

## PRACTICE PLAN #7 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), hoola hoops (2 to 3), tennis racquets, small footballs (2 or 3).

# 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. Backpedal run
- C. Football sprint

## 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** “TENNIS BASEBALL” (23)

**Description:** With a coach/parent helper standing in front of the athlete at 30 feet apart, and throwing overhand, simply ask the athlete to hit the ball with a tennis racquet.

**Equipment:** Tennis racquet and tennis balls

#### **Athletes are usually set up as follows:**

- Two athletes hitting
  - Two athletes catching behind the hitters
  - One athlete feeding balls to the coach
  - Rest of athletes in the field gathering balls
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- Athletes rotate (in pairs) from the field, to catching behind the hitters to hitting, and finally back to the field.

After the coach has thrown a ball to one hitter, they immediately throw the next pitch to the other hitter. Athletes rotate after each group has had 10-15 quality swings



# THROWING

## **ACTIVITY** “THE FOOTBALL PASS”

**Description:** Split athletes into 2-3 groups (depending on total number of athletes). On signal, the first athlete in line does a banana path. The following athlete in line throws a ball to the first athlete who attempts to catch it. The athlete then returns to their line and becomes the one who will throw the ball to their partner.

**Equipment:** Several balls of all kinds  
• 2-3 small footballs

## **VARIATIONS AND PROGRESSION:**

Change the distance depending on athletes' abilities (closer or farther away) and use several types of balls and maybe even a small football.

- A. The athlete catching is walking with their glove.
- B. The athlete catching is running with their glove.
- C. The athlete catching is running barehanded (softer balls).



## RECEIVING

### **ACTIVITY** “PFP”

**Goal:** Teach athletes to field a ball and throw to a target

**Description:** Form two lines of three. One athlete is located on the mound and the two others at first base (or at home plate if two groups).

One athlete is halfway between home plate and first base and rolls a ball at the athlete standing on the mound. They field the ball and throws to the athlete at first base. Then rotate (follow the throw).

**Equipment:** Various balls

### **VARIATIONS AND PROGRESSION:**

- A. Use different types of balls
- B. Create a competition between the two groups (how many repetitions)
- C. Have the athletes move to greater distance
- D. Place athletes in infield, shortstop throws to first base, second base throws to third base

### **KEY POINTS**

- *Take your time: Field, step and throw towards target*



## 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 “FAIR/FOUL BALL”

The infield and outfield area make up what is known as ‘fair territory’. Batters want to hit the ball into this area as it allows them to start running the bases and scoring runs!

Straight lines drawn on the field from home plate to the outfield fence are known as foul lines and they separate fair territory from foul territory. If a batter hits a ball behind or outside of fair territory it is called a ‘foul ball’. A batter cannot start running the bases on a foul ball.

