

Practice 5 - Plan (1 1/2 Hour)

:00 — :02 Introduction

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

:02 — :10 (8 minutes) Warm-Up

Stretching and running the bases.

:10 — :20 Throwing (10 Minutes)

- Players find a spot at their buckets and throw at the Ball on Tee (Coaches focus on grip)
- BIG Bounce – Throw tennis balls into the ground. Focus on the arm coming through.
- Send players back to spots to throw practice 2 Step 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.

:20 - :35 – Catching (15 Minutes)

Catching Wheel

Place up to 4 coaches at each base. Divide up the players and send to the coaches.

Break

:40 – :50 – Fielding (10 Minutes)

3 stations – Ground balls, start slow to force the run in, throw back to coach near home plate. (set up 3 buckets next to each coach)

Field ground balls to 1st base

:50 – 1:00 – Catcher gear overview and simulation

1:00– 1:30 - Hitting Stations (30 Minutes)

8 Balls to each player then rotate.

Conclusion

- Sportsmanship – Cheering for your team and others who make a good play
- Remind of next event (practice, game)