

PRACTICE PLAN #8 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 (four), cones.

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*

HITTING – BASERUNNING

ACTIVITY “500” (20)

[Click here](#) for video demonstration

Description: Two groups of six athletes have their own playing area. One athlete is the batter while the others are in the field. The other group does the same activity.

Equipment: Two bats, four balls

Activity:

- Batter will bat off a tee or via thrown pitch
- Each batter gets 10 swings or hits
- Fielders can get points by fielding the ball,
 - *100 for caught fly,
 - *50 for one bouncer,
 - *25 for a grounder

100 points FOR CAUGHT FLY

50 points FOR ONE BOUNCER

25 points FOR A GROUNDER

ACTIVITY “THE CHALLENGE”

Description: All athletes are at home plate. On their turn (after athlete in front has reached 1st base), athletes round the bases. Between each base, there is a challenge to perform.

Equipment: Set of bases (minimum four), various items for challenges

CHALLENGE EXAMPLES:

- Backpedal
- Rounding cones
- Roll
- Jump between bats
- Under a bat on two cones
- Jump over a partner
- Shuffle steps or other running drills
- Batting tee
- Field a ball, throw to a coach/parent helper
- Other creative ideas

KEY POINTS

- *More than one skill/task can be incorporated.*
BE CREATIVE

BASERUNNING

ACTIVITY “BASEBALL TAG”

Description: Arrange hoops behind 1st base and home plate, and on 2nd and 3rd base. One or some athletes are “it”. Athletes have to reach the next base while following the basepaths. Athlete(s) who are “it” must leave the mound to tag teammates.

Equipment: Set of bases (4) and hoola hoops (4)

VARIATIONS AND PROGRESSION:

- A. Ask parents/guardians to participate

KEY POINTS

- *Explain the ability to run passed 1st base and home plate*
- *Make sure to avoid too many athletes at each base*



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*