

PRACTICE PLAN #1 LEVEL – SINGLE/DOUBLE

Required equipment: TVB balls, various bats, various balls (baseballs, wiffle balls, tennis, softballs, foam balls, large), batting tee, set of bases (minimum of four), hoops (4)

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 activities giving opportunities to stretch the body and prepare 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 “BETWEEN THE TWO” (19)

[Click here](#) for video demonstration

Description: Each athlete has a bat in their hands. They watch and copy each batting position that the coach assumes.

Every time the coach asks the athletes how to position themselves, they answer “Between the Two”. In all cases, you want “Between the Two” extremes as a better method for your batters to start from.

Equipment: One “bat” per athlete

VARIATIONS AND PROGRESSION:

- A. Close feet (compact stance) VS Wide feet (wide stance)
- B. Straight legs VS Bent legs
- C. High hands VS Low hands
- D. Bat pointing straight up VS Lying on shoulder
- E. Complete swings without balls

KEY POINTS

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

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. Three swings and hit

KEY POINTS

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



RECEIVING

ACTIVITY CATCH THE BALL LIKE AN EGG (13)

[Click here](#) for video demonstration

Description: With a partner or a coach/parent helper located in front of the athlete at a distance of six feet, throw the ball underhand towards the athlete. Look for athletes who will catch the ball with two hands.

Place athletes opposite each other at a distance of six feet. With athletes on two knees, and barehanded, have the athletes play catch throwing the ball underhand. For younger athletes, it would be a good idea to match them with a coach/parent helper.

- A. On both knees, no glove, use tennis balls
- B. Standing up, no glove, use tennis balls or bigger balls, throw with one bounce

KEY POINTS

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



ACTIVITY “ALL MESSED-UP” (18)

[Click here](#) for video demonstration

Description: In pairs with no gloves, athletes face each other approximately six feet apart. While stationary, athletes throw the ball to their partner, left, right, and below the waist; the receiving athlete must catch the ball without moving their feet.

Equipment: Various balls

VARIATIONS AND PROGRESSION:

- A. Use gloves
- B. Use tennis balls
- A. Use foam balls

KEY POINTS

- Put thumbs together when catching balls chest high or higher to the left and right
- Put pinky fingers together when catching balls below the waist
- Fingers always pointing to the outside
- Catch the ball using both hands

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)

VARIATIONS AND PROGRESSION:

- A. Individually, done while jogging
- B. Individually, done while backpedaling
- C. Have athletes start at different bases

KEY POINTS

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

