



Weekly Baseball Practice Plan

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

WEEK #5 & #6

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	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>

<p>:10 - :20</p>	<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>Note: Incorporate other base running sequences in 2nd week of practices.</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.
<p>:20 - :35</p>	<p>Defensive Responsibilities</p> <p>Drill #1: Positional Movement ~ balls hit in the infield</p>	<p>Objective: Stop the ball; Stop the Runners; Get the ball in the middle of the infield. All bases are covered on each play.</p> <p>Infielders:</p> <ol style="list-style-type: none"> 1. Chase/field the ball. 2. If you aren't fielding the ball, cover a Base (Ball or Base). 3. If the base is covered, run beyond the base to Back Up the throw to the base. <p style="text-align: center;">1.</p>

Items needed:
Coach/Volunteer at the side of home plate.

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

Pitchers: (balls hit in the infield)

1. Field the ball.
2. If not fielding the ball, cover a Base.
3. If the Base is covered, run beyond the base to Back-Up a throw to the base.

Outfielders:

1. Chase/Field the ball when hit to the outfield - Move towards the ball.
2. "Move Towards the Ball" when hit to the two infielders in front of you; (applies to LF/RF); and Back-Up.
3. Back-Up throws to a base.

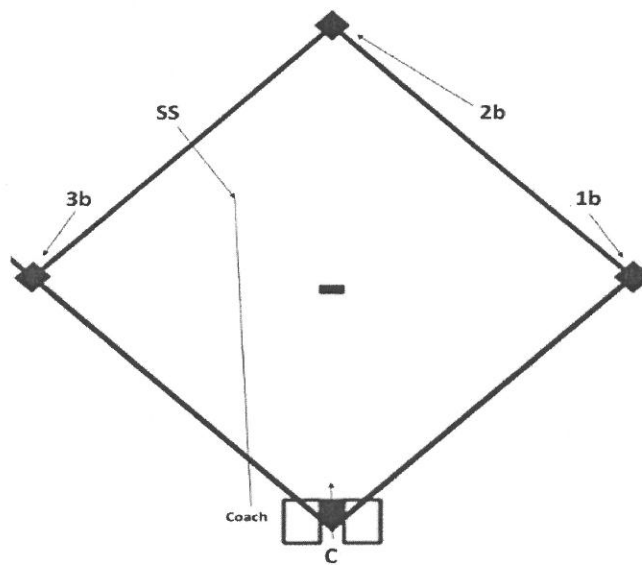
Catchers:

1. If you aren't playing the Ball; cover your own Base, (Home Plate). Proper positioning is one foot in front of home plate.
2. Stay alert to Back-Up throws coming towards your area of the field.

Start of Drill:

1. The coach rolls a ball to one of the four infielders; not to the pitcher.
2. When rolling a ball to an infielder, the coach calls out "ground ball to <position>". This is important because on the Mini Diamond it is simple for more than one kid to go get the ball.
3. The player fielding the ball does not throw the ball after fielding it.
4. The three infielders not fielding the ball move **quickly** to their base, then turn and face the ball in a "Ready Position".
5. The players return to their positions and the coach rolls the ball to another position.
6. Be sure to rotate the players to different positions.

Example shown:



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

:35 - :50	<p>Drill #2: Getting the Ball to the Pitcher</p> <p>Items Needed:</p> <p>Cones for marking distances.</p> <p>This drill can be incorporated into other group drills.</p>	<p>Objective: Getting the ball to the Pitcher, after a play ends, without any overthrows that allow the base runners to advance.</p> <p>Set-Up:</p> <ol style="list-style-type: none"> 1. Left fielder, Shortstop, and Catcher at their positions. 2. Coach at the baseline between second and third base. <p>General Rule:</p> <ol style="list-style-type: none"> 1. After the runner(s) stop attempting to advance; No Overhand Throws Allowed. The ball is moved by running with it or making a short underhand toss to a teammate. <p>Part I:</p> <ul style="list-style-type: none"> ➤ Coach tosses a ground ball to left field. ➤ Left fielder fields the ball. ➤ Shortstop moves towards the ball. ➤ Pitcher moves to a point beyond third base to back-up a potential throw. ➤ Catcher moves to their defensive position, in front of home plate <p>Part II:</p> <ul style="list-style-type: none"> ➤ Catcher, as the left fielder fields the ball, he hollers loud, "Run it In", multiple times. ➤ Left fielder, runs towards shortstop and delivers the ball by handing it to him or making a short underhand toss. ➤ Shortstop, run towards the pitching rubber and delivers the ball by handing it to the Pitcher or making a short underhand toss. ➤ Pitcher, runs to a point between the pitching rubber and the baseline to get the ball from the Shortstop as quickly as possible.
:50 - 10	<p>Station Batting Practice</p>	<p>Objective: To recall lessons learned. To teach the mechanics of the swing using stations.</p> <p>Station #1: Field BP (number of players will determine group size)</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. <p>Optional Throwing:</p> <ul style="list-style-type: none"> ➤ 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.

	<p>Hitting Stations during BP</p>	<p>Station #2: Tee Drill</p> <ul style="list-style-type: none"> ➤ Set up soft toss net with a Tee. Add a throw down home plate if you have one. ➤ Set up players properly. Tee should be slightly inside the front leg. ➤ Players are in an "Athletic" hitting position. Make sure that the bat is chest high and not "Cocked" back behind the head. ➤ Coach/Volunteer say's two commands, "Set" and "Attack". ➤ Player needs to make sure that the bat is "flat" throw the hitting zone and hips rotate with the swing. ➤ Player drives the ball to the soft toss net. ➤ Rotate players in the group after 4 swings. <p>Station #3: Wiffle Ball Front Toss</p> <ul style="list-style-type: none"> ➤ Set up station in OF or outside of field. ➤ Coach on one knee facing player. ➤ With player set up in a good hitting position, coach shows the player the wiffle ball. Coach will move the arm back and release the ball to the player. ➤ Coach makes any corrections with the swing. ➤ Rotate players after 6 swings.
:10 - :15	Wrap-Up	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...