

Practice Plan – Practice #1 (5/22/2013)

5:00pm – 5:05pm Introductions

5:05pm – 5:10pm Dynamic Baserunning

- Run through bag at 1st
- Round 1st to second
- Do what basecoach tells you to do (“run through the bag”, “round the base”, “Go Two!”)

5:10pm – 5:20pm Skill Station – Throwing

- point glove, fingers on top of ball, step and throw (do in groups with coach if enough coaches)

5:20pm – 5:50pm Stations (3 groups) – ideal size is 4 per group – 10 mins ea.

- Group #1 – catching thrown balls (tennis balls)
 - Elbow out, thumb down ready position
 - Bend knees and catch with two hands
- Group #2 – fielding ground balls
 - Reminder of proper fielding stance (ready position)
 - Emphasize charging the ball
 - Have kids throw to 1st base from shortstop
- Group #3 – catching fly balls
 - start without glove, have kids catch big balls
 - catch tennis balls without glove
 - catch tennis balls with glove

5:50pm – 6:25pm Batting Stations (3 groups) – rotations (1-2-3-field) – 2 min/player

- Station #1 – tee work into fence
- Station #2 – hitting soft toss balls into fence
- Station #3 – live pitching

- when not in hitting rotation, rotate through fielding positions (RF, CF, LF, 3rd, SS, 2nd, 1st, P)

- additional coach works with fielders

6:25pm - 6:30pm Throw for Baseball cards

Practice Plan – Practice #2 (5/29/2013)

5:00pm – 5:05pm Dynamic Baserunning

- Run through bag at 1st
- Round 1st to second
- Do what basecoach tells you to do (“run through the bag”, “round the base”, “Go Two!”)

5:05pm – 5:15pm Skill Station – Throwing

- point glove, fingers on top of ball, step and throw (do in groups with coach if enough coaches)

5:15pm – 5:20pm Run to each fielding position on the field...talk about catcher gear

5:20pm – 5:35pm Infield Practice

- emphasize that there is always a play at 1st base
- players at pitcher, 1st, 2nd, 3rd, SS
- have one group in field, have other group play baserunners, switch after 7–8 minutes

5:30pm – 6:25pm Scrimmage

- Divide into two teams
- Explain rules to kids
 - no lead-offs, no steals, cannot leave base until ball is hit
 - each player gets 5 pitches, no matter if they are balls or strikes
 - after 5 pitches, the hitter gets one chance off the tee
 - this is not a punishment but just a way to keep the game moving
 - if you are out, you need to come off the bases and return to the dugout

6:25pm – 6:30pm Throw for Baseball cards

Practice Plan – Practice #3 (6/5/2014)

5:00pm – 5:10pm Assorted Topics

- Baserunning, Catcher, Tagging Runners Out (hand in glove)

5:10pm – 5:25pm Skill Stations – 5 minutes per station

- Fielding Ground Balls (wide base, glove out) **1 coach**
- Throwing Mechanics **1 coach**
- Fielding 1st base (“find the base, find the ball”) – coach tosses tennis balls

(1)

5:25pm – 5:55pm Skill Stations

- Fielding on Diamond (2 coaches) – boys rotate through positions **2 coach**
- Hitting (three boys in helmets, the rest help shag whiffle balls) **2 coach**
 1. Batting Tee work (proper foot position) – hard swing
 2. Soft toss whiffle balls

5:55pm – 6:25pm Scrimmage

- emphasize that there is always a play at 1st base
- players at pitcher, 1st, 2nd, 3rd, SS
- have one group in field, have other group play baserunners

6:25pm – 6:30pm Throw for Baseball cards

Practice Plan – Practice #4 (6/12/2014)

5:00pm – 5:10pm Play Catch

5:10pm – 5:15pm Run to Positions (learn positions)

5:15pm – 5:20pm Baserunning relay

5:20pm – 5:45pm Fielding

- Review Ready Position
- Review/Practice Ground Ball Fielding (line of kids, coach hits balls)
- Cover what is expected of all positions
- Coach hits ground balls to players in position on field

5:45pm – 6:25pm Hitting Scrimmage

- 5 swings standing, 5 swings from on-knee
- Other coach works on hitting form with on-deck players

6:25pm – 6:30pm Throw for Baseball cards

Practice Plan – Practice #5 (6/19/2014)

5:00pm – 5:10pm Play Catch

5:10pm – 5:15pm Simon Says Run to Position

5:15pm – 5:25pm Ground Balls

5:25pm – 5:45pm Fielding

- Review Ready Position
- Review/Practice Ground Ball Fielding (line of kids, coach hits balls) – charge ball
- Cover what is expected of all positions
- Coach hits ground balls to players in position on field
- Steve takes players to side to practice hitting form

5:45pm – 6:25pm Hitting

- 5 players in field (P, 1, 2, 3, SS)
- 5 players hitting (1 at plate, 1 on deck, 1 off tee, 1 off whiffle, 1 shag whiffle)

6:25pm – 6:30pm Throw for Baseball cards

Practice Plan – Practice #6 (7/10/2014)

5:00pm – 5:10pm Play Catch

- emphasize thumb down, don't swipe at ball, good throwing mechanics

5:10pm – 5:20pm Practice Catching Ball

- players in line, coach close (15 feet away) softly tossing baseballs
- thumb down, knees bent, let ball settle in pocket

5:20pm – 5:45pm Fielding

- Review Ready Position
- Review/Practice Ground Ball Fielding (line of kids, coach hits balls) – charge ball
- Coach hits ground balls to players in position on field
- Have players throw to first base...if doing well, have them throw to 2nd

5:45pm – 6:25pm Hitting

- Players in field (rotate RF, RCF, LCF, LF, 3, SS, 2, 1, P -> Tee, On-Deck, Bat)
- Players hitting (1 at plate, 1 on deck, 1 off tee) – everyone gets 5 balls then off tee – run out last ball then go into dugout and come field (you can throw from sitting on a bucket, just try to keep the arc of the pitch flat)

6:25pm – 6:30pm Throw for Baseball cards