



MINORS

“BILL OF PLAYS” 2026

MINORS: AGES 8&9

- 1. Coach Pitch (First 2 weeks of season) – Kids pitch the rest of season.**
 - a. Coaches will pitch 4 innings in the beginning of the season.
 - b. If time allows, kids will pitch the remaining 2 innings during that time.
 - c. Mounds are moveable and should be moved by coaches to each players comfortable distance to allow the pitcher to reach the catcher.
 - d. Pitching needs to be a priority and practiced at each practice.
 - e. All kids should get a reasonable opportunity to pitch during the season.
 - f. A pitcher should be removed after 4 consecutive walks or 5 in an inning.

- 2. Coach/Team huddle after every defensive inning.**
 - a. Use this opportunity to recap defensive miscues and teach players a better way of approaching the situation.
 - b. Reinforcing a good defensive inning to get the players encouraged to have a good offensive inning.
 - c. Encourage players on offense to prepare (watching the pitcher, timing the swing, and ultimately to get excited and cheer on their team).

- 3. Throwing Warm up example – all players each game and practice**
 - a. Close wrist flips, glove supporting elbow, 5 each.
 - b. About 15 feet apart on one knee throwing to another player.
 - c. Back up to 15 feet or so, Feet in mud drill 10 throws each, follow through.
 - d. Move back to 30-40’ get into stride, Rock forward and back drill. 10 each.
 - e. Back to pitching distance Lift and Hold for 3 seconds, throw and follow through. 10 each.
 - f. Back up beyond 60’ and play catch until loose.
 - i. ***Bring back in to 30 feet finish it off with game of quick toss working on moving hands, footwork, and good quick throws, not too hard, quick on the transition!

- 4. Pitching Drill Throwing Program.**
 - a. Warm-Up (short distance) Utilize pitching from the stretch in ALL drills – keeps the body more focused and less movement than the wind-up.
 - i. Knee-up balance - hold for 3 seconds; break hands/feet, plant & throw. 5-10 times.
 - ii. Start Knee-up balance, ball on ground across from foot, reach down and grab, back to balance point – Ready, break, throw. 5-10 times.
 - iii. Knee-up using a baseball bucket in front of you, lift leg up to load hip facing target, drive leg down inside of bucket in straight line, follow through and finish throw.

- iv. Standing 1-Leg throws – plant leg down, rear leg bent 90 degrees – throwing arm elbow above shoulder, relax arm out and throw, with a bending balanced finish out in front.

5. Coach Accountability

- a. Coaches will be provided with practice plans for each of the games facets and will be **EXPECTED** to teach these during practices.
- b. Coaches are mandated to have at **least 2 practices per week**. Not meeting practice minimums can result in losing team.
- c. BYBI Resources will be available to coaches for their use in coach and player development.