

# RDMBA Practice Plan



## Pre-Practice Meeting

Goals	Things to Work on
<ul style="list-style-type: none"> <li>• Build Arm Strength (Long Toss)</li> <li>• Throwing Technique</li> <li>• Improve Hitting</li> <li>• Cut-offs - Positioning</li> <li>• Base running</li> </ul>	<ul style="list-style-type: none"> <li>• Proper Arm Action (Staying on top)</li> <li>• Hitting –top and bottom hand                             <ul style="list-style-type: none"> <li>- contact</li> <li>- driving ball</li> <li>- go with the pitch</li> </ul> </li> <li>• Cut-offs – Quick hands (catch to throw)                             <ul style="list-style-type: none"> <li>- footwork</li> <li>- positioning</li> </ul> </li> </ul>

## Practice

1. Warm Up (15 min)	2. Cutoffs (10 min)	3. Cutoffs-Positioning (20min)
<p>Athletes arrive 15 min prior to Practice time to start Dynamic Warm up. <b>Warm Up (15 min)-</b></p> <ul style="list-style-type: none"> <li>•Jog around outside of diamond</li> <li>•Dynamic movements (high knees, walking lunges, shuffle steps, crossovers, 40yd jogs)</li> <li>•Half speed sprints gradually working up to 80%</li> <li>•Static Stretching (arms, legs, shoulders, neck)</li> </ul> <p><b>Throwing (15 min):</b></p> <ul style="list-style-type: none"> <li>•Start on one knee, focus on wrist snap (proper 4 seam grip) – 10 ft apart (10 each)</li> <li>•Still on one knee with full arm and body turn – 15 ft apart (10 each)</li> <li>•Stand up full arm action and turn upper body, feet still – 25 ft apart (10 each)</li> <li>•Full step and upper body turn, exaggerate follow through – 30 ft apart</li> <li>•Full throwing action with step to target, full upper body rotation and wrist snap at end. Stay on top, watch ball to avoid slider rotation on ball</li> <li>•Work way farther apart toward long toss to build arm strength</li> </ul>	<ul style="list-style-type: none"> <li>•Groups of 3 immediately after long toss</li> <li>•In a line from foul line out toward fence, approx. 90 ft apart from cutoff man and then 3<sup>rd</sup> guy 90 ft further</li> <li>•Working on quick hands and good footwork from middle man, give good target facing thrower then turn body and catch ball with throwing hand side toward guy who threw it. Catch ball with 2 hands and feet moving, plant back foot as they catch ball and make strong throw over top with good 4 seam grip.</li> <li>•3 coaches watching each stage of line for proper footwork and good mechanics. Focus on wrist snap and over the top 4 seam grip for all throwers.</li> <li>•5 times end and back and then rotate middle men</li> </ul>	<ul style="list-style-type: none"> <li>•Players take their positions (assigned by coach)</li> <li>•One coach will hit balls from home plate to outfielders in different scenarios, 2<sup>nd</sup> coach instructing outfielders on throwing mechanics and where to throw, 3<sup>rd</sup> coach talking to infielders on their coverage and cutoff men</li> <li>•3 base runners starting at 2<sup>nd</sup> base (take turns)</li> <li>•Focus on position of cutoff men and communication from player receiving the ball. 3 main keys: 1. Where to throw based on runners 2. Lining up cutoff man 3. Communicating what to do with the ball (let go through, relay, cut to different base, or cut and hold)</li> </ul>

## Water Break (2 mins)

4. Hitting (40 min)	5. Star Drill (10 min)
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<ul style="list-style-type: none"> <li>•3 groups to rotate through from shagging to soft toss to wiffle/soft balls to live hitting</li> <li>•Station 1 - Live hitting with Coach pitching on Diamond (1 athlete hitting and 1 on deck). 2 bunts, 2 hit and run swings, 5 hits. If they get a solid line drive on 5<sup>th</sup> hit they stay for another. <ul style="list-style-type: none"> <li>- 5 players shagging in infield/outfield</li> <li>- Focus on driving ball and making contact</li> <li>- Coach gives feedback on swing minimally to keep</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>•2 teams of 6 players. 6 on Defense and 6 on Offense•6 players take up all 6 defensive positions on the infield •6 on offense take turns running from first base</li> <li>•Runners, with helmets on, will lead off first base as they would in a game, runners take off with the pitch •Pitcher on defense holds runner on and can pick runner off. If he picks them off they are out and next runner goes •If pitcher balks or throws it away, defensive team does 10 pushups</li> <li>•Pitchers throws to home, home to short, short to first, first</li> </ul>
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<p>things moving</p> <ul style="list-style-type: none"> <li>•Station 2 – Soft Toss with coach (2 athletes) <ul style="list-style-type: none"> <li>- Work on top hand only &amp; bottom hand only on one knee</li> <li>- Coach give plenty of feedback, making sure they lead with handle of bat (hands to the ball) and snap bat through hitting zone</li> </ul> </li> <li>•Station 3 - Wiffle Ball Pitching from Coach (3 athletes) - Player gets plenty of swings <ul style="list-style-type: none"> <li>- Coach can give plenty of feedback concentrating on contact and proper swing mechanics</li> <li>- 2 players shagging getting balls back to coach</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>to third, third to second, second to home to try and get the runner who is rounding the bases</li> <li>•Pylons are placed at each position for defense and coaches make sure they don't cheat too much</li> <li>•All 6 runners take a turn to run first to home before all infielders catch and throw the ball</li> <li>•Works on quick transition of catch to throw for infielders •Works on conditioning and base running technique for offense</li> <li>•Offense and defense switch after 3 out or all 6 players have run</li> <li>•Coaches are umpires at first &amp; home</li> <li>•Competition of runs scored</li> </ul>
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<b>6. Cool Down (5 min)</b>	<b>7. Evaluation (5 min)</b>
<ul style="list-style-type: none"> <li>•Slow jog around the outfield (pole to pole)</li> <li>•Stretch out legs and shoulders</li> <li>•While they stretch in a group, Coach can discuss what they worked on during practice and the key points to remember</li> <li>•Discussion or review of cutoff position and the importance of hitting a cutoff man</li> <li>•Key points around hitting: Strong top hand, hands to the ball, contact on hit &amp; run</li> <li>•Quick transfer: focus on 2 hands catching ball and footwork to get rid of ball quickly</li> </ul>	<ul style="list-style-type: none"> <li>•Ask players if they have any questions</li> <li>•Talk to coaches about what went well and what might be improved next practice</li> </ul>