

## Practice 6 - Quick Plan (1:00 Hour)

### :00 — :03 (3 Min) Introduction

Welcome players

Review positions and bases

### :03 — :10 (7 Min) Run the Bases Relay

Divide players into two teams. One team begins at home and the other team at second base. They run one at a time with a wiffleball as a baton, and hand off. First team done wins

### :10 — :25 (5 min) Team Throwing

Players are broken into even teams.

Players take turns throwing at the ball on the Tee

Each throw that knocks a ball off the Tee counts as an "out" for that team. Players are working toward three outs.

*Coaches monitor for grip and stepping with opposite foot.*

**Break**

### :30 — :45 (15 Min) Fielding

Fielding technique and repetition in lines.

Fielding in position throwing to a coach –

- 2 Teams @ 2<sup>nd</sup> and SS positions. Coaches catch balls at 3<sup>rd</sup> and 1<sup>st</sup> bases.  
Place bucket at Pitcher position

### :45 — 1:00 (15 Min) Hat Bat

Players are divided between coaches, more the better. Each coach has whiffle or tennis balls. Coach throws the ball in the air and players take turns trying to get the ball to land on their helmet. Teaches players to get under the ball for fly balls.

### Dismiss Conclusion

Review what they learned

Remember to be good sports. We are respectful to our teammates and encourage them.

Remind of next event (practice, game)