



## Coach Pitch Game Rules

1. Bases are to be 45 ft apart
2. Players are to use helmets securely strapped to their head for batting and running the bases
3. Maximum of 6 players are allowed in the infield at one time, with the remainder to be positioned in the outfield. Outfielders must throw the ball to the infield to create an out at any base. (this will eliminate having too many infielders)
4. Coaches pitch to their own players. A second coach is the catcher. No outs to be made at home plate by a coach. Players can make an out by tagging the runner coming home or by touching home plate for a force out.
5. After 5 good pitches, if the child has not hit the ball into the playing field, the coach will set the ball on a tee and have the player hit off the tee
6. Coach has no contact with the ball after it is pitched. If a ball hits the coach, the play is dead and the batter gets to hit again, (pitch does not count)
7. Once the ball is picked up in the outfield, the base runners will only be allowed to advance to the base they are travelling to
8. A runner cannot steal
9. A runner must be hit home
10. Inning ends with 3 outs or max 6 runs
11. Batting order will continue from where it was left at the end of the previous inning (do not return to the start of the batting order at the beginning of each inning)
12. Coaches are to rotate players through batting order and positions so that all players have an equal turn playing each position

## Weekly Practice Plan

Below is an example of a typical weekly practice plan. Rotate through your drills week over week, leaving some of the more advance drills for later in the season.

2-3 MIN	Warm Up/Stretch
30 MIN	Rotate Through Drills: 1 – Throwing, 2 – Fielding, 3 - Hitting
<b>2-3 MIN</b>	<b>WATER BREAK</b>
45 MIN	COACH PITCH GAME