

## PRACTICE PLAN #8 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), mat.

# 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. Shuffle steps
- B. Cross steps, front and back
- C. Backpedal run
- D. 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 – RECEIVING

### ACTIVITY “500” (20)

[Click here](#) for video demonstration

**Description:** Two groups of six athletes have their own playing area. One athlete is the batter while the others are in the field. The other group does the same activity.

**Equipment:** Two bats, four balls

#### Activity:

- Batter will bat off a tee or via thrown pitch
- Each batter gets 10 swings or hits
- Fielders can get points by fielding the ball,
  - \*100 for caught fly,
  - \*50 for one bouncer,
  - \*25 for a grounder

**100 points**

FOR CAUGHT FLY

**50 points**

FOR ONE BOUNCER

**25 points**

FOR A GROUNDER

### 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
- B. Regular toss at 45 degrees with coloured ball

#### KEY POINTS

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

## 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’

B. Football slide

### **ACTIVITY** “GOTCHA”

**Description:** Place 2-4 groups of athletes at each base or at home plate and 2nd base depending on numbers. Set up bases in diamond formation 20-30 feet apart.

On the signal ‘GO’, one player from each group starts running around the bases. The objective is to run passed the person ahead of you.

Score one point for your team for every athlete passed

Run for a set period of time (15-30 seconds).

**Equipment:** Set of bases (minimum of four)

#### **VARIATIONS AND PROGRESSION:**

A. Use parent helpers so athletes can try to pass them

B. Backpedal

#### **KEY POINTS**

• *AT ALL TIMES, athletes must touch all bases*

## GAME & GENERAL KNOWLEDGE

### **ACTIVITY** “BE POSITIONED DEPENDING ON THE HITTER”

The defensive positioning will vary depending on who comes up to the plate. For example, a weak left-handed batter will allow the athletes on the left side of the field to play in. The opposite is true when a weak right-handed batter comes up.

The athletes will have to cover more ground when a power hitter comes up to the plate. The defense will also have to shift to the right or left depending on the hitter's tendencies.

### **ACTIVITY** “THE GAME”

Complete your practice by playing a game as per Rally Cap rules.

\*refer to “General Information” section to get information about rules and game format.

