

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

## ONE-PAGE PRACTICE CHECKLIST

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

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### PRE-PRACTICE SETUP

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

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### COACHING RULES (REVIEW QUICKLY)

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

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### 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

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### 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

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#### STATION B – CORE

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

**Cue:** Tight belly, slow control

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### **STATION C – UPPER BODY PUSH**

☐ Push-Ups (knees allowed) ☐ Incline Push-Ups

**Cue:** Straight body, controlled elbows

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

☐ Partner Towel Rows ☐ Crab Pulls

**Cue:** Squeeze shoulder blades

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### **STATION E – ROTATION & ATHLETICISM**

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

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

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### **STATION F – BALANCE & CONTROL**

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

**Cue:** Control before speed

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## **3 ATHLETIC FINISHER (3–5 MINUTES)**

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

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## **WEEKLY FOCUS**

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

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## SEASON PROGRESSION

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

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