

PRACTICE PLAN #4 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:

- *Military walk*
- *Shuffle steps*
- *Sprint, baseball start*

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*



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 “SPACE SHUTTLE”

Description: One coach/parent helper and one ball (space shuttle) for every two athletes; one marker for each athlete; try to assign pairs as close in ability as possible.

Pairs stand behind a line and see how far they can throw (send the ball into space). The coach/parent helper leader can be in the area of the throw to mark the spot.

Competition can be introduced by seeing if pairs can throw farther each time and by competing against each other.

Equipment: One ball for every pair

VARIATIONS AND PROGRESSION:

- A. Use different types of balls (tennis, incredible, baseball, wiffle)

HITTING

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

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

BASERUNNING

ACTIVITY “KILL THE MOSQUITO”

Description: Put three athletes at each base. Pretend there is a mosquito on the inside corner of each base.

Athletes in turn, take a swing at an imaginary ball, drop the bat, run as fast as possible to the next base, stepping on the ‘mosquito’ as they round the base. Athletes then wait their turn at the base they just rounded.

Equipment: Four bases and four cones

KEY POINTS

- *Remind athletes it's easier to step on the mosquito if they run a little to the outside of the baseline as they approach the base*
- *It's beneficial to put markers down for athletes to go around as shown in the diagram.*



GENERAL KNOWLEDGE

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