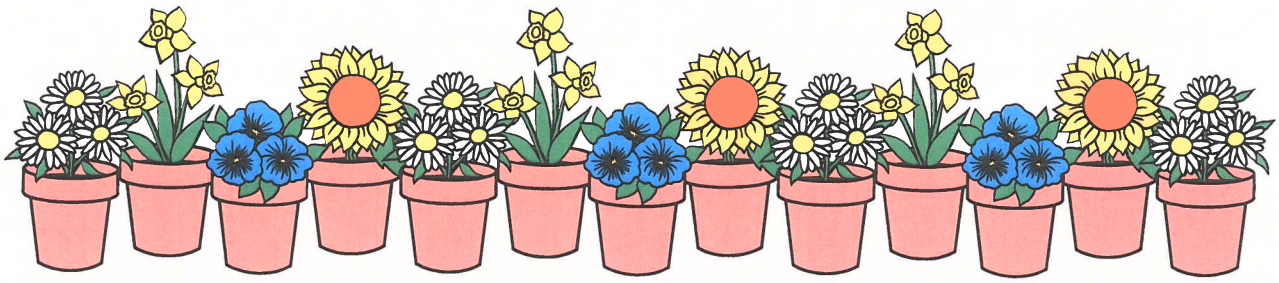
7 minutes per station

Large Group Activity

Group Cheer

Give Coloring page to Take Home

****Remember all activities are parent participation. If a parent does not show the child will be rotating alone.****



Mite Giant Game Plan

Day 1

Welcome - Introduction Warm up Exercises

Stations - Each Station if 7 minutes - rotate when the Whistle Blows.

1 Picture	2 Throwing	3 Swinging	4 Batting Kiss & Swing	5 Catching
supplies needed: basket with laminated Cards	**supplies needed:** water color marker incrediball & Fishing Net Mitts & spot	**supplies needed:** PVC Pipe stands with wiffle balls	**supplies needed:** Batting T's bats and wiffle balls	**supplies needed:** Milk Jugg Mitts wiffle balls
Activity Goal: Player and parents will learn to identify what each picture is and how it relates to Baseball	**Activity Goal:** Child wil learn how to properly throw a baseball spot for the ground.	**Activity Goal:** Teach the child how to swing the bat properly	**Activity Goal:** Teaching child to hit off the tee.	**Activity Goal:** Teach a child to catch with a mitt and understand how the mitt is to work.
Procedure Draw a card and read the back, Teach Read the description and have the child repeat back the Description	**Procedure** Determine which hand the child will throw with Take the colored marker and color the knuckles of their throwing hand Cchild will hold the ball keeping the color towards the sky. Their elbow out so that someone could tickle their armpit when they throw. Their opposite foot will step on the spot. they Can do a counting to 3, 1 hand up elbow out 2 opposite foot on the spot and 3 throw the ball.	**Procedure** Adjust the ball so it hangs at the belt line **of the batter.** You do not want a player to develop a bad habit of swinging up. They should learn to swing level. Be sure they take the correct batting stance. Elbows out, legs slightly bent, straighten elbows when following through.	**Procedure** Child will assume the correct batting stance Before the batter takes a swing they need to stop the bat right where they want to hit the ball. This is the kiss the bat will give the ball. After the kiss the batter will take a normal swing.	**Procedure** Child will have a milk jug that has been cut. The **jug is to be held with** the handle down. Start out rolling the ball to the player teaching them to scoop the ball up. Then you can throw the ball to them and tach them to trap the ball with their opposite hand so the ball does not bounce out of the milk jug.

Closing Activity - Run the Bases as a Group

Mite Giant Game Plan

Day 2

Welcome - Introduction Warm up Exercises

Stations - Each Station if 7 minutes - rotate when the Whistle Blows.

1 Memory	2 Throwing	3 Swinging	4 Batting Kiss & Swing	5 Catching
supplies needed: basket with laminated Cards	**supplies needed:** water color marker incrediball & Fishing Net Mitts & spot	**supplies needed:** PVC Pipe stands with wiffle balls	**supplies needed:** Batting T's bats and wiffle balls	**supplies needed:** Milk Jugg Mitts wiffle balls
Activity Goal: Player and parents will learn to identify what each picture is and how it relates to Baseball by matching	**Activity Goal:** Child wil learn how to properly throw a baseball using counting to 3 and a spot on the ground	**Activity Goal:** Teach the child how to swing the bat properly	**Activity Goal:** Teaching child to hit off the tee.	**Activity Goal:** Teach a child to catch with a mitt and understand how the mitt is to work. Do a Catch Contest
Procedure Turn Cards face down have child turn over a card and tell what it is, Let them turn over another card to try to find its match. Keep going until all the cards have been matched.	**Procedure** Determine which hand the child will throw with Take the colored marker and color the knuckles of their throwing hand Cchild will hold the ball keeping the color towards the sky. Their elbow out so that someone could tickle their armpit when they throw. Their opposite foot will step on the spot. they Can do a counting to 3, 1 hand up elbow out 2 opposite foot on the spot and 3 throw the ball.	**Procedure** Adjust the ball so it hangs at the belt line **of the batter.** You do not want a player to develop a bad habit of swinging up. They should learn to swing level. Be sure they take the correct batting stance. Elbows out, legs slightly bent, straighten elbows when following through.	**Procedure** Child will assume the correct batting stance Before the batter takes a swing they need to stop the bat right where they want to hit the ball. This is the kiss the bat will give the ball. After the kiss the batter will take a normal swing.	**Procedure** Child will have a milk jug that has been cut. The jug is to be held with the handle down. Start out rolling the ball to the player teaching them to scoop the ball up. Then you can throw the ball to them and tach them to trap the ball with their opposite hand so the ball does not bounce out of the milk jug. Have a Catch contest where parent and child take a step back after every throw.

Closing Activity - Run the Bases as a Group and Simon Says

Mite Giant Game Plan

Day 3

Welcome - Introduction **Run Bases and stay or run, Everyone runs together**

Stations - Each Station if 7 minutes - rotate when the Whistle Blows.

1 Bounce to the Bucket	2 Slo Mo Throwing	3 Running Drill	4 Batting Kiss & Swing	5 Catching
supplies needed: bucket and balls	**supplies needed:** water color marker incrediball & Fishing Net Mitts & spot	**supplies needed:** bases	**supplies needed:** Batting T's bats and wiffle balls	**supplies needed:** Milk Jugg Mitts wiffle balls
Activity Goal: The goal is to start teaching the player to field the ball and to throw it into a target.	**Activity Goal:** Teaching a child to throw slowly,Children often throw hard and fast making wild throws, throwing in slo mo will help control.	**Activity Goal:** Teach the child to listen to the coach.	**Activity Goal:** Teaching child to hit off the tee.	**Activity Goal:** Teach a child to catch with a mitt and understand how the mitt is to work. Do a Catch Contest
Procedure Parent will roll the ball to the player and they will throw the ball trying to make it into the bucket	**Procedure** This is teaching to throw in Slow Motion Take the colored marker and color the knuckles of their throwing hand Cchild will hold the ball keeping the color towards the sky. Their elbow out so that someone could tickle their armpit when they throw. Their opposite foot will step on the spot. they Can do a counting to 3, 1 hand up elbow out 2 opposite foot on the spot and 3 throw the ball.	**Procedure** The player will take an imaginery swing and run to first base. The coach(parent) will say Stay or Keep running. Player will learn to do as the coach says.	**Procedure** Child will assume the correct batting stance Before the batter takes a swing they need to stop the bat right where they want to hit the ball. This is the kiss the bat will give the ball. After the kiss the batter will take a normal swing.	**Procedure** Child will have a milk jug that has been cut. The jug is to be held with the handle down. Start out rolling the ball to the player teaching them to scoop the ball up. Then you can throw the ball to them and tach them to trap the ball with their opposite hand so the ball does not bounce out of the milk jug. Have a Catch contest where parent and child take a step back after every throw. Count Catches

Closing Activity - Stop the Play - Parent bats child runs to first - fielders get the ball to pitcher.(pitcher circle)

Mite Giant Game Plan

Day 4

Welcome - Introduction **Catch the players - children will chase parents around t**

Stations - Each Station if 7 minutes - rotate when the Whistle Blows.

