

## PRACTICE PLAN #3 LEVEL – TRIPLE/HOME RUN

**Required equipment:** 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, cones, mat (sliding surface).

# 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. High knees
- B. Heel to back of leg
- C. Military walk
- D. Shuffle steps

## 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** "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

- 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

## BASERUNNING

### ACTIVITY “SLIDING” (29)

[Click here](#) for video demonstration

**Description:** Place a mat (or sliding surface) on an open area of grass. Have athletes line up in single file approximately 10 to 15 feet away from the mat. Have athletes run and complete the slide into the mat, one at a time.

For all sliding techniques, the coach can shorten the ‘run up’ distance to slow the athletes down and focus on the technique of the slide, then slowly increase the speed of the athletes after they feel more comfortable.

**Equipment:** Mats (optional), a long piece of cardboard also works

#### Bent Leg Slide:

Make sure the athletes have their hands in the air to avoid injury.

Stay low throughout the approach of the slide to decrease the amount of impact with the ground.

#### VARIATIONS AND PROGRESSION:

- A. Sliding with legs forming a ‘4’

# RECEIVING

**ACTIVITY** *THE GUARDIAN (16)*

[Click here](#) for video demonstration

**Goal:** Teach athletes a safe way to field a ground ball

**Description:** In pairs or with a coach/parent helper, athletes practice fielding the ball with one knee down

**Equipment:** Balls

**VARIATIONS AND PROGRESSION:**

- A. The coach rolls a ball and the athletes field the ball
- B. The coach rolls the ball, the athletes field and throw the ball to a specified target/area



**KEY POINTS**

- *Put one knee on the ground*
- *Upper body must be behind the ball*
- *Always face the ball*