

Practice 12 - Plan (1:15 Hour)

:00 — :05 (5 Minutes) Introduction & Warmup

Welcome players

Warmup

:05 - :20 – (15 Minutes) Partner Throwing

(coaches place markers on field where players are to stand. Pair similar skilled players)

Snap Drill – Players are close together on knees snapping the ball to each other.

Hit the Target Challenge - Partner holds up their glove and the throwing partner must throw to glove without it moving. Players call out their points when earned.

30 Sec Challenge - Partners are to throw as many balls back and forth in 30 seconds without dropping the ball.

:20 — :35 (15 Minutes) Fly Ball Circle

Divide up the players with the coaches, players each have a baseball that they throw to the coach who then throws a shallow fly-ball.

Back of the line.

Reinforce the “W” – hands up, fingers pointed toward sky, thumbs create a “W”

BREAK

:40 — 1:05 (25 Minutes) Defensive Fielding - ***NEW*** Ball – Base – Backup Overview

Move to the hit **BALL**, if out of reach or missed, move to the nearest **BASE**, if occupied then move to a **BACKUP** position.

This drill can be confusing and difficult for 5-7 YO players to grasp. Starting out, do not have them throw the ball. Once you roll it and it is picked up by a player, yell FREEZE. Praise players who follow the BBB process and ask players who did not, “where do you think you should be?” Then have the player run to the position they thought they should be in. Correct any mistakes.

DRILL: Divide players in 3 groups, 1st base, Pitcher, 2nd base
Coach at home rolls grounders to:

- 1st base line and pitcher or 2nd covers 1st with other backing up. Watch for pitcher to react to BALL and not just going to the BASE.
- Between 1st and 2nd with Pitcher covering 1B. Watch for proper Backup with 1st & 2nd Players
- Pitcher with 2nd backing up. Watch for 2nd moving in toward BALL and not towards BASE

1:05 – 1:15 (10 Minutes) King of the Diamond or NattiBall

Dismiss Conclusion

Review the “3Bs” and next event