1 First Base Drill	2 Slo Mo Throwing	3 Running Drill	4 Batting Kiss & Swing	5 Call the ball
supplies needed: Bases, Incrediball 2 milk jugs	**supplies needed:** water color marker incrediball & Fishing Net Mitts & spot	**supplies needed:** bases	**supplies needed:** Batting T's bats and wiffle balls	**supplies needed:** Milk Jugg Mitts wiffle balls small cones
Activity Goal: Teaching to make an out. Very Very Basic play of getting the ball to the pitcher.	**Activity Goal:** Teaching a child to throw slowly,Children often throw hard and fast making wild throws, throwing in slo mo will help control.	**Activity Goal:** Teach the child to listen to the coach.	**Activity Goal:** Teaching child to hit off the tee.	**Activity Goal:** Teach a child to call the ball when it is coming to them in their area
Procedure Place two players in the infield, shortsop & pitcher. One player will be the runner. Roll the ball to shortstop and have the runner run to first base. The shortstop will throw the ball to the pitcher. The play will stop. Rotate everyone to be at each position.	**Procedure** This is teaching to throw in Slow Motion Take the colored marker and color the knuckles of their throwing hand Child will hold the ball keeping the color towards the sky. Their elbow out so that someone could tickle their armpit when they throw. Their opposite foot will step on the spot. they Can do a counting to 3, 1 hand up elbow out 2 opposite foot on the spot and 3 throw the ball.	**Procedure** The player will take an imaginery swing and run to first base. The coach(parent) will say Stay or Keep running. Player will learn to do as the coach says.	**Procedure** Child will assume the correct batting stance Before the batter takes a swing they need to stop the bat right where they want to hit the ball. This is the kiss the bat will give the ball. After the kiss the batter will take a normal swing.	**Procedure** Use a variety of throws. Line the kids up in a line and give them a designated area. Teach them to say mine when they feel they can get the ball. Teachin them the importance of running to the ball if it is in their area.

Closing Activity - Next Base Drill - Players will take an imaginery swing and run the bases a parent will be at each base

Mite Giant Game Plan

Day 5

Welcome - Warm ups

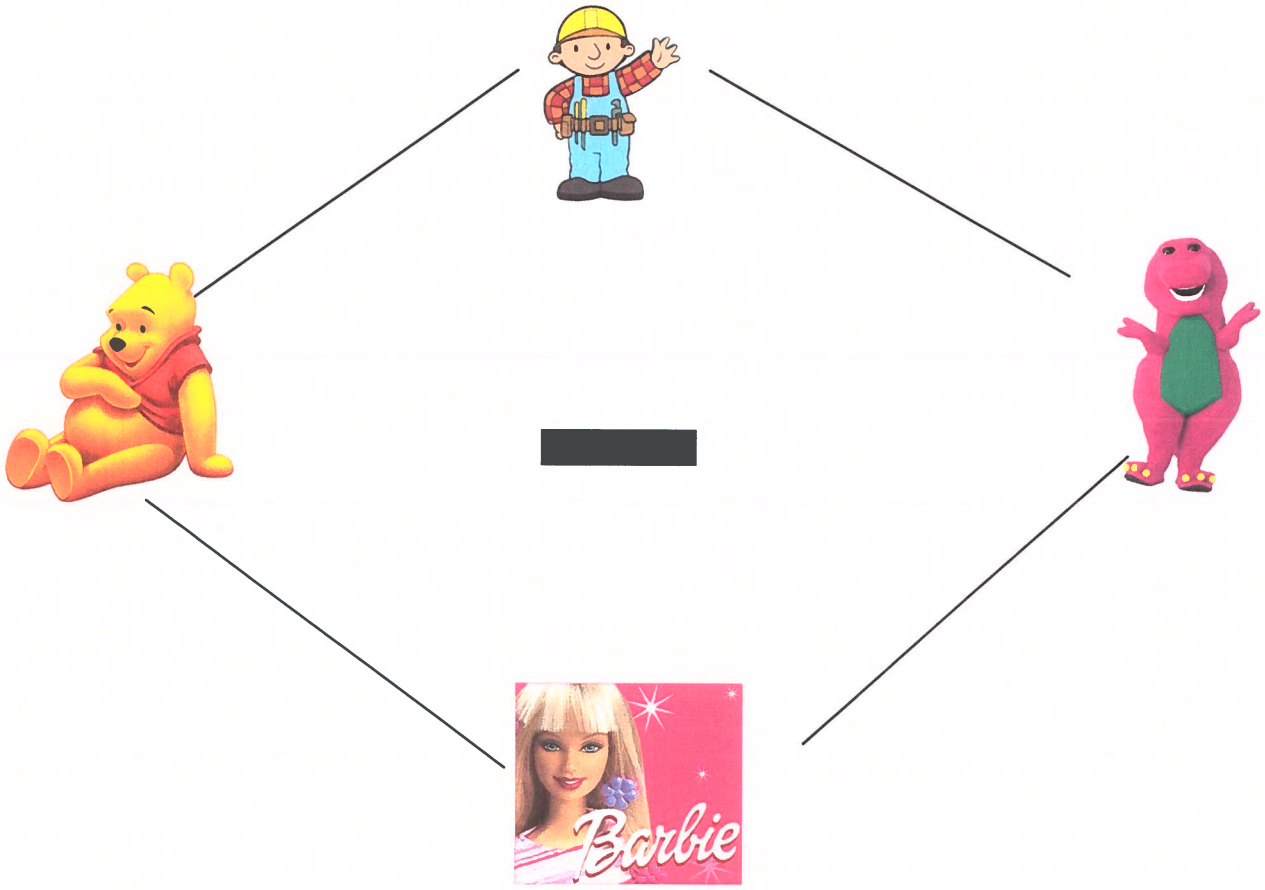
n if 7 minutes - rotate when the Whistle Blows.

1 **Hit and Run**	2 **Freeze Tag**		3 **Batting Kiss & Swing**	4 **Call the ball**
supplies needed: bases, Tee and balls	**supplies needed:** Players Mitt and a ball		**supplies needed:** Batting T's bats and wiffle balls	**supplies needed:** Milk Jugg Mitts wiffle balls small cones
Activity Goal: Teaching the child to hit the ball and run to first base.	**Activity Goal:** Teaching a child to tag a player with the ball in their mitt.		**Activity Goal:** Teaching child to hit off the tee.	**Activity Goal:** Teach a child to call the ball when it is coming to them in their area
Procedure Place two players in the infield, and parents. One player will bat and and run. The fielders will throw the ball to the pitcher. rotate other players so everyone gets a chance to hit and run.	**Procedure** One player will have the ball in their mitt and they will chase the other players trying to tag them. If the ball drops out of their mitt the runner is safe. Parents should play and let the tagger catch them. Set out the cones and the run-ners may not go outside the cones.		**Procedure** Child will assume the correct batting stance Before the batter takes a swing they need to stop the bat right where they want to hit the ball. This is the kiss the bat will give the ball. After the kiss the batter will take a normal swing.	**Procedure** Use a variety of throws. Line the kids up in a line and give them a designated area. Teach them to say mine when they feel they can get the ball. Teachin them the importance of running to the ball if it is in their area.

ıctivity - Parent piggy back game.

Teaching the Bases

Posters of the players favorite cartoon characters are laminated to a card board and attached to a stake. They are then placed at each base and home plate, You can tell the kids to run to Barney (who is on first base) and then to the other characters you have placed. They may not understand 1st 2nd and 3rd base but they will identify with the posters.



Last Day Game

This is how the game will go:

There are no outs.

Kids and parents will play all the positions. The fielding parents can not touch the ball but they can tell their child what to do. The object will be to get the ball to the pitcher to go in the bucket before the opposing team makes it to their base. When the ball is in the bucket the runners must stop running.

Nothing happens if they get the ball to the pitcher, everyone runs.

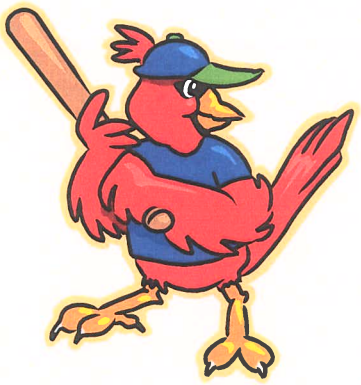
Batting:
A child will bat and then the parent will run with the child to the bases.

