

PRACTICE PLAN #9 LEVEL – ON DECK/HOME PLATE

Required equipment: TVB balls, various bats, various balls *baseball, wiffle balls, tennis, softballs, foam balls, batting tee, 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

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 “WIFFLE BP” (22)

[Click here](#) for video demonstration

Description: With a coach/parent helper standing in front of the athlete at 20 feet and throwing, simply ask the athlete to hit the ball.

Equipment: Various bats and balls (wiffle balls)

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes receiving behind the batters at a safe distance
- One athlete feeding balls to the coach
- Rest of the athletes in the field (gathering balls)

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.

KEY POINTS

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

BASERUNNING

ACTIVITY "GIMME 5"

Description: Arrange bases 30-40 feet from athletes; four groups of three. Athletes, in turn, take a swing at an imaginary ball, drop bat, run as fast as possible passed their base, give the coach a 'high five', and return to the base as if running to second.

Equipment: Set of four bases, two bats

VARIATIONS AND PROGRESSION:

- A. Simulate a swing with a plastic or aluminum bat
- B. Hit a tossed wiffle ball

KEY POINTS

- *Make sure athletes are running full speed across the bag, slowing down only after touching it*



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

GENERAL KNOWLEDGE (continued)

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*