

# 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*



## PRACTICE PLAN #3 LEVEL – SINGLE/DOUBLE

**Required equipment:** TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), batting tee, set of bases (minimum of four), hoola hoops, cones, 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*
- *Lift arm to shoulder height*
- *Reach back*
- *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:

- C. Standard “t-ball”
- D. 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. Regular toss at 45 degrees
- B. Regular toss at 45 degrees with coloured balls
- C. Regular toss without moving feet (no step)
- D. Regular toss with one knee down
- E. Regular toss with bottom hand only (use light bat)
- F. Regular toss using two balls

### 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 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



## RECEIVING

### 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
- C. 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