

BLASTBALL

ALL NIGHTS BEGIN AT 5:30 PM

Warm Up: Setup in the Outfield. (About 7 min)

AGILITY STATIONS

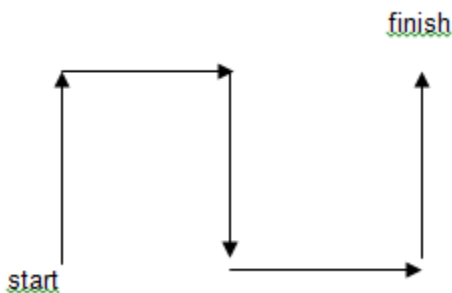
Divide players up and put 4-5 players per station and rotate thru all stations. Perform each agility once each direction.

1. **M Drill:** 5 cones set up in M shape. 1st & 2nd cones place 15 feet apart. 3rd cone on an angle half way between the 1st & 2nd cones (about 6 feet away) and 4th & 5th cones placed 15 feet apart and about 6 feet away from cone 3.
2. **Box Run:** 5 cones for setup. All cones setup about 15 feet apart from each other as in diagram.
3. **In & Out:** 6 cones for setup. All cones setup about 6 feet apart in a row going towards outfield fence
4. **Shuffle Drill:** 6 Cones 8 feet apart on angles
5. **Jump Stride (Skaters):** 6 Cones 3 feet apart on angles

AGILITY DRILLS

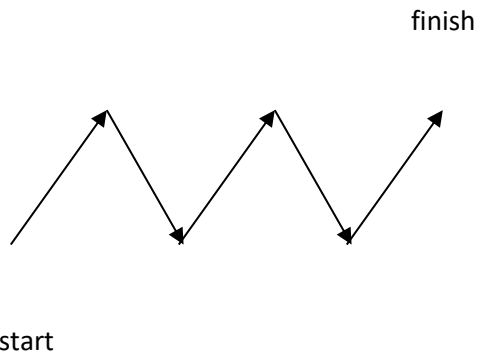
BOX RUN

1. Sprint forward to second cone
2. Shuffle step right to the next cone.
3. Sprint backwards to the fourth cone.
4. Shuffle to the right to the fifth cone
5. Sprint forward to the finish point.
6. Start drill again from finish area



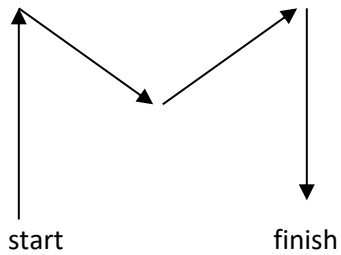
SHUFFLE DRILL

1. Shuffle step right to the second cone.
2. Shuffle step left to third cone.
3. Shuffle step right to the fourth cone.
4. Shuffle step left to fifth cone.
5. Shuffle step right to the sixth cone.
6. Start drill again from finish area



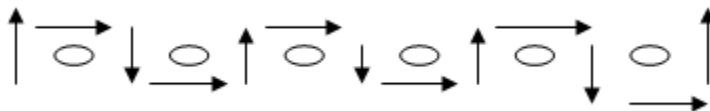
M - RUN

1. Sprint forward to second cone.
2. Sprint backward on angle to third cone
3. Sprint forward on angle to fourth cone
4. Sprint straight back to finish area
5. Start drill again from finish area



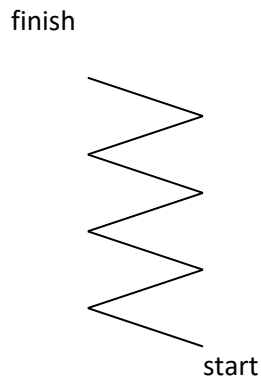
IN and OUT DRILL

1. Shuffle both feet in and out of cones (*make sure feet do not go over cones*)



JUMP STRIDE

1. Jump from one cone to the other using a one-foot take-off (athlete should only be on one foot the entire time - do not land on both feet).



