

Practice 9 - Plan (1:15 Hour)

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

Welcome players

Review positions and bases

Warmup

:05 - :25 – (20 Minutes) Partner Throwing *NEW

(coaches place markers on field where players are to stand. Pair similar skilled players)

Snap Drill – Players are close together, each player holds the ball up high with glove supporting their throwing arm elbow. Without moving entire arm, players snap the ball with their wrist and throw to a partner.

Hit the Target Challenge - Partner holds up their glove and the throwing partner must throw to glove without it moving. Players call out their points when earned.

30 Sec Challenge - Partners are to throw as many balls back and forth in 30 seconds without dropping the ball. If they drop it they must start over. Players call out their numbers as they are earned.

:25 — :35 (10 Minutes) Bucket Throwing

“Thumb to the thigh, fingers to the sky, step and throw!” Coaches watch for proper step and throw

2 Step throw routine – Intermediate. Start with ball in glove, step, thumb to thigh, finger to sky and throw.

Coaches monitor stepping with proper foot and alignment.

Break (return with helmets and gloves on)

:40 — :55 (15 Minutes) Fielding

2nd & SS progressions with RUNNERS

- 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.

:55 — 1:05 (10 Minutes) Fly Ball Circle

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”

1:05 – 1:15 (10 Minutes) King of the Diamond/Natti Ball/Bases Relay

Dismiss Conclusion

Review what they learned.

Remind of next event (practice, game)