

PRACTICE PLAN #6 LEVEL – TRIPLE/HOME RUN

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, forge), batting tee, set of bases (one set of four), badminton birdies, catcher's equipment (two sets).

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. Cross steps, front and back
- 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 “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*



BASERUNNING

ACTIVITY “GIMME 5”

Description: Place bases 30-40 feet from athletes. Athletes, on their turn, take a swing at an imaginary ball, drop bat, run as fast as possible passed their base, give the coach a “high 5” and return to base as if running to 2nd base.

Equipment: Set of bases (4), bats (2)

VARIATIONS AND PROGRESSION:

- A. Simulate a swing with a plastic or aluminum bat
- B. Hit a badminton birdie
- C. Hit a tossed wiffle ball
- D. Hit an object and run towards 1st base

KEY POINTS

- Make sure athletes are running full speed across the bag slowing down only after touching it



RECEIVING

ACTIVITY “ALL MESSED UP” (18)

[Click here](#) for video demonstration

Description: In pairs with no gloves, athletes face each other about six feet apart. Stationary, athletes throw the ball up in the air, 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 the ball chest high or higher, to the left and right
- Put pinky fingers together when catching the ball below the waist
- Fingers always pointing to the outside
- Catch the ball using both hands

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 “OUT”

Goal: Explain to athletes how to make an out

Description: Play a mini game and instruct athletes to touch the runners to make an out

VARIATIONS AND PROGRESSION:

- A. Make two teams and play mini-games using only one base
- B. Play a mini-game using four bases
- C. Rotate the teams to change the learning environment

KEY POINTS

- *Touch the runner with the ball before the runner touches the base*



ACTIVITY “BALL/STRIKE”

Strike: A strike is when a batter swings and misses at a pitch or doesn't swing at a pitch that goes through the strike zone in the umpire's judgement. It also counts as a strike if a batter hits a pitched ball into foul territory (see "The Field"). This is called a foul ball.

Ball: A ball, the opposite of a strike, is a pitch that does not go through the strike zone, and the batter chooses not to swing at.

The Strike Zone is an imaginary area that is as wide as home plate and extends from the batter's chest to their knees.

A Strikeout is when the pitcher throws three strikes (called strikes or swinging strikes) to the batter.

However, a batter can never strike out (be given a third strike) on a foul ball.

If a batter gets four balls before getting three strikes, it is called a 'walk' and the batter is awarded first base.