



## Weekly Baseball Practice Plan

*"A good coach can change the game, a great coach can change a life."*  
John Wooden

### WEEK #3 & #4

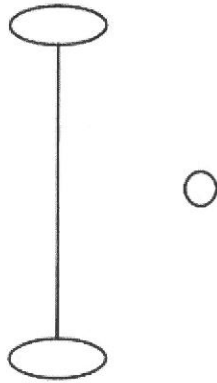
Time	Description	Drills
Pre-Practice	<b>Wiffle Ball Batting Practice</b>	<p><b>Objective:</b> To keep kids from playing catch on their own when they arrive early. Gives the players something to do until practice starts.</p> <ul style="list-style-type: none"> <li>➤ Keeps everyone in a central location until all other players arrive.</li> <li>➤ Assign one coach/volunteer to two kids; two coaches to four players, and so on.</li> <li>➤ Allow each player to take 8 swings, other kids will be ball chasers....<b>they will love this</b>.....then switch.</li> <li>➤ No <b>"one more"</b>; doing this eats up valuable time. If a player swings and misses on their eighth swing say, "Good work!! Switch to chasing balls".</li> </ul> <p><b>Safety:</b></p> <ol style="list-style-type: none"> <li>1. Establish rules that will protect all players, such as do not run through the swinging area of hitters. Go around and be ball chasers until your name is called.</li> <li>2. No swinging the bat until the player is in the batter box. Players will try to pick up missed wiffle balls and hit them back to the coach. Stop the activity to reiterate your rules.</li> </ol> <p><b>Note:</b> As you continue to do this prior to practice, you will noticed kids arriving a lot earlier. This will help you start practice on time.</p>
:0 - :10	<b>Warm-UP Playing Catch</b>	<p><b>Objective:</b> Teach receiving/throwing the ball properly. To be the most productive part of your practice.</p> <ul style="list-style-type: none"> <li>➤ Have extra coaches/volunteers stand behind players with extra balls. This will eliminate from the kids playing "chase".</li> <li>➤ Line up the players 35 feet from each other. Make sure they are in an athletic position. Hands up to receive the ball.</li> <li>➤ Players with the ball with step with their left or right foot. A coach needs to say a command on when to throw, such as "Ready"...."Throw".</li> <li>➤ Players receiving the ball should catch with both hands, with the bare hand securing the ball.</li> <li>➤ Restart the commands to throw the ball back. This will help keep the pace together and not having balls thrown all over the place.</li> <li>➤ Then, back up to one line to 45 feet. Again, teaching the player to step and throw.</li> <li>➤ Reminding each player throwing the ball to hit their target.....You can make it a game.</li> <li>➤ The, back up the line to 60 feet. Add a shuffle step to the throw. This will teach a player to do this in a real game. Allows for momentum in the throw.</li> <li>➤ Players receiving the ball should always be moving their body to the ball.</li> </ul> <p><b>Coaches should stress to their players to catch or field the ball between their shoulders</b></p>

<p>:10 - :20</p>	<p><b>Base Running</b></p> <p><b>Note:</b> Base running should be completed at each practice. Whether you do the drills at the beginning or end. Add the extra sequences in when you fill you have enough time or cover them in the next practice day.</p> <p><b>Note:</b> Incorporate other base running sequences in 2nd week of practices.</p>	<p><b>Objective:</b> To run the bases correctly when the ball is in play.</p> <ul style="list-style-type: none"> <li>➤ Have all players line-up at home plate.</li> <li>➤ Have extra coaches/volunteers at each base. (behind the bag)</li> <li>➤ Each player will run through a series of base running drills. Base running is a important skill to learn. Players will tend to stop at each base, (depending on age group)...but instruct them to round bases and find the ball.</li> <li>➤ Sequence #1: Home to First Base <ul style="list-style-type: none"> <li>● The lead coach will have each player line up correctly in the batter’s box.</li> <li>● One at a time, have each player take a swing (without a bat).</li> <li>● After the swing, the lead coach says, “GO”. Player will run to first base. Remind each player that it’s ok to run pass first base without being tagged out. Volunteer coach sends the player back to home plate.</li> <li>● Drill continues until everyone has gone through.</li> </ul> </li> <li>➤ Sequence #2: Home to Second Base <ul style="list-style-type: none"> <li>● Same set up as sequence #1.</li> <li>● Each player will be running from home to second base. Based on age group, you can teach the players how to take a small “BANANA” turn before reaching first base. Use cones or gloves to create the banana turn.</li> <li>● First base coach is in the coaching box. He/She will be pointing to second base so the runner can see where to go.</li> <li>● Tell the players as they turn to run to second base, that either foot can touch the first base. Try to get your players to touch the inside part of the base. Provides a good push to the next base.</li> <li>● All players stay at second.</li> </ul> </li> <li>➤ Sequence #3: Second base to Home <ul style="list-style-type: none"> <li>● One player at a time, the player will have a good athletic position with one foot on second base.</li> <li>● When the extra coach says, “Go”, the player will start running to third base.</li> <li>● Set up cones or gloves for the “Banana” turn to home.</li> <li>● Player rounding third base will touch the inside part of the base.</li> <li>● With a good push, they should be in a straight line to home.</li> <li>● Repeat as many times as needed.</li> </ul> </li> </ul> <p><b>Other sequences include:</b></p> <ul style="list-style-type: none"> <li>➤ Home to third base.</li> <li>➤ Home to home (inside the park HR)</li> <li>➤ First base to third base.</li> </ul>
<p>:20 - :40</p>	<p><b>Fielding Stations</b></p> <p><b>Drill #1: Replaying the Ball</b></p> <p>Items needed: Coach/Volunteer in front of each line.</p>	<p><b>Objective:</b> Reteaching “Ready Position” and how to approach the baseball.</p> <ul style="list-style-type: none"> <li>➤ Place players in three lines (4 players per line).</li> <li>➤ Prior to starting the drill, demonstrate “Ready Position” from last practice. Make sure each player understands athletic position, hands out, and eyes up.</li> <li>➤ Place a ball 8 feet (or 3 steps) in front of the player.</li> <li>➤ Coach yells, “Ready Position”.</li> </ul>

