

PRACTICE PLAN #5 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), cones (4 to 6), hoops (2 to 3), 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. Spring, baseball start
- D. Backpedal run

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 “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

ACTIVITY “WIFFLE BP” (22)

[Click here](#) for video demonstration

Description: With a coach/parent helper standing in front of the athlete at 20 feet and throwing, simply ask the athlete to hit the ball.

Equipment: Various bats and balls (wiffle balls)

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes receiving behind the batters at a safe distance
- One athlete feeding balls to the coach
- Rest of the 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 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.

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

ACTIVITY “CHAMP”

[Click here](#) for video demonstration

Goal: Practice throwing and receiving

Description: One coach/parent helper for every two athletes or athletes in partners if they are capable of throwing and throwing the ball back and forth.

Every time a ball is caught by one of the two athletes, they get a letter from the word “CHAMP”. Partners can compete against other partners to see which pair can spell CHAMP first

Letters can be awarded for good throws back to the coach/parent helper as well.

Variations and progression: Let athletes select their own words (example: HOME RUN)

Equipment: One ball for every two athletes

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

