

Practice 1 - Quick Plan (1 Hour)

:00 — :03 (:30-:33) Introduction

- Welcome players
- Review names (players and coaches)
- Focus on the reason for being here – Try Hard (hustle/listen), Be a Good Sport and Have Fun!!!

:03 — :10 (:33-:40) Warm-Up

Stretching and Snake Run

:10 — :15 (:40-:45) Grip

- Players gather in circle
- Grip ball with whole hand using fingertips
- Have players demonstrate correct grip before going to spots to throw

:15 — :25 (:45-:55) Throwing

- Players find a spot at their buckets and throw at the Ball on Tee (Coaches focus on grip)
- Call players back to coach and teach stepping with opposite foot/demonstrate
- Send players back to spots to throw (Coaches monitor for grip and stepping with opposite foot)

Throwing Challenge – Team of 5 each, first to knock ball off Tee 3 Times wins.

Break

:30 — :35 (:00-:05) Run the Bases

- Players line up at home plate to begin
- Call out the bases as the runners go one at a time

:35 — :50 (05-:20) Catching

- Circle Time - Glove Overview, Fly Ball Intro
- Catching Wheel Introduction, #1, #2, #3, #4 (No ball)
- Catching Stations (3 -4 Players), Coaches kneel and throw to catching wheel

Catching Challenge - Throw back and forth between coach and player counting out loud, Hot potato is an alternative

Conclusion

The Big Three (Have Fun, Try hard, Be a Good Sport)

- There are three big things I want us to work on this season - having fun, working hard and being a good sport. if we can do all three, we'll have a great season.
- Finally, we want to be good sports. We want to treat our opponents and teammates with respect.

Remind of next event (practice, game)