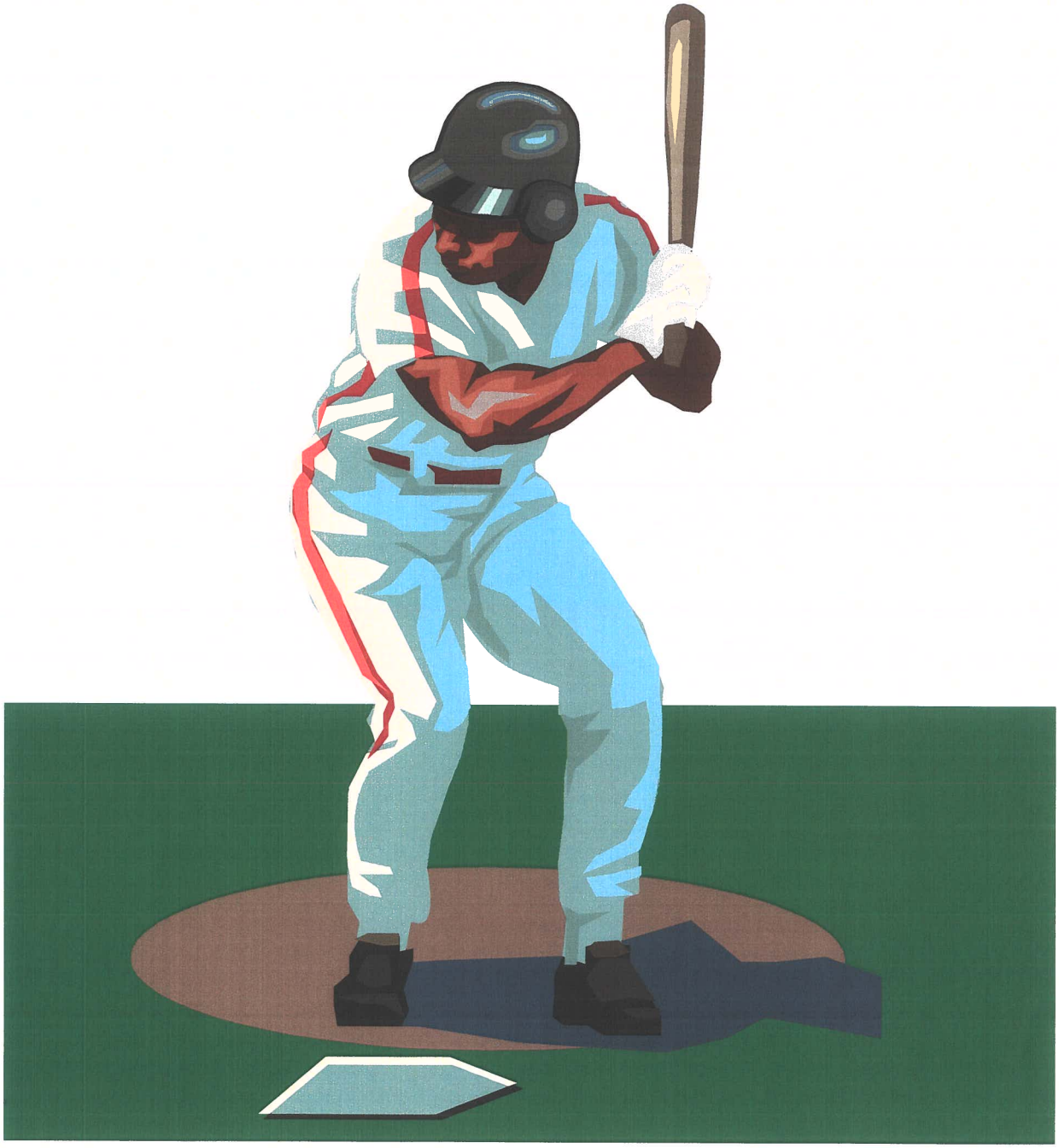
Remember whoever gets the ball it goes back to the pitcher to put in the bucket. (The fielder may also put the ball in the bucket to stop the runner)

We will bat through the line up then switch places we will each get up to bat three times to make the game!!!

