

## PRACTICE PLAN #7 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 (2-3), cones (4-6), badminton birdies, tennis racquets.

# 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*
- *Backpedal run*
- *Football sprint*

## 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:**

- 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*

## BASERUNNING

### **ACTIVITY** “THE GAZELLE”

**Description:** Athlete takes a swing with a bat. Athlete must leave the box using the right foot. Athlete takes quick steps towards first base and stops at ¼ of the distance.

#### **Equipment:**

- Two bases
- One bat and one ball

### **VARIATIONS AND PROGRESSION:**

- A. Simulate a swing with a foam or aluminum bat
- B. Hit a badminton birdie

### **KEY POINTS**

- *Athletes use their batting stance and take a swing*
- *Don't look at the ball after it is hit*
- *Never throw the bat*
- *Right-handed batters' first step is with the right foot and left-handed batters' first step is with the left foot.*

## HITTING

### **ACTIVITY** “PRACTICE WITH TENNIS RACQUET (23)”

[Click here](#) for video demonstration

**Description:** With a coach/parent helper standing in front of the athlete at 30 feet and throwing overhand, simply ask the athlete to hit the ball with a tennis racquet.

**Equipment:** Tennis racquet and tennis balls

#### **Athletes are usually set up as follows:**

- Two athletes hitting
- Two athletes receiving behind the batters at a safe distance
- One athlete feeding balls to the coach
- Rest of the 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 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

## RECEIVING

### ACTIVITY “BIG FOOT”

**Description:** Partners start in lines, facing each other, approximately 10 feet apart. One coach/parent helper per pair. Athletes throw to each other (or coach/parent helper throws if skill level is too low for accurate throws). Each time a catch is made the partners move back one giant step.

The pair that ends up the farthest apart while still able to catch the ball is given the BIG FOOT AWARD.

**Equipment:** One ball for every two athletes

### VARIATIONS AND PROGRESSION:

- A. Use different types of balls (tennis, incrediball, baseball, wiffle) depending on ability.



## 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

## GAME & GENERAL KNOWLEDGE

### ACTIVITY “OUT”

**Goal:** Explain to athletes how to make an out

**Description:** Play a mini game and instruct athletes to touch the runners to make an out

### VARIATIONS AND PROGRESSION:

- A. Make two teams and play mini-games using only one base
- B. Play a mini-game using four bases
- C. Rotate the teams to change the learning environment

### KEY POINTS

- *Touch the runner with the ball before the runner touches the base*

