

PRACTICE PLAN #2 LEVEL – TRIPLE/HOME RUN

Required equipment: TVB balls, various, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), batting tee, set of bases {minimum of 4}, cones (4 to 6), hoola hoops (2 to 3), target.

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:

- E. Sitting, use only arms
- F. High knees
- G. Heel to back of legs
- H. 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 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 “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



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. Regular toss at 45 degrees with coloured balls
- B. Regular toss without moving feet (no step)
- C. Regular toss with one knee down

KEY POINTS

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

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

- If athlete hits 1st cone, 1 point is awarded
2nd cone = 3 points awarded
First team to finish = 2 additional points
- Add various challenges. Example: between line and hoop
- 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

KEY POINTS

- *None. Let's have fun here!*

ACTIVITY “HOME RUN”

Description: Hang targets on a backstop or fence. Place one group of three athletes at each target. The closest line to the target is considered a single, the next closest a double, the next closest a triple, with the farthest line from the target being a Home Run. Distances can be adjusted, according to the ability of the athletes.

Target: Single, Double, Triple, Home Run

Athletes choose which distance they throw from in order to hit the target. Points are awarded as follows:

- 1 point = Single
- 2 points = Double
- 3 points = Triple
- 4 points = HOME RUN

See if each athlete can increase their points with each consecutive throw or turn the activity into a competition based on the total number of points made in each group.

KEY POINTS

- *Place 2-3 fingers on the ball, without paying attention to the seams.*
- *Hold the ball with fingers instead of palm of hand*
- *Step forward and towards target on each throw*

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. Coach rolls a ground ball
- B. 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 “ALL MESSED-UP” (18)

[Click here](#) for video demonstration

Description: In pairs with no gloves, athletes face each other approximately six feet apart. While stationary, athletes throw the ball to their partner, left, right, and below the waist; the receiving athlete must catch the ball without moving their feet..

Equipment: Various balls

VARIATIONS AND PROGRESSION:

- A. Use gloves
- B. Use tennis balls
- C. Use foam balls

KEY POINTS

- Put thumbs together when catching balls chest high or higher to the left and right
- Put pinky fingers together when catching balls below the waist
- Fingers always pointing to the outside
- Catch the ball using both hands

