

Practice 3 - Plan (1:00 Hour)

:00 — :03 (3 Minutes) Introduction

Welcome players

Review Names

:03 — :10 (7 Minutes) Warmup

:10 — :20 (10 Minutes) Review - Position Fitness and Run the Bases

Kids run to the base or position called out by the coach. Coach must instruct the difference between the base and the position in which you play that base.

Kind line up at home and run through 1st base and round 1st to 2nd base. Focus on running through 1st and stopping at 2nd.

:20 — :35 (15 Minutes) Throwing

Throw at target

Introduce Big Step Bounce with tennis balls. Throwing balls right in front of to make it bounce high. Teaches correct arm position for throwing.

Break

:40 — :55 (15 minutes) Fielding

Fielding technique and repetition in lines. In front of buckets, "READY", "MOTOR" a step forward, "RESET"

Fielding in position throwing to a coach –

- 2 Teams @ 2nd and SS positions. Coaches catch balls at 3rd and 1st bases.

[Option for base runners while fielding]

:55 — 1:05 (10 Minutes) Nati Ball

Lay rope between home & 2nd dividing the field. Split into 2 teams on 3rd base line and 1st to 2nd base line. Player on each team throws 1 ball to other team but the ball must bounce in front of the rope before reaching the other side. If player misses the ball they are out. Teaches moving to ground balls, backing up other players and getting in front of it.

1:05 — 1:10 (5 Minutes) Dismiss Conclusion

Review what they learned

Remember to be good sports.

We are respectful to our teammates and encourage them.

Can you give me some examples of showing respect to our teammates and opponents?

Remind of next event (practice, game)