

Plainville Little League

Frequently Asked Questions

Division: AA League Baseball (Coach Pitch)

Equipment:

- *Provided by League:* Team Bats, Team Catchers Gear, Individual Batting Helmets, Baseball Shirt & Hat
- *Required:* Baseball glove, Baseball pants (plain gray recommended)
- *Recommended:* Baseball/Soccer socks to match team color, athletic supporter and cup (required to play catcher), cleats (can be any style at this level)
- *Optional:* Personal Bat (must be stamped USA Baseball) & Bat bag

Team Selection:

Manager can choose one coach remaining team is selected by blind draft

Practices:

- How many per week- Approximately 2
- Approx. Length- 1.5 hrs.
- What to expect-
 - Throwing – begin throwing progression (wrist snaps, turning body, follow through)
 - Catching – building catching confidence, glove positioning, beginning to have partner catch
 - Hitting – starting to get their hands to the ball quickly, eliminate extending of the arms too early
 - Base Running – Explanation of outs, running through first base, stopping on the appropriate bases
 - Movement – beginnings of coverage of bases, backing up, etc.

Games:

- How many per week- 1-2 per week
- Locations- Trumbull Park (Thompson Field) and Paderewski Park (Back Field)
- Approx. Length- 90 minutes

Division Specific Information:

- Continuous Batting Order
- 5 strikes (maximum), a tee will be put up for the batter
- No leading or leaving early
- No keeping score!!!