THROWING/FIELDING/HITTING STATIONS

Divide players into 6 groups of 4

Station Rotation:

- 1-2
- 2-3
- 3-4
- 4-5
- 5-6
- 6-1

Setup according to Diagram attached.

1. Throwing: 4 towels, 4 TVB balls (soft baseballs), 4 hula hoops,
2. Groundballs: 6 TVB balls (soft baseballs)
3. Receiving: 6 tennis balls, 6 Bean Bags
4. Hitting 1 tee: 2 tees, 6 TVB balls 2 bats
5. Hitting 2 Front toss: basket of whiffle balls (1 dozen), 2 Flintstone bats 2 plates
6. Hitting 3 Racket BP: basket of tennis balls 2 tennis rackets 2 plates

For the hitting stations each child should only have 6 balls before switching to the next set of children. Rotation of players: hitters go to catching, catchers go to fielders, fielders go to hitting.

Games:

After the children have rotated through all stations they will play a game against another team.

Blastball:

Equipment: blastbat, blastball , 1 base, and 1 cone.

Only 1st base is used for the game. (about 45 feet away from home) Have a parent stand 2 feet behind base to give high fives as the children run through the base (this teaches them not to stop before the base)

Each team takes a turn at bat. All children bat off the tee.

Defensive team rotate fielding positions so all children should have a chance to field the ball. Give the children their areas to 'field' so they don't dog pile each other but learn to work together as a team.

When defence gets ball, either by catching in the air or ground balls. The defence team all yell BLAST. The child that stopped the ball will then throw the ball back to the coach in the field who will then throw it to the coach at bat (setting up the tee).

When offence passes base the offensive team yells BALL! The batter then returns to their team to cheer their players on.

If you want, you can keep score by who yells first gets a point but you don't have to.

Once all players on the team bat switch sides and continue the inning. This game teaches hitting, running, catching & fielding.

BLASTBALL - Practice Plans

Week 1 – Day 1 & 2

- 1. Introduction – 3 Minutes**
- 2. Warm Up – 10 Minutes**
 - a. Agility Stations – Do each direction once**
- 3. Partner with Parent – 17 Minutes**
 - a. Bean Bag Catch**
 - i. Underhand to partner**
 - ii. High self toss**
 - b. Lay Down Throws**
 - c. Standing Throw and Catch**
 - d. Kneeling Groundballs (tennis balls)**
 - e. Standing Groundballs**
 - f. Groundball and Throw to Parent**
- 4. Hitting Stations – 30 minutes**
 - a. 2 Tees**
 - i. 2 Players Hitting**
 - ii. 2 Players Fielding**
 - iii. 2 Players Catching**
 - b. Front Toss**
 - i. 2 Players Hitting**
 - ii. 2 Players Fielding**
 - iii. 2 Players Catching**
 - c. Racket BP**
 - i. 2 Players Hitting**
 - ii. 2 Players Fielding**
 - iii. 2 Players Catching**
 - d. Side Toss**
 - i. 2 Players Hitting**
 - ii. 2 Players Fielding**
 - iii. 2 Players Catching**

Week 2 – Day 1

- 1. Introduction – 1 Minute**
- 2. Warm Up – 8 Minutes**

- a. Agility Stations – Do each direction once
- 3. Partner with Parent – 15 Minutes
 - a. Bean Bag Catch
 - i. Underhand to partner
 - ii. High self toss
 - b. Ly Down Throws
 - c. Standing Throw and Catch
 - d. Kneeling Groundballs (tennis balls)
 - e. Standing Groundballs
 - f. Groundball and Throw to Parent
- 4. Hitting Stations – 20 Minutes
 - a. 2 Tees
 - i. 2 Players Hitting
 - ii. 2 Players Fielding
 - iii. 2 Players Catching
 - b. Front Toss
 - i. 2 Players Hitting
 - ii. 2 Players Fielding
 - iii. 2 Players Catching
 - c. Racket BP
 - i. 2 Players Hitting
 - ii. 2 Players Fielding
 - iii. 2 Players Catching
 - d. Side Toss
 - i. 2 Players Hitting
 - ii. 2 Players Fielding
 - iii. 2 Players Catching
- 5. GAME -Blastball 14 Minutes