**\*Ready Position:**  
Same stance as a basketball player playing defense – feet wider than the shoulders; hands reaching out in front of the body.

- Players will follow these steps:
  1. Fast to the ball.
  2. Slow down to pick up the ball.
  3. “Feet Wide”; with glove side of the body facing the target.
  4. Pick up both sides of the ball; “Hand to glove.
  5. Shuffle a step or two towards target, in a “Power Position” with head pointing directly at the target.

**Description of body to ball:**



**Note:** Emphasize to the players to attack the ball under control. Seeing the ball when picking it up and eyes on the target when throwing.

**Drill #2:  
Underhand  
Toss/Throwing  
on the Run**

**Items Needed:**

Cones for marking distances.  
Soft baseballs or tennis balls  
Throw down bases at 50 feet apart....preferably in the OF

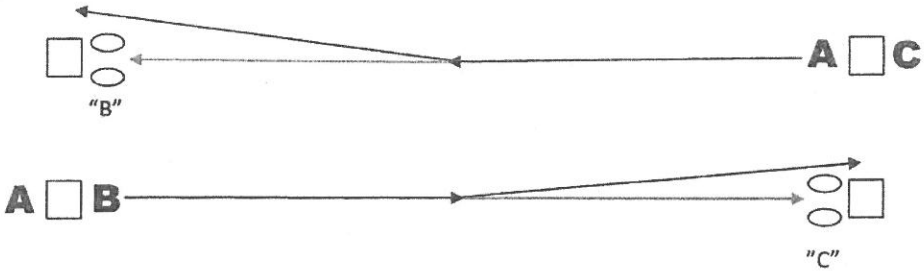
**Objective:** Each of these drills run the same, just using a different type of throw. Player runs with the ball approximately halfway towards the opposite base or cone. On the underhand toss, the player may run pass halfway a little; Thrown on the Run, the player may throw prior to halfway.

**Underhand Toss Technique:**

- Set players evenly at each cone. 50-60-70 feet away from each other.
- Player will run with ball near the hip; in the throwing hand.
- Momentum powers the throw, not the arm.
- Tossing Technique, player arm extends out FLAT/LEVEL to the ground and guides the ball to the receiving player. The arm provide minimal power to the throw.

**Throwing on the Run Technique:**

- Run with throwing hand elbow at shoulder height and somewhat in front of throwing shoulder; throwing hand extended up above the elbow. Momentum powers most of the throw.
- Throwing Technique, player uses slight flexion back of the elbow; then a firm wrist snap forward throw.
- Receiving player needs to be in a nice athletic position; two hands up and ready to receive the throw.

		<p><b>Note:</b> Each drill can go either direction. Illustration below.</p>  <p><b>Objective:</b> To recall lessons learned. To teach that baseball/softball is a game of movement. Illustrating "game like" situations.</p> <ul style="list-style-type: none"> <li>➤ Position players at each position. Remind them that when a ball is in play, we want to field with proper and throw using proper technique.</li> <li>➤ Have each player throw to the nearest bag for the first time of BP. <b>Later, you can adjust the throwing as follows:</b></li> <li>➤ Ground balls to the first base side....throws to first base.</li> <li>➤ Ground balls to the shortstop side....throws to second or third base.</li> <li>➤ Ground balls or fly balls to the OF....throws to second base.</li> <li>➤ One player batting, one player on deck, and others in the field.</li> <li>➤ Provide each player 8 swings. On the 8th swing, the batter will run to first base, (recalling what he has learned in the base running drill).</li> <li>➤ You can leave the player on the base or place him in the field.</li> <li>➤ Rotate the players from the field, to on-deck, and to the batter's box.</li> </ul>
:40 - :55	<b>Batting Practice</b>	
:55 - 05	<b>Wrap-Up</b>	<p>All players should help clean up. This is a good lesson to teach young players to take care of the field, such as pick up gear, baseballs, helmets, etc...</p>