



LIL' SLUGGERS

“BILL OF PLAYS” 2026

LIL SLUGGERS: AGES 4-5

1. Strong warm up routine before playing catch.

- a) Wait for the team and coach is present for throwing the ball around.

2. Instruct proper throwing mechanics using Ready, Break, Throw.

- b) Help the players find grips on the ball and not palming it.
- c) 4-seam and 2-seam grips
- d) Train Tracks (2 Seam) Find the C (4 Seam)

3. Hitting off the tee

- a) Help players with their grip and batting stance.
- b) Line up knuckles – don't grip bat in middle of palm.
- c) bat off shoulder – hands should be level with ear.
- d) Knob of bat should be leading the swing – stay level – “check mark” swing.
- e) swing, not spin – front foot step towards the ball.

4. Coaches and Players giving High 5's.

- a) Make High 5's for good performance and encouragement to teach players about good sportsmanship.
- b) Getting on base.
- c) Scoring a run.
- d) After a defensive inning.
- e) Picking each other up after an error or getting out at bat.