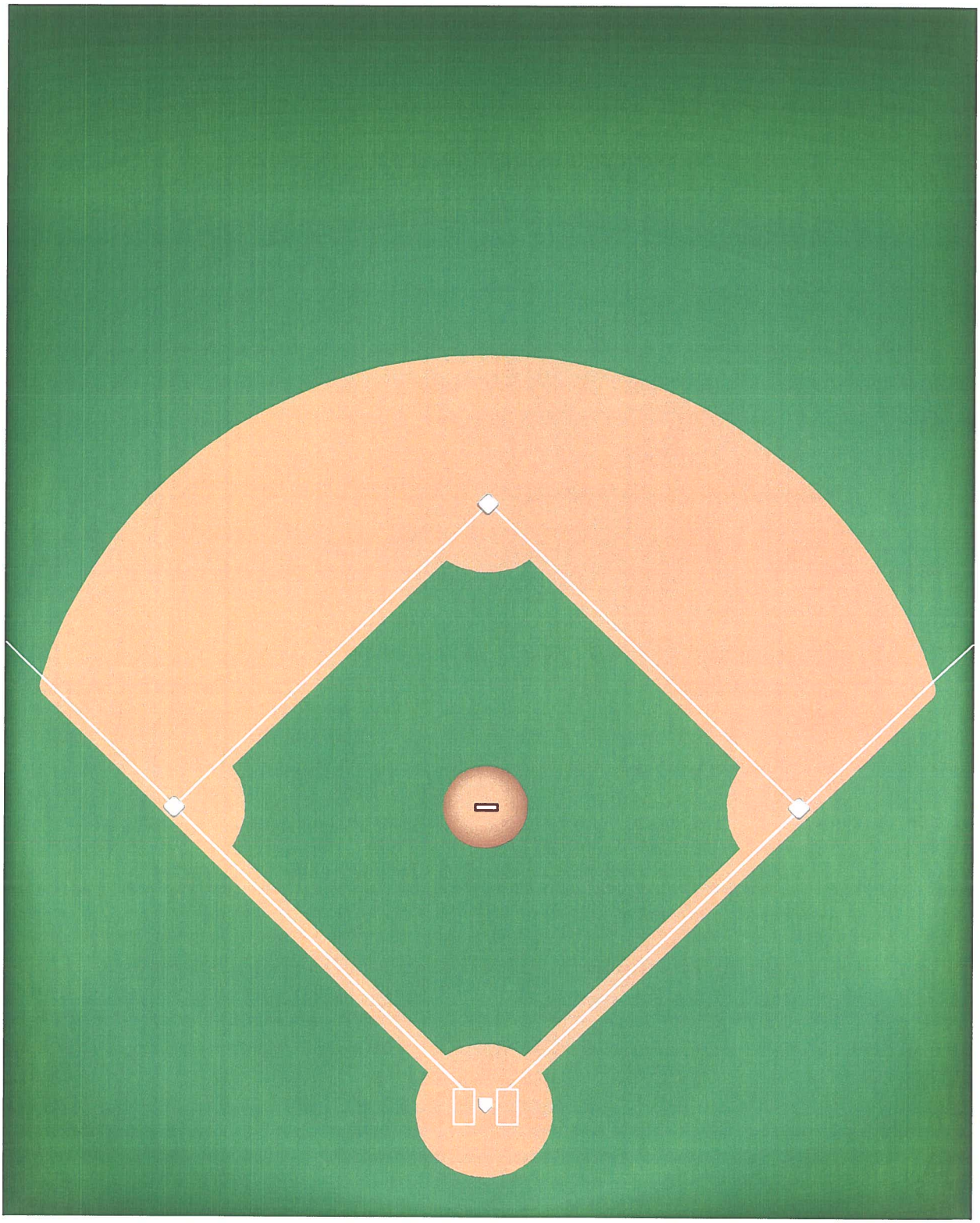
Player Performance Checkist

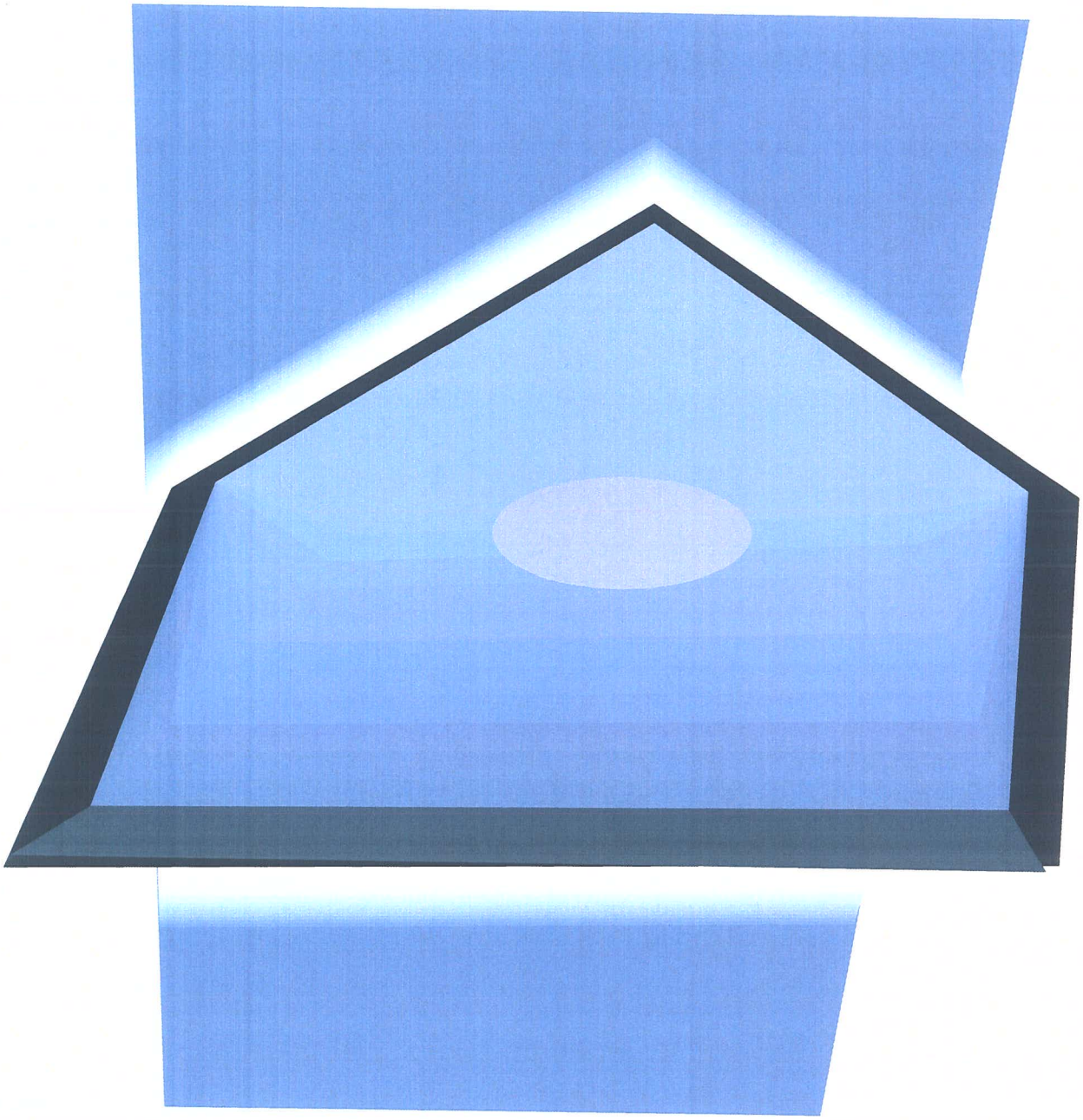
	NAMES													
Identify the following:														
Bat														
Ball														
Uniform														
Baseball Field														
1st base														
2nd base														
3rd base														
Home Plate														
Pitchers Mound														
Who am I:														
Pitchers Mound														
Catcher														
Coach														
Umpire														
Can they:														
Throw the Ball														
Swing the Bat														
Run the bases in order														
catch or stop the ball with their mitt														





