

PRACTICE PLAN #9 LEVEL – TRIPLE/HOME RUN

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), t-ball, set of bases (minimum of 4), badminton birdies.

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. Football sprint
- D. 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 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 “THE ACCURATE HITTER”

[Click here](#) for video demonstration

Description: With a coach/parent helper standing in front of the athlete from 30 feet, and throwing overhand, simply ask the athlete to hit the ball.

Equipment: Cones (4), balls, bats

Cones #1 and #2 placed at shortstop at 15 feet apart while cones #3 and #4 will be placed between 1st and 2nd base at 15 feet apart.

On the first five balls thrown, three must be hit between cones at shortstop. On the next five balls, three must be hit between the cones in the middle (cones 2 and 3), and on the last five balls, three have to be hit between cones between 1st and 2nd base areas (3 and 4).

The ball must reach the outfield, rolling or in the air.

VARIATIONS AND PROGRESSION:

- A. Start with one area only
- B. Add a point system

KEY POINTS

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

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!



GAME & GENERAL KNOWLEDGE

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.

ACTIVITY “THE GAME”

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