Week 2 – Day 2

- 1. Introduction – 1 Minute
- 2. Warm Up – 7 Minutes
 - a. Agility Stations – Do each direction once
- 3. Stations – 30 Minutes (5 min per station)
 - a. Throwing
 - i. Ly Down Drill
 - ii. Hula Hoop Throw

- b. Receiving**
 - i. Underhand Toss to Partner 2 Hand Receiving**
 - ii. Underhand Toss to Partner 1 Hand Receiving**
 - iii. High Toss to Self**
 - iv. High Toss to Partner**
- c. Groundballs**
 - i. Kneeling GBs Barehand**
 - ii. Standing Glove on**
 - iii. Field and Throw Glove on**
- d. Hitting Station 1**
 - i. 2 Tees**
 - 1. 2 Players Hitting**
 - 2. 2 Players Fielding**
- e. Hitting Station 2**
 - i. Front Toss**
 - 1. 2 Players Hitting**
 - 2. 2 Players Fielding**
- f. Hitting Station 3**
 - i. Racket BP**
 - 1. 2 Players Hitting**
 - 2. 2 Players Fielding**

4. GAME -Blastball 20 Minutes

Week 3-5

- 1. Introduction – 1 Minute**
- 2. Warm Up – 7 Minutes**
 - a. Agility Stations – Do each direction once**
- 3. Stations – 30 Minutes (5 min per station)**
 - a. Throwing**
 - i. Ly Down Drill**
 - ii. Towel Drill**
 - iii. Hula Hoop Throw**
 - b. Receiving**
 - i. Underhand Toss to Partner 2 Hand Receiving**

- ii. Underhand Toss to Partner 1 Hand Receiving
 - iii. High Toss to Self
 - iv. High Toss to Partner
- c. Groundballs
 - i. Kneeling GBs Barehand
 - ii. Standing Glove on
 - iii. Field and Throw Glove on
- d. Hitting Station 1
 - i. 2 Tees
 - 1. 2 Players Hitting
 - 2. 2 Players Fielding
- e. Hitting Station 2
 - i. Front Toss
 - 1. 2 Players Hitting
 - 2. 2 Players Fielding
- f. Hitting Station 3
 - i. Racket BP
 - 1. 2 Players Hitting
 - 2. 2 Players Fielding

4. GAME -Blastball 20 Minutes

Week 6-8

- 1. Introduction – 1 Minute
- 2. Warm Up – 7 Minutes
 - a. Agility Stations – Do each direction once
- 3. Stations – 30 Minutes (5 min per station)
 - a. Throwing
 - i. Ly Down Drill
 - ii. Hula Hoop Throw
 - iii. Underhand Toss Box Drill
 - b. Receiving
 - i. Underhand Toss Box Drill
 - ii. 4 Corner Reaction Drill
 - c. Groundballs
 - i. 4 Corner GB Drill

- ii. Field and Throw Glove on
- d. Hitting Station 1
 - i. 2 Tees
 - 1. 2 Players Hitting
 - 2. 2 Players Fielding
- e. Hitting Station 2
 - i. Front Toss
 - 1. 2 Players Hitting
 - 2. 2 Players Fielding
- f. Hitting Station 3
 - i. Racket BP
 - 1. 2 Players Hitting
 - 2. 2 Players Fielding

4. GAME -Blastball 20 Minutes

TOWEL DRILL – FROM POWER POSITION



STRIDE AND THROW TO HULA HOOP



KNEELING GROUND BALLS



STANDING GROUND BALLS



FIELD GROUNDBALL AND THROW



