

PRACTICE PLAN #8 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:

- 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

THROWING AND RECEIVING (continued)

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*

HITTING (continued)

ACTIVITY “DRILL WITH PITCHER”

Description: With a coach/parent helper located at 20 feet in front of the batter, toss the ball with both knees on the ground while asking the batter to hit the ball.

Equipment: Bats and balls

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes stationed well behind batters to retrieve balls
- 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/parent helper 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

VARIATIONS AND PROGRESSION:

- A. Baseball bats, small balls
- B. Baseball bats, wiffle balls

KEY POINTS

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



THROWING

ACTIVITY “THE NET” (9)

[Click here](#) for video demonstration

Description: Divide the athletes into two equal groups on each side of the net.

Using soft balls and wiffle balls, ask athletes to pick up a ball off the ground and to throw it over the net. Both teams are throwing and receiving balls over the net for one minute before taking a break and then repeating the activity.

Equipment:

- A minimum of six soft balls or wiffle balls
- One screen, fence or net

VARIATIONS AND PROGRESSION:

- A. Athletes are located farther from the screen/fence/net

KEY POINTS

- *Make sure the grip is appropriate*
- *Glove side foot forward when throwing*

A competition can be created where the goal is to send all balls to the other side.

RECEIVING

ACTIVITY “BIG FOOT”

Description: Partners start in lines, facing each other, approximately 10 feet apart. One coach/parent helper per pair. Athletes throw to each other (or coach/parent helper throws if skill level is too low for accurate throws). Each time a catch is made the partners move back one giant step.

The pair that ends up the farthest apart while still able to catch the ball is given the BIG FOOT AWARD.

Equipment: One ball for every two athletes

VARIATIONS AND PROGRESSION:

- A. Use different types of balls (tennis, incrediball, baseball, wiffle) depending on ability.



GAME & GENERAL KNOWLEDGE

ACTIVITY "OUT"

Goal: Explain to athletes how to make an out

Description: Play a mini game and instruct athletes to touch the runners to make an out

VARIATIONS AND PROGRESSION:

- A. Make two teams and play mini-games using only one base
- B. Play a mini-game using four bases
- C. Rotate the teams to change the learning environment

KEY POINTS

- *Touch the runner with the ball before the runner touches the base*

