

PRACTICE PLAN #1 LEVEL – TRIPLE/HOME RUN

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), batting tee, set of bases (minimum of 4), hoola hoops (4).

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:

- A. Sitting, use only arms
- B. High knees
- C. Heel to back of legs
- D. Military walk

WARM-UP:

Description: Warming up with various exercises 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:

- A. From a seated position, pick up the ball off the ground and throw it to a partner (or coach/parent helper)
- B. 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:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- Throwing arm goes down
- Reach back
- Lift arm to shoulder height
- Add one step with the glove side (giant step), just before throwing
- Appropriate arm action



HITTING

ACTIVITY “BETWEEN THE TWO” (19)

[Click here](#) for video demonstration

Description: Each athlete has a bat in their hands. They watch and copy each batting position that the coach assumes.

Every time the coach asks the athletes how to position themselves, they answer “Between the Two”. In all cases, you want “Between the Two” extremes as a better method for your batters to start from.

Equipment: One “bat” per athlete

VARIATIONS AND PROGRESSION:

- A. Close feet (compact stance) VS Wide feet (wide stance)
- B. Straight legs VS Bent legs
- C. High hands VS Low hands
- D. Bat pointing straight up VS Lying on shoulder
- E. Complete swings without balls

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

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:

- A. Standard “t-ball”
- B. Three swings and hit

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat



PRACTICE PLAN #1 LEVEL – TRIPLE/HOME RUN (continued)

HITTING (continued)

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



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



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

BASERUNNING

ACTIVITY “THE TRAIN” (25)

[Click here](#) for video demonstration

Description: Starting from home plate, athletes form a line and lightly jog around the bases, saying the name of the base as they touch it. Parent/guardians are encouraged to join in this activity!

Equipment: Set of bases (minimum of four)

VARIATIONS AND PROGRESSION:

- A. Individually, done while jogging
- B. Individually, done while backpedaling
- C. Have athletes start at different bases

KEY POINTS

- Athlete must learn to run the bases in the correct order
- Learn the name of each base

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