

Practice 8 - Plan (1:15 Hour)

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

Welcome players

Review positions and bases (It may seem like you review this too much, but I promise you this will make your life much easier in the long run)

Warmup

:05 — :20 (15 Minutes) Team Throwing

Power leg throws from bucket

2 Step throws

Coaches monitor for grip and stepping with opposite foot.

:15 — :25 (10 Minutes) Fly Ball Circle

Introduce baseballs to this drill

Divide up the players with the coaches, players each have a baseball that they throw to the coach who then throws a shallow fly-ball. Back of the line.

Reinforce the “W” – hands up, fingers pointed toward sky, thumbs create a “W”

Break (return with helmets and gloves on)

:30 — :45 (15 Minutes) Fielding

2nd base progressions with RUNNERS

(Teaches fielding ground balls, short throws, proper 2nd base coverage, and tags)

- Divide team into 3 groups, 1st base (runners), 2nd base position and SS position
- Coach at home rolls ball to either 2 or SS position, runner advances to 2nd base.

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

1:10 – 1:15 (5 Minutes) King of the Diamond/Natti Ball/Run Base Relay

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)