

PRACTICE PLAN #7 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)

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:

- D. Sitting, use only arms
- E. High knees
- F. 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

THROWING

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*

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

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



ACTIVITY “PRACTICE WITH TENNIS RACQUET” (23)

[Click here](#) for video demonstration

Description: With a coach/parent helper standing in front of the athlete at 30 feet and throwing overhand, simply ask the athlete to hit the ball with a tennis racquet.

Equipment: Tennis racquet and tennis balls

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes catching behind the batters from a safe distance
- One athlete feeding balls to the coach
- Rest of athletes in the field gathering balls
- Athletes rotate (in pairs) from the field, to catching behind the batters to hitting, and finally back to the field.

After the coach has thrown a ball to one batter, they immediately throw the next pitch to the other batter. Athletes rotate after each group has had 10-15 quality swings

BASERUNNING

ACTIVITY “BASEBALL TAG”

Description: Arrange hoops behind 1st base and home plate, and on 2nd and 3rd base. One or some athletes are “it”. Athletes have to reach the next base while following the basepaths. Athlete(s) who are “it” must leave the mound to tag teammates.

Equipment: Set of bases (4) and hoola hoops (4)

VARIATIONS AND PROGRESSION:

- A. Ask parents/guardians to participate

KEY POINTS

- Explain the ability to run passed 1st base and home plate
- Make sure to avoid too many athletes at each base



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

ACTIVITY “THE RELAY” (11)

[Click here](#) for video demonstration

Description: Split athletes into two groups (depending on the number of athletes). Each team forms a line. A hoola hoop filled with balls of different kinds is located 30 feet in front of each team, with two cones placed at 15 and 30 feet from the hoop.

On signal, one athlete goes to the hoop and from there tries to throw a ball towards each cone. Two throws are allowed. The athlete then returns to the line and the next athlete attempts the task.

Equipment:

- Several balls (2 minimum)
- Two cones per team (4-6)
- 2-3 hoops

VARIATIONS AND PROGRESSION:

Adjust distance depending on ability

- A. If athlete hits 1st cone, 1 point is awarded
2nd cone = 3 points awarded
First team to finish = 2 additional points
- B. Add various challenges. Example: between line and hoop
- C. Without cones and hoops, teams are in line. Athletes throw to a partner. First team to go all the way and back gets the point