Catcher

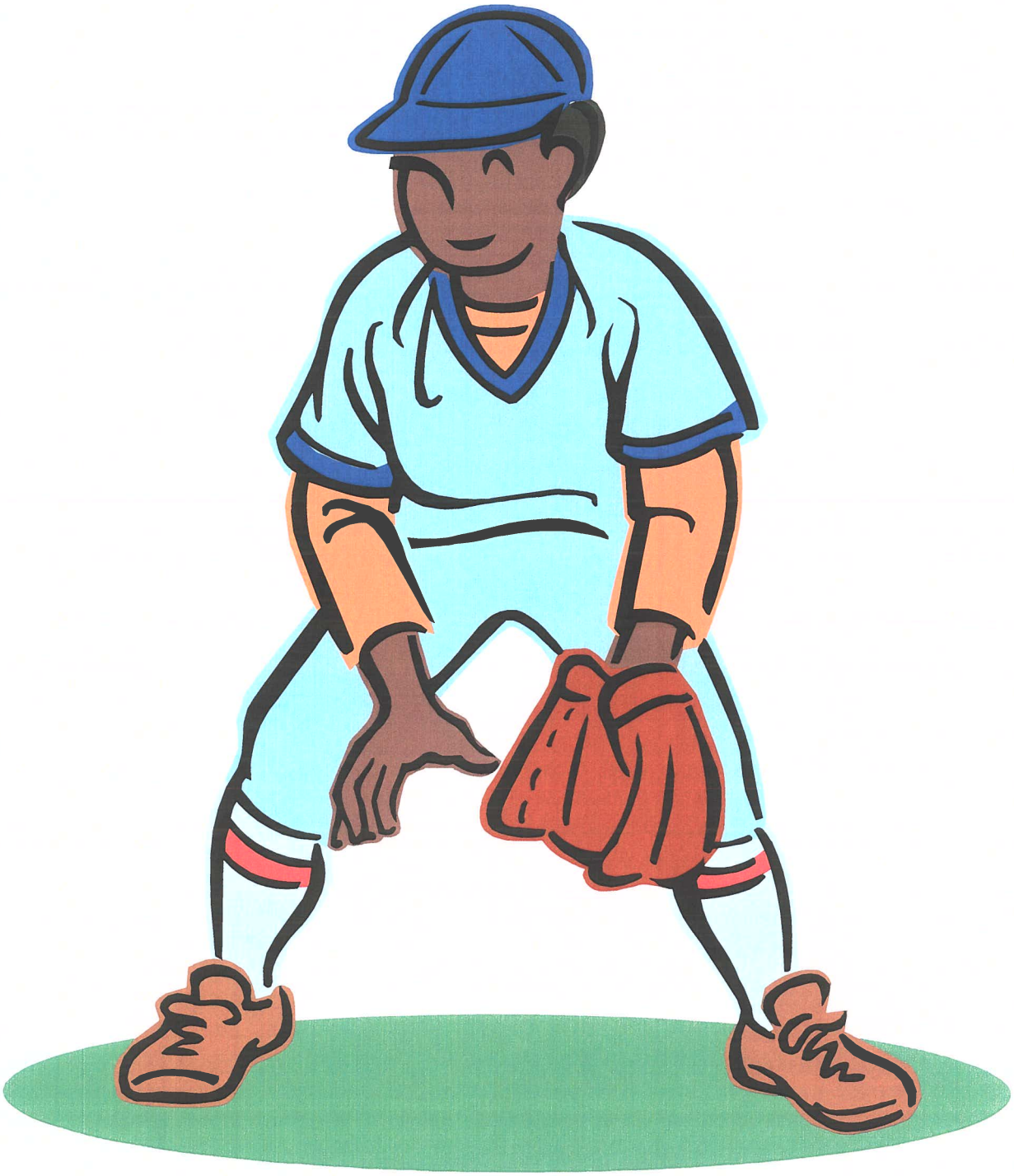




Home Plate

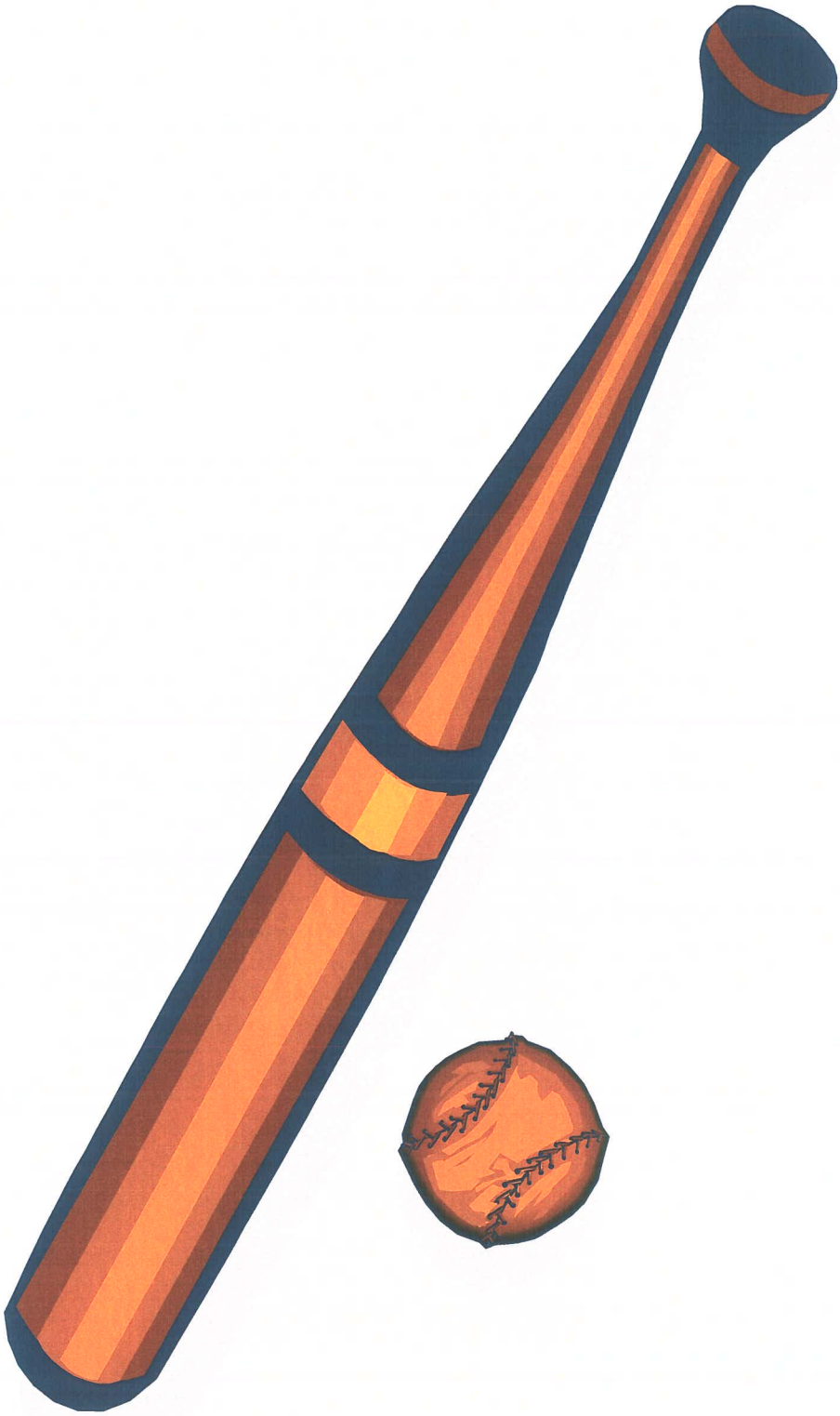
Baseball Cap

Baseball Uniform

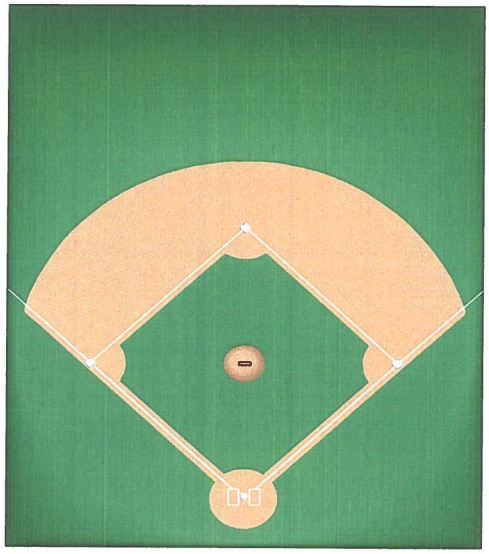


Baseball Mitt

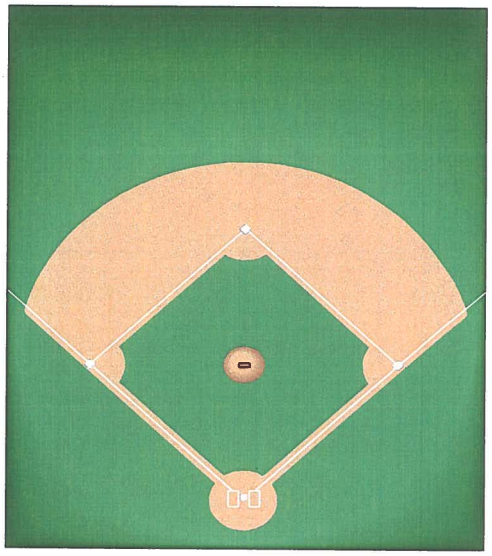
Umpire



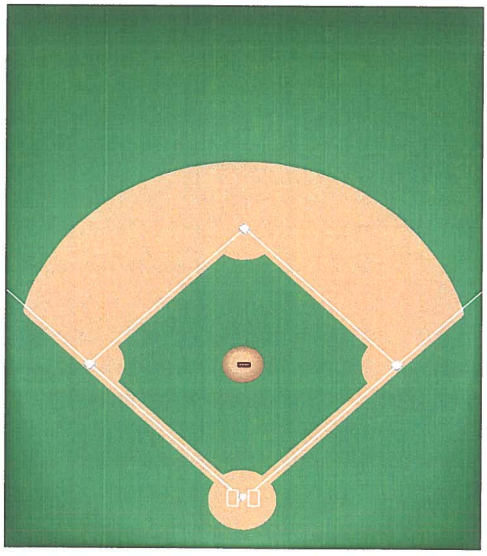
Baseball field



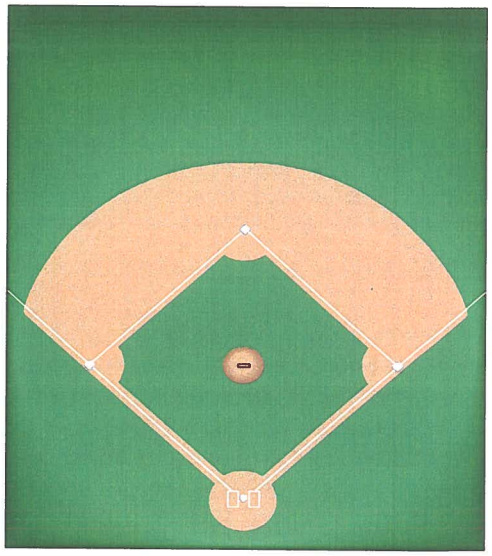
Baseball field



Baseball field



Baseball field



Baseball

Baseball

Baseball

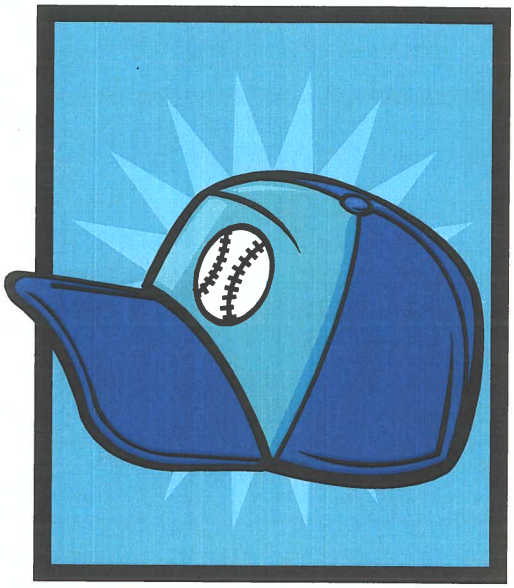
Baseball

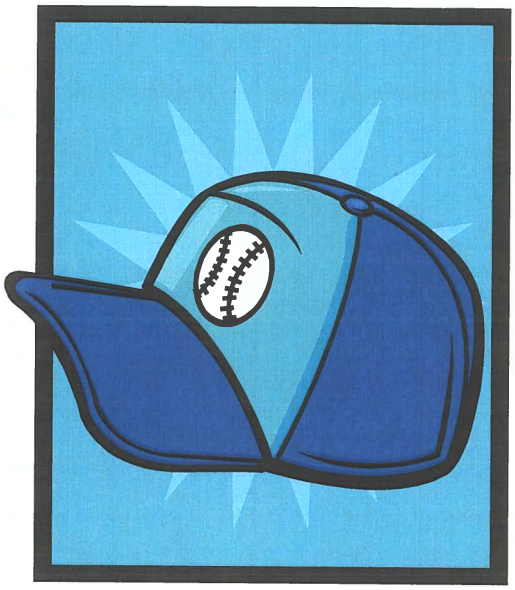
