

## PRACTICE PLAN #3 LEVEL – ON DECK/HOME PLATE

**Required equipment:** TVB BALLS, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), t-ball, set of bases (minimum of four), hoola hoops.

# WARM-UP

## RUNNING DRILLS:

**Description:** All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. “There and back.”

### VARIATIONS AND PROGRESSION:

- *Sitting, using only arms*
- *High knees*
- *Heel to back of legs*
- *Military walk*

**Description:** Warming up with various activities giving opportunities to stretch the body and prepare itself for baseball practice.

## THROWING AND RECEIVING

### ACTIVITY “HANDCUFFS” (7)

[Click here](#) for video demonstration

**Description:** Athletes pair up with each other or with a coach. On signal, athletes take a proper grip on the ball.

**Equipment:** One ball for each pair

### VARIATIONS AND PROGRESSION:

- A. From a seated position, pick up the ball off the ground and throw it to a partner (or coach/parent helper)
- B. Make sure they're using the appropriate grip on the ball

### ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

**Description:** In pairs, the athletes play catch using proper throwing mechanics.

**Equipment:** One ball for each pair

### VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

### KEY POINTS

- *Throwing arm goes down*
- *Reach back*
- *Lift arm to shoulder height*
- *Appropriate arm action*

### ACTIVITY “T-BALL”

**Description:** With a partner or a coach/parent helper located to the side of the athlete, ask the athlete to hit the ball off a tee. Ensure the tee is placed in front of home plate and NOT on it. Teammates pick up the baseballs.

**Equipment:** Batting tee, various bats and balls

### VARIATIONS AND PROGRESSION:

- A. Standard “t-ball”
- B. Hit the ball through a hoop

### KEY POINTS

- *Feet must be wider than shoulders*
- *Hands high and back*
- *Hands together on bat*



## BASERUNNING

### ACTIVITY “THE CHALLENGE”

**Description:** All athletes are at home plate. On their turn (after athlete in front has reached 1st base), athletes round the bases. Between each base, there is a challenge to perform.

**Equipment:** Set of bases (minimum four), various items for challenges

#### CHALLENGE EXAMPLES:

- A. Backpedal
- B. Rounding cones
- C. Roll
- D. Jump between bats
- E. Under a bat on two cones
- F. Jump over a partner
- G. Shuffle steps or other running drills
- H. Batting tee
- I. Field a ball, throw to a coach/parent helper
- J. Other creative ideas

#### KEY POINTS

- *More than one skill/task can be incorporated.*  
**BE CREATIVE**

### ACTIVITY “GOTCHA”

**Description:** Place 2-4 groups of athletes at each base or at home plate and 2nd base depending on numbers. Set up bases in diamond formation 20-30 feet apart.

On the signal ‘GO’, one player from each group starts running around the bases. The objective is to run passed the person ahead of you.

Score one point for your team for every athlete passed

Run for a set period of time (15-30 seconds).

**Equipment:** Set of bases (minimum of four)

#### VARIATIONS AND PROGRESSION:

- A. Use parent helpers so athletes can try to pass them
- B. Backpedal

#### KEY POINTS

- *AT ALL TIMES, athletes must touch all bases*

## RECEIVING

### ACTIVITY “SKY BALL” (15)

[Click here](#) for video demonstration

**Description:** One coach/parent helper for every two athletes. Athletes will practice using high tosses from a coach/parent helper. Self-competition can be included by:

- 1 Catching a higher thrown ball each time
- 2 Number of consecutive catches

**Equipment:** One badminton birdie per athlete

### VARIATIONS AND PROGRESSION:

- A. Standing alone, athletes toss a badminton birdie and let it bounce on their head
- B. Standing alone, athletes toss a badminton birdie and catch it with their hat.

### KEY POINTS

- Hands together, placed slightly above forehead

## THROWING

### ACTIVITY “THE TARGET” (10)

[Click here](#) for video demonstration

**Description:** While using proper throwing technique (giant step, arm action, and grip), the athlete tries to successfully reach a target from an appropriate distance.

Athletes are placed in 2-3 lines and throw one after the other. A parent helper, located behind the fence, returns the balls to the next athlete in line.

**Equipment:** Balls, targets (examples: can filled with water, basketball hoop or bullseye)

### VARIATIONS AND PROGRESSION:

- A. Change distance in relation to ability

### KEY POINTS

- Proper grip
- Glove side foot forward when throwing

