

Practice 13 - Plan (1:30 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 and align markers accordingly)

:20 — :30 (10 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 (Return with Helmet and Glove on and have Bats in the fence ready to go)

:35 — 1:20 (45 Minutes) Situational FREEZE Game off a Tee

8 players with helmets on in the field at each position. Additional players on the Tees. (Optional: Baserunners)

Place a bucket of balls and a Tee at home plate. Have the player hit the balls off the Tee and work on situational baseball skills in the field. Freeze the play when you see an issue and discuss the reasons. Do not freeze a play if everything goes correctly.

Rotate players after about 5 minutes each.

Dismiss Conclusion

Review the “3Bs” and next event