Bat and Ball

Bat and Ball

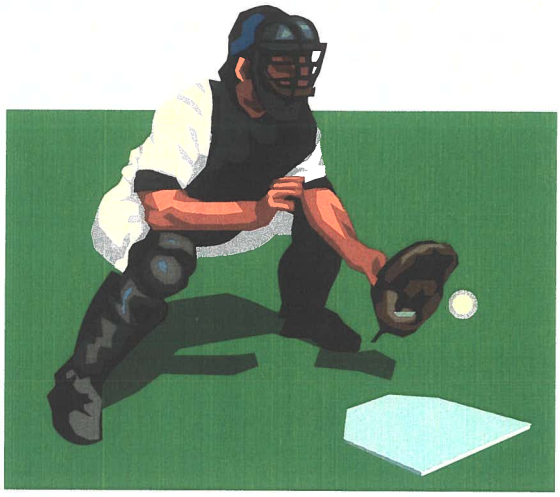
Bat and Ball

Bat and Ball



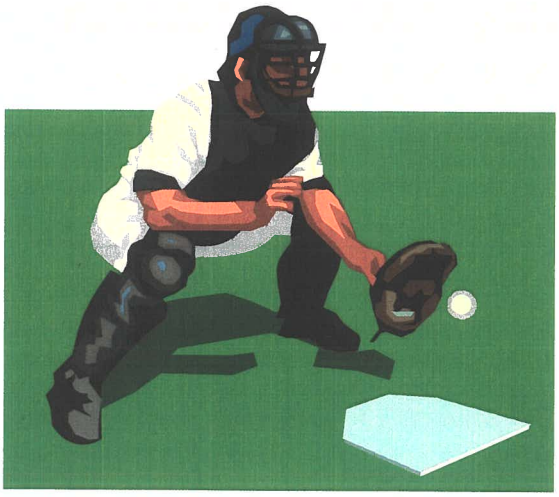


Catcher

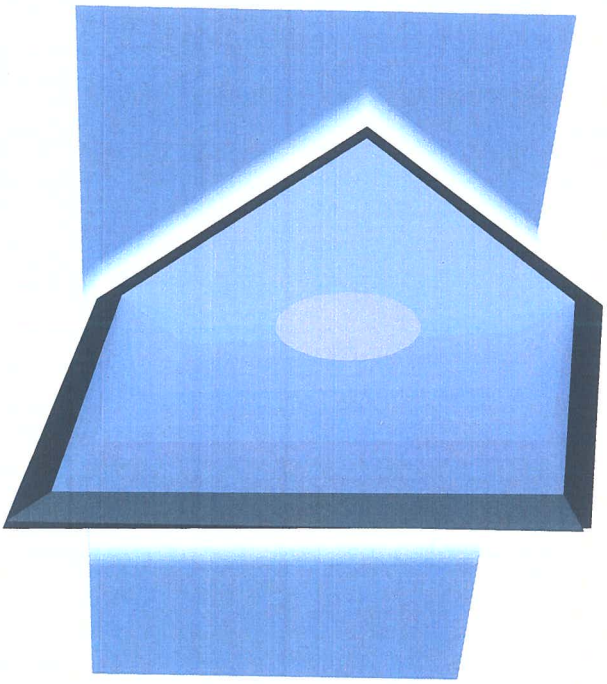


Catcher

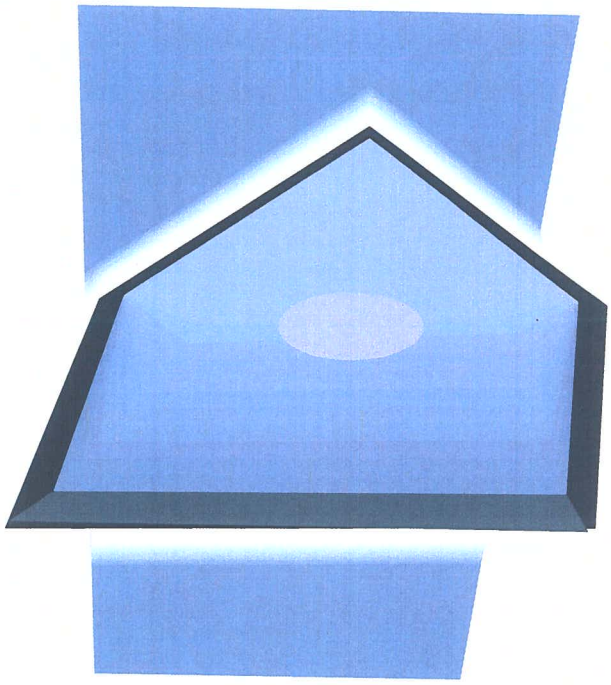
Catcher



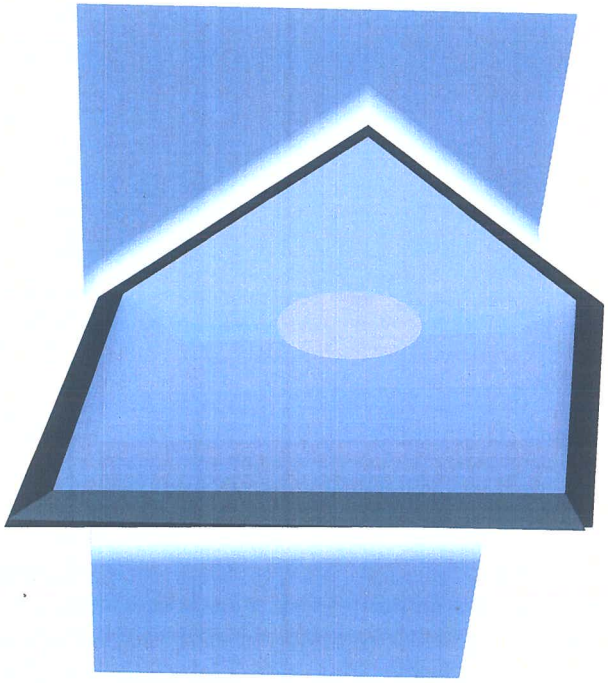
Catcher



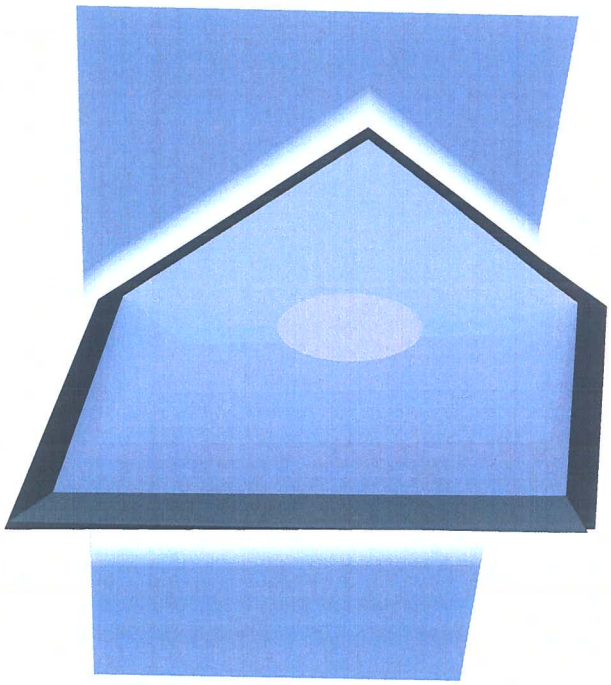
Home Plate



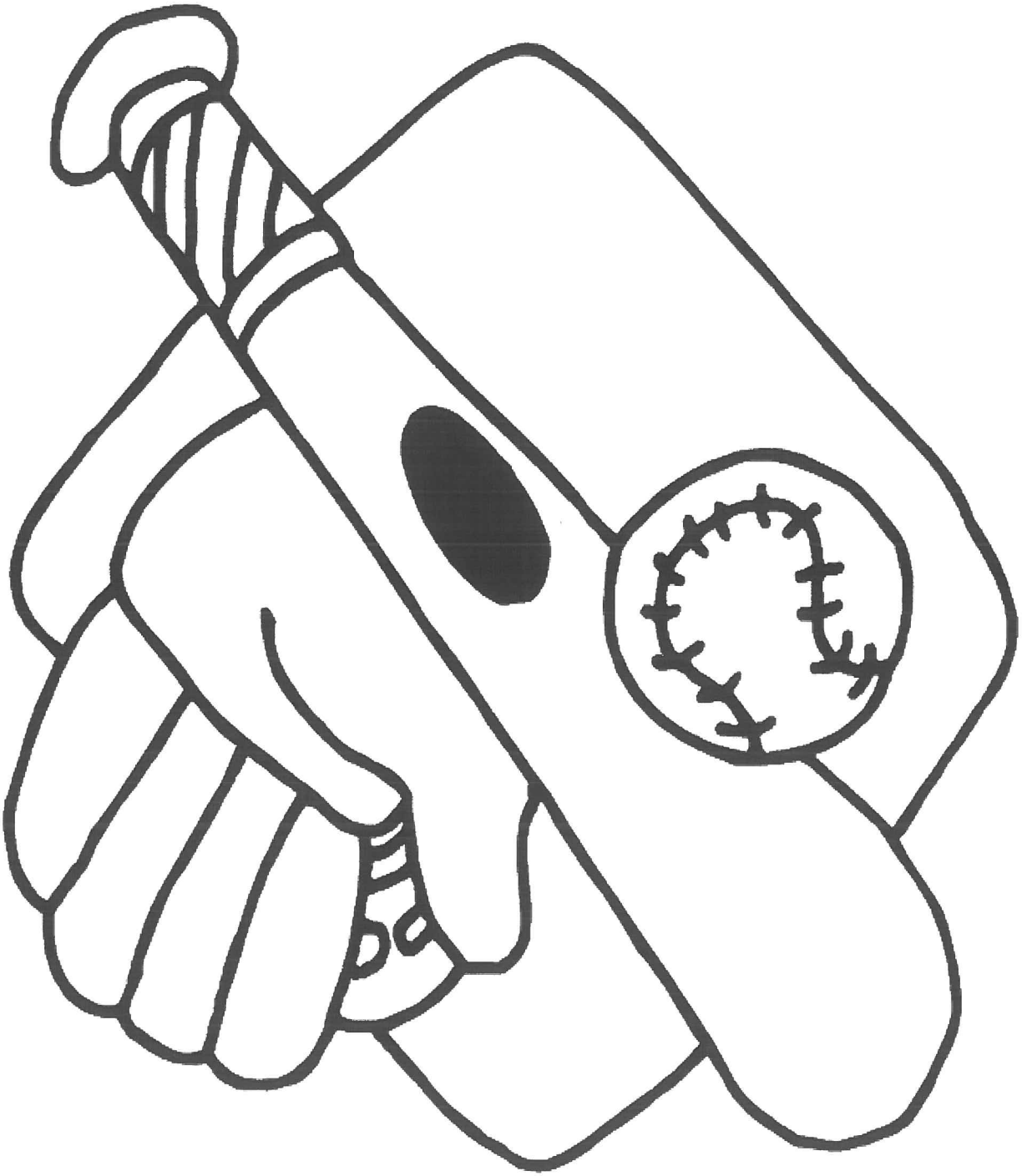
Home Plate

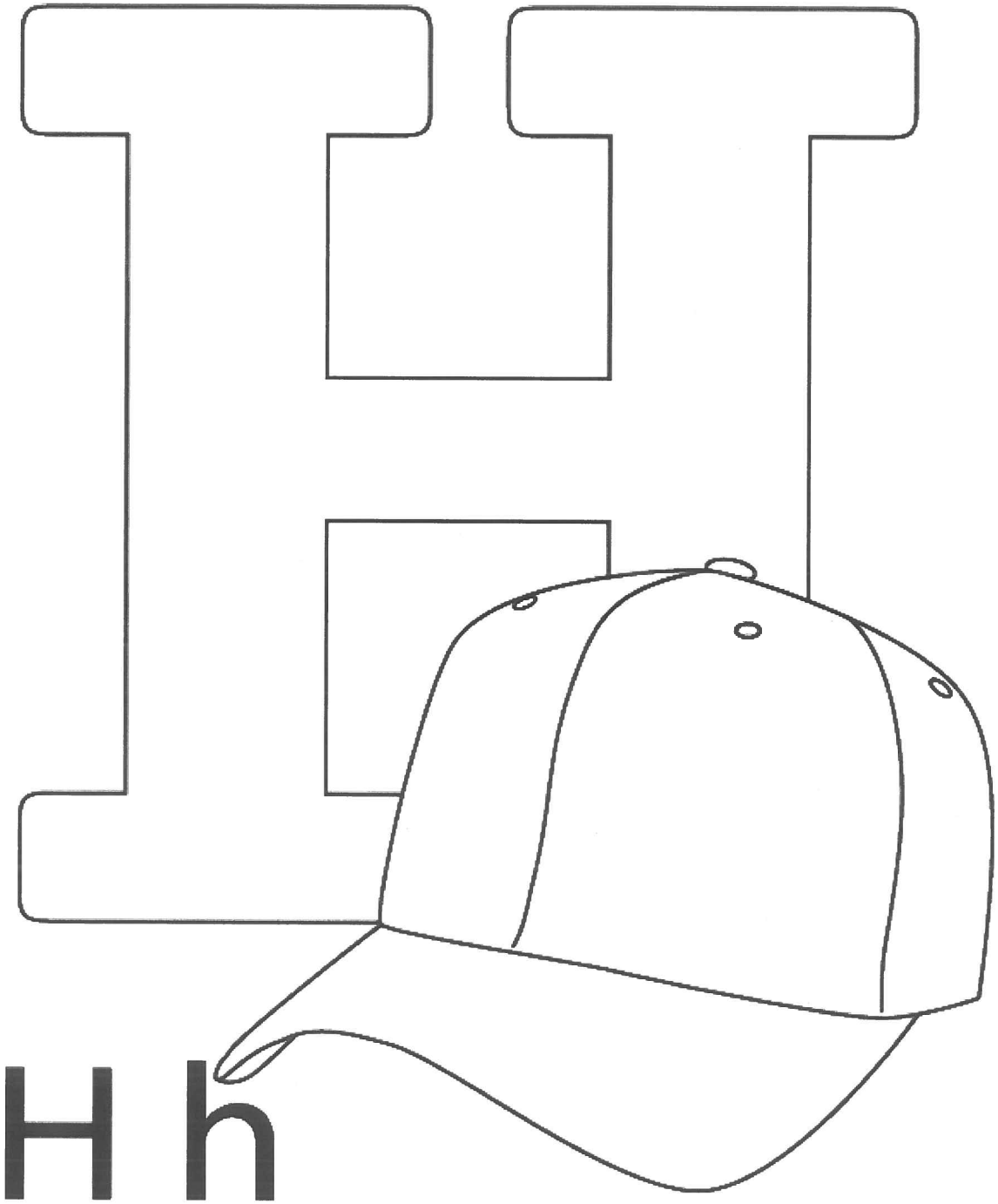


Home Plate

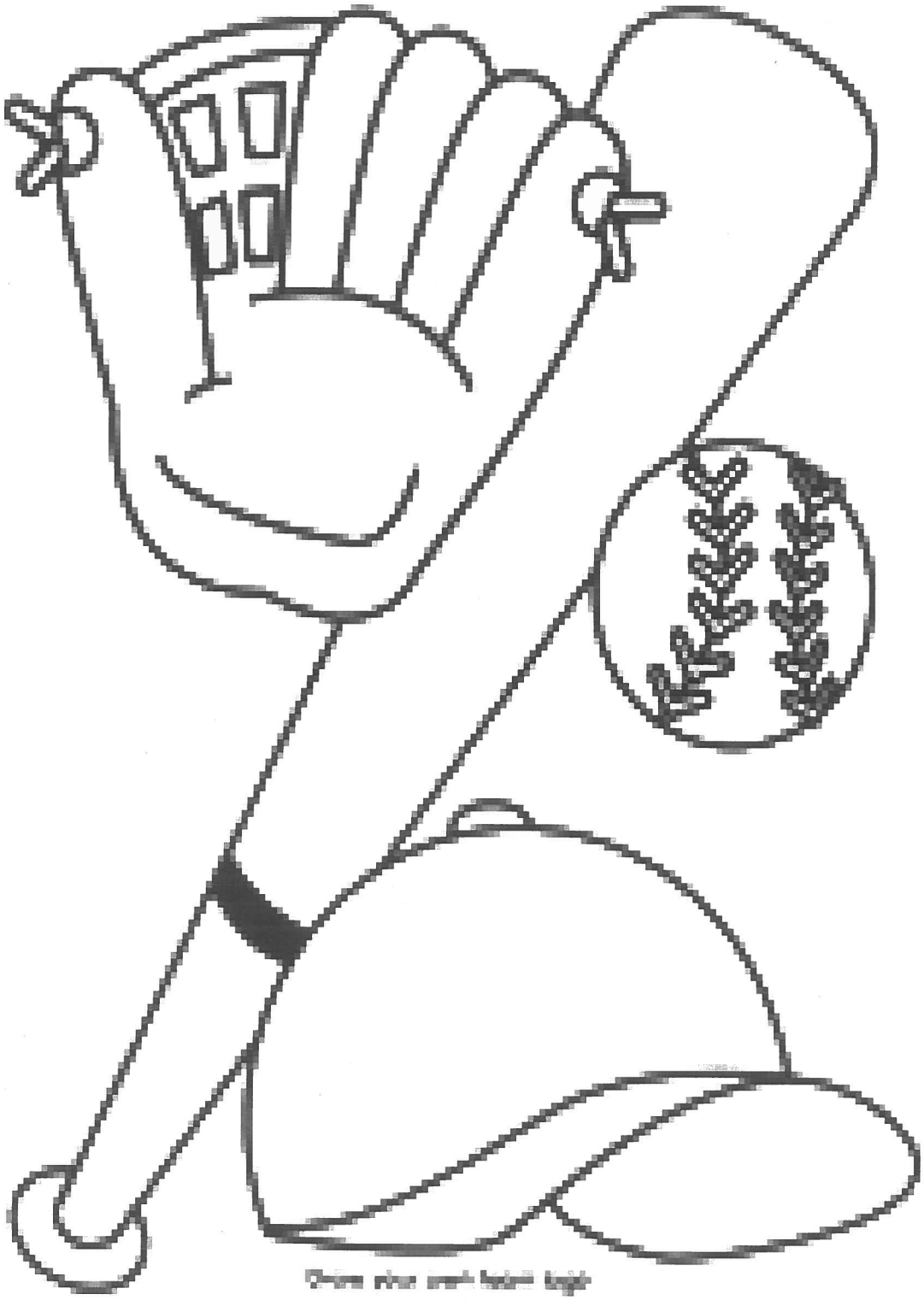


