

## PRACTICE PLAN #4 LEVEL – TRIPLE/HOME RUN

**Required equipment:** TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), batting tees, set of bases (2 sets of 4), catcher's equipment (2 sets), bucket.

# 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. Military walk
- B. Shuffle Steps
- C. Sprint, baseball start

## 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 “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 “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. Baseball bats, wiffle balls
- B. Baseball bats, tennis balls
- C. Cut hockey stick, wiffle balls

### KEY POINTS

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



## RECEIVING

### **ACTIVITY** "FIELD 3" (17)

[Click here](#) for video demonstration

**Description:** Form two teams of six - one batter, one catcher, the rest are fielders. Set up two separate activity areas at a safe distance. There will be one coach/parent helper pitcher in each area for each group of six. Set up bases on diamond.

**Equipment:** Two bats, two balls, two sets of catcher's equipment, two sets of bases

- One batter at a time hits off coach/parent helper pitcher, with one athlete as catcher
- When a fielder has successfully fielded three groundballs or has caught one fly ball, they become the batter.

Athletes rotate positions

Make sure all athletes get an opportunity to bat and catch



## GAME & GENERAL KNOWLEDGE

### **ACTIVITY** “BUCKET BALL”

**Goal:** Throwing, fielding, base running, cooperation, and teamwork

**Equipment:** Two balls, Four bases, helmets, bucket or bag

**Description:** Two teams of six – one on offence – one on defense. The defensive team has a catcher at home plate and the other athletes at appropriate positions. The offensive team has one athlete throw from home plate and the other athletes awaiting their turn from a safe distance.

**Activity:** Offensive ‘batter’ throws out two balls at one time in quick succession and runs around the bases trying to make it home before the fielding team gets both balls in a bucket/bag.

If the ball is caught, the batter is out.

Fielders may NOT run with the ball. The ball must be thrown home. Relay the ball if necessary.

Remind athletes to make sure the catcher is looking; A coach/parent helper should be positioned in the home plate area.

### **VARIATIONS AND PROGRESSION:**

- A. Batter throws two balls
- B. Batter hits two balls

### **ACTIVITY** “SINGLE/DOUBLE/TRIPLE/HOME RUN”

#### **Single**

A hit that gets a batter to 1st base safely is called a single

#### **Double**

A hit that gets a batter to 2nd base safely is called a double

#### **Triple**

A hit that gets a batter to 3rd base safely is called a triple

Sometimes, a batter makes it around all three bases and back to home plate in one attempt. Getting around all the bases with one hit is called a “home run” or at higher levels of the game when a batted ball lands beyond the home run fence!