

PRACTICE PLAN #10 LEVEL – TRIPLE/HOME RUN

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), t-ball, set of bases (minimum of 4), badminton birdies.

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. Sprint, baseball start
- B. Backpedal run
- C. Football sprint

WARM-UP:

Description: Warming up with various exercises 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*
- *Add one step with the glove side (giant step), just before throwing*
- *Appropriate arm action*



HITTING

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. Plastic bats, badminton birdies
- B. Cut hockey stick, wiffle balls

KEY POINTS

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



GAME & GENERAL KNOWLEDGE

ACTIVITY “FAIR/FOUL BALL”

The infield and outfield area make up what is known as ‘fair territory’. Batters want to hit the ball into this area as it allows them to start running the bases and scoring runs!

Straight lines drawn on the field from home plate to the outfield fence are known as foul lines and they separate fair territory from foul territory. If a batter hits a ball behind or outside of fair territory it is called a ‘foul ball’. A batter cannot start running the bases on a foul ball.

ACTIVITY “THE GAME”

Complete your practice by playing a game as per Rally Cap rules.