Home Plate



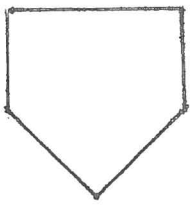


H h

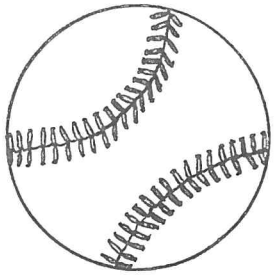


Draw your own helmet logo
on the hat above. Color the picture

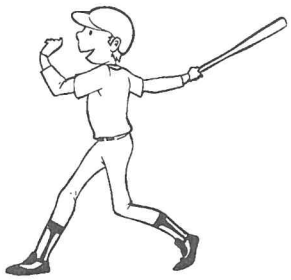
I can color home plate yellow



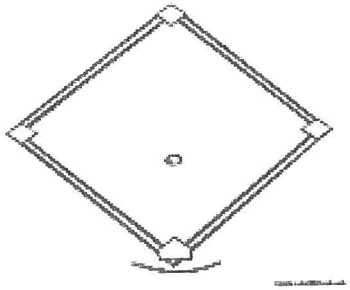
I can color the ball white.



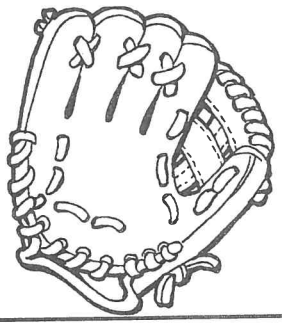
I can color the batter blue.



I can color the ball field green.



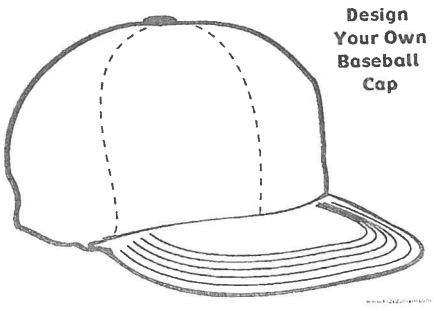
I can color the mitt brown.



