

## PRACTICE PLAN #5 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), basket.

# 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*
- *Backpedal run*

## WARM-UP:

**Description:** Warming up with various activities giving opportunities to stretch the body and prepare itself for baseball practice.

## THROWING AND RECEIVING

### **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:

- 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. Standard T-Ball

### 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



## RECEIVING

### **ACTIVITY** THE GUARDIAN (16)

[Click here](#) for video demonstration

**Goal:** Teach athletes a safe way to field a ground ball

**Description:** In pairs or with a coach/parent helper, athletes practice fielding the ball with one knee down

**Equipment:** Balls

### **VARIATIONS AND PROGRESSION:**

- A. The athletes simulate the action without a ball
- B. The athletes simulate the action with a stationary ball
- C. The coach rolls a ball and the athletes field the ball
- D. The coach rolls the ball, the athletes field and throw the ball to a specified target/area

### **KEY POINTS**

- *Put one knee on the ground*
- *Upper body must be behind the ball*
- *Always face the ball*



## GAME & GENERAL KNOWLEDGE

### **ACTIVITY** “BUCKET BALL”

**Goal:** Throwing, fielding, base running, cooperation, and teamwork

**Equipment:** Two balls, Four bases, helmets, bucket or bag

**Description:** Two teams of six – one on offence – one on defense. The defensive team has a catcher at home plate and the other athletes at appropriate positions. The offensive team has one athlete throw from home plate and the other athletes awaiting their turn from a safe distance.

**Activity:** Offensive ‘batter’ throws out two balls at one time in quick succession and runs around the bases trying to make it home before the fielding team gets both balls in a bucket/bag.

If the ball is caught, the batter is out.

Fielders may NOT run with the ball. The ball must be thrown home. Relay the ball if necessary.

Remind athletes to make sure the catcher is looking; A coach/parent helper should be positioned in the home plate area.

### **VARIATIONS AND PROGRESSION:**

- A. Batter throws two balls
- B. Batter hits two balls

