



INTERNATIONAL “BILL OF PLAYS” 2026

INTERNATIONAL (46-60): AGES 9-12

1. Reinforce Fielding Assignments

- a. Players should know all assignments for all positions on the field.
 - i. Infield/Outfield with a consistent rotation of positions and scenarios
- b. Every player should know what he or she is doing with the ball before it is hit to them.
 - i. Within the aforementioned Infield/Outfield, provide a scenario (1st and 2nd, 2 outs) and ask different players what their role should be depending on where the ball is hit

2. Bunting and Base running

- a. Bunting basics, how to square, making contact, pulling the bat back on a ball.
 - i. Always a fun one to end practice, make a game out of it! 5 points down the line, 3 points either **side of mound, 0 back to pitcher.**
- b. Live coach pitch BP. Have an assistant at third giving signs and require the batter to call out what the sign meant before the next pitch is thrown
- c. Basics of base running including stealing, tagging up, halfway on a fly ball, and sliding.

3. Pitching and Catching

- a. All players should be taught proper mechanics and arm care.
- b. The development of catchers must be a priority. Maintaining a proper rhythm between catcher and pitchers will help pitchers in-game.
- c. Proper mechanics for catcher on throws to second and pick-offs.
 - i. This can be incorporated with a base running drill. Have players practicing their stealing and “leading”, while allowing catchers time to try to throw runners out
- d. How to receive a pitch as well as blocking wild pitches.
 - i. **Tennis ball drill: have players drop and block tennis balls with gear but no glove to help establish fundamentals.**

4. Proper Warmup Fundamentals

- a. All players should know and understand a dedicated stretching routine
 - i. Each player should be able to and given the opportunity to lead stretching before practices and games

- b. All players should participate in warmup routines (structured “catch”) prior to every practice and game
- c. **Players should start with short toss from knees, then same distance standing, then move back further, going back to about 60 feet to help build arm strength**
- d. Coaches should emphasize the importance of strong throws from distance that may bounce once or twice, as opposed to “lollipop” throws

5. Reinforcement of the Fundamentals

- a. Players should be reminded of the fundamentals of fielding, throwing, and hitting
 - i. This should then be reinforced within the practice structure through basic infield/outfield drills with all players rotating positions to understand and train on these fundamentals
- b. **Infield/Outfield with Live BP. Have players man each position with 3 hitters. Coach pitch with a catcher. Player hits and run out their swing. If they reach base, bring up another hitter to generate scenarios.**