

Practice 4 - Plan (1 Hour)

:00 — :03 (3 Min) Introduction

Welcome players
Review fielding a ground ball

:03 — :10 (7 Minutes) Warmup & Run Bases

Warmup
Run the bases naming them as they go

:10 - :25 (15 Minutes) Fielding

NEW 2nd and SS Progressions

3. Position ½ players at 2nd pos and ½ at the SS pos.
4. Coach rolls the ball to 2 or SS and the other player covers 2nd base depending upon where it goes.

Focus on both players looking at each other once they get to their positions, with the player on 2nd showing his/her glove ready for the catch. No throwing at this point, player just throws ball back to the coach.

Progressions – Throws to the base. Throws to 1st & 3rd (Double Play).

BREAK

:30 — : 50 (20 Minutes) Catch the Runner

2 Players at each base position and SS. Remaining players line up at home with helmets on. Coach rolls the ball to an infield position and they have to try and tag the base or runner out. If out occurs the runner goes back to Home Plate.

Rotate infield positions keeping same runners OR all players have helmets on and rotate into the runner position.

Progression – add in throws to bases

:50 – :60 Fun Time

King of the Diamond – Line players up at 2nd Position (not base). Coach rolls ground ball to the 1st person in line. If they catch it and throw to 1st base (coach catching) accurately without coach taking foot off base, they go to SS pos. If they fail they go to fence and wait. Same thing at SS then to 3rd base. Anyone who makes the catch and throw from 3rd comes home and is King of the Diamond.

Conclusion

- Emphasize from King of Diamond that mistakes are okay. Just try to do better next time.
- Teach players to always support their teammates, especially when they make mistakes.
- Remind of next event (practice, game)