



Weekly Baseball Practice Plan

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

WEEK #1 & #2

Time	Description	Drills
Pre-Practice	Wiffle Ball Batting Practice	<p>Objective: 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"> ➤ Keeps everyone in a central location until all other players arrive. ➤ Assign one coach/volunteer to two kids; two coaches to four players, and so on. ➤ Allow each player to take 8 swings, other kids will be ball chasers....they will love this.....then switch. ➤ No "one more"; doing this eats up valuable time. If a player swings and misses on their eighth swing say, "Good work!! Switch to chasing balls". <p>Safety:</p> <ol style="list-style-type: none"> 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. 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. <p>Note: 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	Introductions	Introduce coaches/volunteers. Have each player say their name and what school they are from. State your goals for practice and the season.
:10 - :20	Warm-UP Playing Catch	<p>Objective: Teach receiving/throwing the ball properly. To be the most productive part of your practice.</p> <ul style="list-style-type: none"> ➤ Have extra coaches/volunteers stand behind players with extra balls. This will eliminate from the kids playing "chase". ➤ Line up the players 35 feet from each other. Make sure they are in an athletic position. Hands up to receive the ball. ➤ 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". ➤ Players receiving the ball should catch with both hands, with the bare hand securing the ball. ➤ Restart the commands to throw the ball back. This will help keep the pace together and not having balls thrown all over the place. ➤ Then, back up to one line to 45 feet. Again, teaching the player to step and throw. ➤ Reminding each player throwing the ball to hit their target.....You can make it a game. ➤ 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. ➤ Players receiving the ball should always be moving their body to the ball. <p>Coaches should stress to their players to catch or field the ball between their shoulders</p>

:20 - :30	<p>Base Running</p> <p>Note: 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>Objective: To run the bases correctly when the ball is in play.</p> <ul style="list-style-type: none"> ➤ Have all players line-up at home plate. ➤ Have extra coaches/volunteers at each base. (behind the bag) ➤ 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. ➤ Sequence #1: Home to First Base <ul style="list-style-type: none"> ● The lead coach will have each player line up correctly in the batter’s box. ● One at a time, have each player take a swing (without a bat). ● 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. ● Drill continues until everyone has gone through. ➤ Sequence #2: Home to Second Base <ul style="list-style-type: none"> ● Same set up as sequence #1. ● 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. ● First base coach is in the coaching box. He/She will be pointing to second base so the runner can see where to go. ● 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. ● All players stay at second. ➤ Sequence #3: Second base to Home <ul style="list-style-type: none"> ● One player at a time, the player will have a good athletic position with one foot on second base. ● When the extra coach says, “Go”, the player will start running to third base. ● Set up cones or gloves for the “Banana” turn to home. ● Player rounding third base will touch the inside part of the base. ● With a good push, they should be in a straight line to home. ● Repeat as many times as needed. <p>Other sequences include:</p> <ul style="list-style-type: none"> ➤ Home to third base. ➤ Home to home (inside the park HR) ➤ First base to third base.
:30 - :50	<p>Fielding Stations</p> <p>Drill #1: Catch, Tag, Power Position</p> <p>Items needed: Coach/Volunteer at each base with bucket of balls.</p>	<p>Objective: Drill work for throwing and catching, develop discipline to put a tag down in the path of the base runner’s slide and to develop the habit to always “look for other runners” following each play at a base.</p> <ul style="list-style-type: none"> ➤ Equally position each player at 1B, 2B, 3B, and SS (Optional)....depends on number of players on a team. ➤ At first base, the extra coach should be on the infield about 20 feet from the base. ➤ At second base or shortstop (pending on number of players), the extra coach should be slightly in the OF behind second base or shortstop.

	<p>Throw down bases if there is no field. (60 feet apart = based on age)</p> <p>Drill #2: OF ground balls & fly balls</p> <p>Items Needed:</p> <p>Cones for marking distances. Soft baseballs or tennis balls Throw down bases Area of 70 feet....preferably in the OF</p>	<ul style="list-style-type: none"> ➤ At third base, the extra coach should be slightly in the OF between short and third base. ➤ Prior to starting the drill, position the players at their respective bases. In an athletic position, hand and glove out front of their body, and facing home plate. No player should be standing on the base. Lead coach could stand in front of home plate to check stances and make corrections. ➤ Ex: Player at 3B is 15 feet to the left of the base. ➤ Ex: Player at 2B is 15 feet to the left of the base. ➤ Ex: Player at 1B is 15 feet to the right of the base. ➤ Starting the drill. Lead coach yells, "Ready Position". Each player needs to be in an athletic position, hands out front of the body, and eyes up. ➤ Then, the lead coach yells, "Ball in Play". Each position player moves to the perspective base. Sets up behind the base with hands up ready to catch. ➤ As moving to the base, the player must have their eyes on the base, then switch their eyes to find the ball in the field. Extra coach/volunteer will show the player the ball, then throw the ball to the player receiving the ball at the base. ➤ After catching the ball, the player makes the tag on the ground, then moves to a "Power Position" towards the infield looking for other runners. ➤ After each player has done this three times, rotate the players clockwise. <p>Note: Emphasize to the players at first base that they don't have to tag the ball on the ground. Just touch the base.</p> <p>Objective: To field or catch the ball between the shoulders. To move to a proper fielding position. To make accurate throws and a proper follow-through.</p> <ul style="list-style-type: none"> ➤ Position two groups in open area, preferably the OF. ➤ Lead coach discusses "Ready Position"; proper set-up. Also, discusses ground ball approach, and proper throwing technique. ➤ Extra coach/volunteer with a bucket of balls; approximately 50-60-70 feet away, (based on age group). ➤ Lead coach yells, "Ready Position"...extra coach hits or rolls the ball to the player. ➤ Each player moves to the ball; field the ball between the shoulders; shuffle steps to the coach; and makes the throw. ➤ Repeat 3-4 times. ➤ Lead coach discuss fly balls Use tennis balls or softer balls for this drill. Age group will depend on using regular baseballs. ➤ Set up cones for players to run to...illustrating moving to a fly ball. ➤ With the players in the same groups, each player will be in a "Ready Position". They will move to the cone or glove on the ground to catch the ball on lead coach's command. ➤ Players will work on catching the ball and throwing technique.
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:50 - :10	Batting Practice	<p>Objective: 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"> ➤ 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. ➤ Have each player throw to the nearest bag for the first time of BP. Later, you can adjust the throwing as follows: ➤ Ground balls to the first base side....throws to first base. ➤ Ground balls to the shortstop side....throws to second or third base. ➤ Ground balls or fly balls to the OF....throws to second base. ➤ One player batting, one player on deck, and others in the field. ➤ 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). ➤ You can leave the player on the base or place him in the field. ➤ Rotate the players from the field, to on-deck, and to the batter's box.
:10 - 15	Wrap-Up	<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>