

# Lafa Rookie League Game Guide for 6 Year Olds

## Objective

Meet twice a week. The first 45 minutes for drills, followed by 45 minutes of game play. Keep it fun while trying to teach the kids the fundamentals of the game of baseball.

## Drills

About 45 minutes. See the Lafa Instructional League Drills Guide for drills.

Starting in May, the Saturday sessions can be simplified to leave more time for the game. We are recommending about 20 minutes of team warm up first with the throwing drill, followed by a quick ground ball station.

## Rookie League Game Play Guidelines

Roughly 45 minutes, as many innings as time allows.

### Infield Dimensions

- 35 ft pitching distance
- 45 ft distance between bases

### Batting

- Coaches 'pitch', underhand or overhand toss.
- About 6 max per batter, if player does not hit the ball, bring in a tee.

### Game Play

- Safety soft-core ball
- Continuous Batting Order will be used at all times
- Every player bats in each inning
- All players in the field at actual positions, spread them out.
- Rotate players defensively at each position each inning/game
- All players must play both infield and outfield each game
- Outfielders stay on outfield grass, infielders normal depth behind the base paths.
- Try to teach them to "play their position"
- All runners are safe at each base (let them run the bases)
  - If a player actually makes an out, acknowledge that they made a nice play.
- No leading/stealing (should be obvious)
- Coaches should be on field with players to instruct
- Baserunning is station to station, no advancement on throwing/fielding errors.
- Last batter of the inning hits a "home run" – alternate the batting order each inning/game to let every player bat first, last, etc. By the end of the season every kid should have had a chance to hit the "homerun"

### **Saturday Game Play Modifications**

- The goal is to provide more game time but keeping it at a 6 year-old level.
- Starting after first 2 Saturdays
- Simplify pre-game drills down to 20 minutes, leaving more time for the game.
  - Throwing, Grounders, Fly balls
  - Coaches can choose how to warm up kids, “infield”, drills, etc
- Start teaching kids when they would have been out when the ball is caught or a play is made on the bases, but do not remove them from bases.

### **Relay Race – Following the Game**

One team line up at home, the other at second. On coaches signal the teams race around the bases. If teams are uneven some kids can run more than once or invite young siblings to join. Emphasize safety (don't bump each other, etc) and sportsmanship (cheer for your team, not against the other team).