

Practice 7 - Plan (1:15 Hour)

:00 — :05 (5 Minutes) Introduction & Warmup

Welcome players

Review positions and bases

Warmup

:05 — :20 (15 Minutes) 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.

:15 — :30 (15 Minutes) Fly Ball Intro

****NEW**** Divide up the players with the coaches

Introduce the "W" – hands up, fingers pointed toward sky, thumbs create a "W"

EACH Player has a tennis ball that they throw to the coach who then throws a shallow fly-ball.

Coaches NEVER chase bad kid throws. They move on to the next player.

Break

:30 — :45 (15 Minutes) Fielding

Fielding technique and repetition in lines.

Fielding in position throwing to a coach –

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

[Option for base runners while fielding]

:45 — 1:10 (25 Minutes) Hitting Stations

Creating a minimum of 5 stations allows players to constantly be engaged and gives them 50-75 swings.

- 2 Whiffles
- 1 Live coach pitching
- 2 Nets – Tee Work and/or coach soft toss

1:10 – 1:15 (5 Minutes) King of the Diamond

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)