

PRACTICE PLAN #4 LEVEL – ON DECK/HOME PLATE

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large) batting tee, set of bases (minimum four), hoola hoops, cones.

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:

- A. Sitting, use only arms
- B. High knees
- C. Military walk

WARM-UP:

Description: Warming up with various exercises 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



HITTING

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

Bats: Baseball, plastic, cut hockey stick, small, large

Balls: Baseball, wiffles, tennis, softballs, foam balls, large

VARIATIONS AND PROGRESSION:

- A. Standard “t-ball”
- B. Hit the ball through a hoop
- C. Three swings and a hit

KEY POINTS

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



BASERUNNING

ACTIVITY “THE TRAIN” (25)

[Click here](#) for video demonstration

Description: Starting from home plate, athletes form a line and lightly jog around the bases, saying the name of the base as they touch it. Parent/guardians are encouraged to join in this activity!

Equipment: Set of bases (minimum of four)

CHALLENGE EXAMPLES:

- A. Coach leads the line
- B. Individually, done while jogging
- C. Have athletes start at different bases
- D. Individually done by running, athlete goes around the bases (same as Hit, Run and Throw)

KEY POINTS

- Athlete must learn to run the bases in the correct order
- Learn the name of each base

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**



RECEIVING

ACTIVITY CATCH THE BALL LIKE AN EGG (13)

[Click here](#) for video demonstration

Description: With a partner or a coach located in front of the athlete at six feet, throw the ball underhand to the athlete. Encourage athletes to catch the ball with two hands.

Place athletes opposite each other at 6 feet apart. With athletes on two knees, and bare handed, have them play catch throwing the ball under hand. For younger athletes, it is a good idea to match them with coaches or parent helpers.

- A. On both knees, use foam balls
- B. On both knees, use tennis balls



KEY POINTS

- *Reach out for the ball*
- *Bring hands toward the body when catching the ball*

GENERAL KNOWLEDGE

ACTIVITY “AROUND THE HORN”

Description: Have the athletes stand in a circle. Use an odd number of athletes if necessary. The coach gives a ball to one athlete. On signal, the athlete throws the ball underhand to their teammate on their right. While throwing the ball, they must say the name of the teammate catching the ball.

Equipment: Ball (baseball)

Once the athletes become comfortable with one ball, the coach can add a second, third and fourth ball. See how many balls the athletes can handle at the same time.



ACTIVITY “NAMES AND NUMBERS”

Description: Name each position and their number. Give each athlete a position name and instruct them to go to that position.

Equipment: Ball (baseball), bag/bucket

VARIATIONS AND PROGRESSION:

- A. Start off the pitching mound
- B. Write position numbers on balls, place the balls in a bag/bucket; athletes pick a ball from the bag/bucket and take it to the corresponding position.

- 1 pitcher
- 2 catcher
- 3 first base
- 4 second base
- 5 third base
- 6 shortstop
- 7 left field
- 8 centrefield
- 9 right field