

# 10U Little League Baseball – Strength & Athletic Training (No Equipment)

## ONE-PAGE PRACTICE CHECKLIST

**Age:** 9-10 | **Frequency:** 2-3x/week | **Time:** ~20 minutes

---

### PRE-PRACTICE SETUP

- Clear space (field, gym, or foul territory)
- Review safety rules with players
- Group players evenly for stations

---

### COACHING RULES (REVIEW QUICKLY)

- Bodyweight only – no weights
- Form > speed or reps
- No pain (especially shoulder/elbow)
- Encourage effort & fun

---

### 1 DYNAMIC WARM-UP (5 MINUTES)

- Jog → Backpedal → Side Shuffle (1 min)
- High Knees – 20 sec
- Butt Kicks – 20 sec
- Arm Circles (small → big, forward/backward)
- Walking Lunges – 10 each leg
- Inch Worms – 5 reps

---

### 2 STRENGTH & COORDINATION CIRCUIT (12-15 MINUTES)

**Rotate every 30-40 seconds**

#### STATION A – LOWER BODY

- Bodyweight Squats
- Reverse Lunges

**Cue:** Chest tall, sit back

---

#### STATION B – CORE

- Front Plank (10-20 sec)
- Dead Bugs
- Bear Crawl (short distance)

**Cue:** Tight belly, slow control

---

### STATION C – UPPER BODY PUSH

Push-Ups (knees allowed)  Incline Push-Ups

**Cue:** Straight body, controlled elbows

---

### STATION D – UPPER BODY PULL (NO EQUIPMENT)

Partner Towel Rows  Crab Pulls

**Cue:** Squeeze shoulder blades

---

### STATION E – ROTATION & ATHLETICISM

Standing Trunk Rotations  Lunge + Twist  Jump & Stick (soft landings)

**Cue:** Rotate hips first, land quietly

---

### STATION F – BALANCE & CONTROL

Single-Leg Balance Reach  Single-Leg Hops (stick landing)  Airplane Holds

**Cue:** Control before speed

---

## 3 ATHLETIC FINISHER (3-5 MINUTES)

Shuttle Runs (10-20 yds)  Relay Races  Bear Crawl Race  Crab Walk Race  Coach Point & Go (reaction sprint)

---

### WEEKLY FOCUS

Day 1 – Lower Body + Core  Day 2 – Upper Body + Shoulder Health  Day 3 (Optional) – Speed & Agility

---

## SEASON PROGRESSION

Weeks 1-2: Teach movements  Weeks 3-5: Add reps/time  Weeks 6+: Improve control & speed (no load)

---

**GOAL:** Build strong, athletic, confident baseball players — safely & with fun