

## PRACTICE PLAN #2 LEVEL – SINGLE/DOUBLE

**Required equipment:** TVB balls, various bats, various balls (baseballs, wiffle balls, tennis, softballs, foam balls), batting tee, set of bases (minimum of four), hoola hoops (4), cones, throwing target.

# 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:**

- *Sitting, using only arms*
- *High knees*
- *Heel to back of legs*
- *Military walk*

## WARM-UP:

**Description:** Warming up with various activities 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:**

- From a seated position, pick up the ball off the ground and throw it to a partner (or coach/parent helper)
- 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:**

- On both knees
- 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. Three swings and hit

### KEY POINTS

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



## ACTIVITY “LIGHT TOSS” (21)

[Click here](#) for video demonstration

**Description:** Athletes can do this in pairs or in groups of three (each group needs 6-10 baseballs). Have a partner or a coach/parent helper located at 45 degrees beside the batter, simply ask the athlete to hit the ball from an underhand toss.

Have one coach/parent helper kneel in front and to the side of the batter and toss a ball with little or no arc in front of them.

After the batter has had 10-15 quality swings, get the athletes to switch. The pitcher should keep the delivery consistent so that batters can find their timing.

**Equipment:** Various bats and balls

### VARIATIONS AND PROGRESSION:

- A. Standard T-Ball

### KEY POINTS

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

# 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

## **ACTIVITY** “HOME RUN”

**Description:** Hang targets on a backstop or fence. Place one group of three athletes at each target. The closest line to the target is considered a single, the next closest a double, the next closest a triple, with the farthest line from the target being a Home Run. Distances can be adjusted, according to the ability of the athletes.

**Target:** Single, Double, Triple, Home Run

Athletes choose which distance they throw from in order to hit the target. Points are awarded as follows:

- 1 point = Single
- 2 points = Double
- 3 points = Triple
- 4 points = HOME RUN

See if each athlete can increase their points with each consecutive throw or turn the activity into a competition based on the total number of points made in each group.

### **KEY POINTS**

- *Place 2-3 fingers on the ball, without paying attention to the seams.*
- *Hold the ball with fingers instead of palm of hand*
- *Step forward and towards target on each throw*

# RECEIVING

## **ACTIVITY** "THE CROCODILE" (14)

[Click here](#) for video demonstration

**Description:** Coach/parent helper instructs the athletes to simulate the proper way to receive a ground ball.

**Equipment:** Several types of balls (minimum one per athlete).

## **VARIATIONS AND PROGRESSION:**

- A. Simulate receiving the ball
- B. Coach rolls a ground ball
- C. In pairs, one athlete rolls the ball and the other receives it

\*Do activity with and without gloves

## **KEY POINTS**

- *Always put hands out to simulate crocodile's mouth*
- *"Pet" the ball when receiving it*
- *Feet and hands form a triangle*



## RECEIVING (continued)

### ACTIVITY “SKY BALL” (15)

[Click here](#) for video demonstration

**Description:** One coach/parent helper for every two athletes. Athletes will practice using high tosses from a coach/parent helper. Self-competition can be included by:

- 1 Catching a higher thrown ball each time
- 2 Number of consecutive catches

**Equipment:** Various balls or objects to catch

### VARIATIONS AND PROGRESSION:

- A. Coach throws the ball
- B. With or without a glove

### KEY POINTS

- *Hands together, placed slightly above forehead*