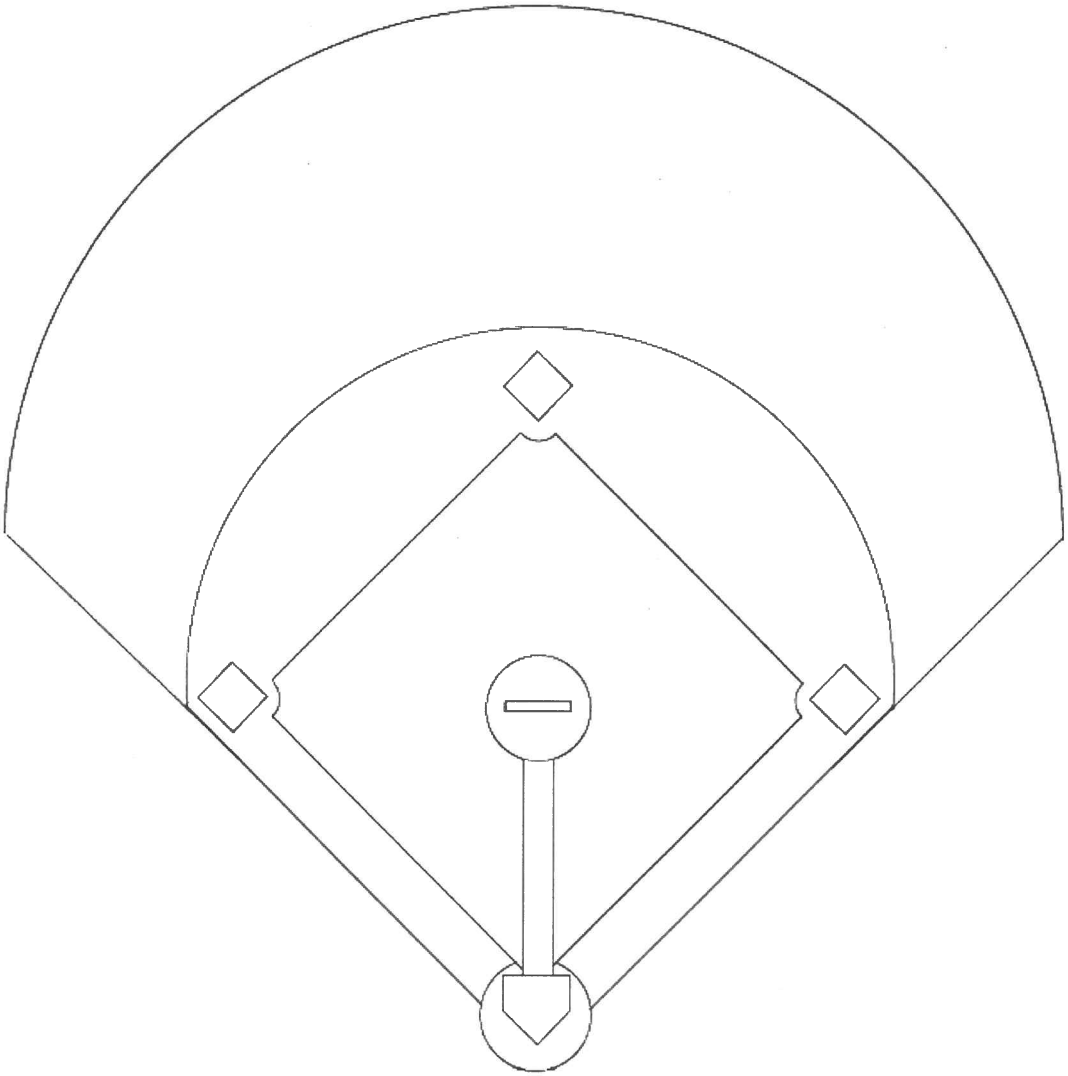
I can color the pitcher red.

I can color the fielder pink.

I can color the hat any color.



Baseball Diamond



Label these items on the Baseball Diamond.

1. Home Plate
2. First Base
3. Second Base
4. Third Base
5. Pitcher's Mound
6. Baseline
7. Foul Line

Label the Baseball Diamond with the players.

1B - First Baseman
2B - Second Basemen
3B - Third Baseman
SS - Shortstop
RF - Right Fielder
LF - Left Fielder
CF - Center Fielder
P - Pitcher
C - Catcher