



U5 “Storm Ball”

Practice Plans

St. Paul Minor Ball

March 10, 2026

## SPMB Storm Ball Practice Plans

These practice plans are merely suggestions and do not need to be followed exactly. Feel free to modify (drills and timing) to what works for your players. One possible modification would be to run drills as stations (multiple stations/drills at the same time, rather than the entire team doing each drill together) if there is enough coaches/parents to do so. Practice plans are included for the first four practices. Remaining practices can then be built by the coaches based off of the provided practice plans, with increased time for “Storm Ball” as the season progresses.

Coaches should show up early for the first session and will be given T-shirts to distribute to their team. Proceed to your diamond as designated on the schedule. Once your team has gathered, coaches should introduce themselves to their team and try to get their players to introduce themselves. Encourage parents to stay with their children and participate in the practice. The listed times should be used just as a guide. If an activity is going well, continue with it. If an activity is not going well, move on to something else and come back to that activity later.

### Warm Up

Each session should begin with a 5-10 minute warm up. Players this young do not require a warm up in order to physically prepare their bodies for baseball, although a warm up is recommended in order to get players mentally prepared to start the session. This also provides a regular routine and encourages the players to perform the same activity together as a team. Warm up activities could include a combination of the following:

Basic stretching	Red Light / Green Light	Simon Says
Armcircles	Variations of Tag	Relay Races
Short jog - forward/backward	Follow the Coach (shuffle F-B-L-R)	
Any other school yard type games		

## **Practice #1**

### **1. Introductions (5 minutes)**

Introduce yourself to the players and parents. Hand out T-shirts. Encourage the players to introduce themselves. Remind parents they are encouraged to assist with the games and practices.

### **2. Warm Up (10 minutes)**

Select number of warm up activities from suggested list.

### **3. Introduce Equipment (5 minutes)**

Walk through how the field will be set up for games. Let players hold the bat and balls and show them the tee. Have players jump on the base and yell "BOOM".

### **4. Practice (35 minutes)**

For the first few sessions it is anticipated that it will take longer to demonstrate these new skills and get players organized and set up so we have allowed more time than normal for each drill. If you find the player's attention is starting to wander, modify the drill or move on to the next activity.

#### **a. Fielding Ground Balls (10 minutes)**

Coaches/parents roll ground balls to the players. Teach players to get in front of the ball and trap it with two hands (like an alligator's mouth). Have the players yell "BOOM" occasionally as practice for the game.

#### **b. Catching (10 minutes)**

Introduce catching using the dodge balls, foam balls, and tennis balls. Teach the players that when catching anything above the waist put your hands up and your thumbs together. When catching below the waist put your hands out and keep your pinkies together. Pair each player up with a coach/parent or take turns tossing to each player. Players can try to throw the ball back but do not focus on technique at this point.

#### **c. Hitting and Base Running (15 minutes)**

Hitting- review with the players the proper stance and technique as described in the hitting fundamentals. The tee should be set even with the batters waist. Have the players hit towards the fence or backstop with as many repetitions as possible per player.

Base running and Throwing- while each player takes a turn hitting, introduce the remaining players to base running and throwing. Refer to the base running and throwing fundamentals above. For base running, teach the player to step hard on the base and yell "BOOM" and continue running straight through the base. Place

a coach or parent just beyond the base giving out high fives as a way to encourage the base runner to run past the base. Demonstrate. If the players get tired of base running, have them attempt throwing. For throwing, ensure the player is stepping forward with the foot opposite the throwing hand. Alternate between throwing and base running to keep the players attention. More attention will be paid to throwing in the next session

**5. Free Time (5 minutes)**

Finish with any fun game.

## **Practice #2**

### **1. Re-Introductions (3 minutes)**

Re-introduce yourself and have the players introduce themselves again.

### **2. Warm Up (10 minutes)**

Select number of warm up activities from suggested list.

### **3. Practice (40 minutes)**

#### **a. Throwing (15 minutes)**

Demonstrate how to correctly throw a ball as described in the tips and fundamentals. Have the players throw back and forth with the coaches / parents. Coaches should put their hands out in order to provide a target. Try to correct their form and technique. Roll or toss the balls back to the player. Players can also throw balls into backstop.

#### **b. Hitting and Base Running (13 minutes)**

Hitting - review with the players the proper stance and technique as described in the hitting fundamentals. The tee should be set even with the batters waist. Have the players hit towards the fence or backstop with as many repetitions as possible per player.

Base running and Throwing - while each player takes a turn hitting, introduce the remaining players to base running and throwing. Refer to the base running and throwing fundamentals above. For base running, teach the player to step hard on the base and yell "BOOM" and continue running straight through the base. Place a coach or parent just beyond the base giving out high fives as a way to encourage the base runner to run past the base. Demonstrate. If the players get tired of base running, have them attempt throwing. For throwing, ensure the player is stepping forward with the foot opposite the throwing hand. Alternate between throwing and base running to keep the players attention. More attention will be paid to throwing in the next session.

#### **c. Fielding Ground Balls (12 minutes)**

Coaches/parents roll ground balls to the players. Teach players to get in front of the ball and trap it with two hands (like an alligator's mouth). Have the players yell "BOOM" occasionally as practice for the game.

### **4. Free Time (7 minutes)**

Finish with any fun game.

## **Practice #3**

### **1. Re-Introduction/greeting**

### **2. Warm Up (5 minutes)**

### **3. Practice (35 minutes)**

#### **a. Throwing (10 minutes)**

Demonstrate how to correctly throw a ball as described in the tips and fundamentals. Have the players throw back and forth with the coaches / parents. Coaches should put their hands out in order to provide a target. Try to correct their form and technique. Roll or toss the balls back to the player. Players can also throw balls into the backstop.

Change it up:

- Place a large ball (dodge ball) on the tee and have the players try to knock it off by throwing balls at it.
- Have the coach stand and let players throw the balls (foam balls, wiffle balls, tennis balls) at the coach.

#### **b. Hitting and Fielding (15 minutes)**

Hitting - review with the players the proper stance and technique as described in the hitting fundamentals. The tee should be set even with the batters waist. Have the players hit towards the fence or backstop with as many repetitions as possible per player.

Fielding Overhead - while each player takes a turn hitting, introduce the remaining players to overhead catching. Remind players when catching over their waist they put their thumbs together. Can use badminton birdies to introduce the concept. The birdies descend more slowly than a regular ball which gives the players a little more time to track it. Alternatively you could use a beach ball or dodge ball. The players can either try and catch the ball or volley it back with their hands overhead and thumbs together

#### **c. Fielding Ground Balls (10 minutes)**

Coaches/parents roll ground balls to the players. Teach players to get in front of the ball and trap it with two hands (like an alligator's mouth). Have the players yell "BOOM" occasionally as practice for the game.

### **4. "Storm Ball" Game (15 minutes)**

Play "Storm Ball" as per program guide.

### **5. Free Time (5 minutes)**

Finish with any fun game.

## **Practice #4**

### **1. Greeting**

### **2. Warm Up (5 minutes)**

### **3. Practice (30 minutes)**

#### **a. Throwing (10 minutes)**

Reinforce how to correctly throw a ball as described in the tips and fundamentals. Have the players throw back and forth with the coaches / parents. Coaches should put their hands out in order to provide a target. Try to correct their form and technique. Roll or toss the balls back to the player

#### **b. Hitting and Base Running (10 minutes)**

Hitting - review with the players the proper stance and technique as described in the hitting fundamentals. The tee should be set even with the batters waist. Have the players hit towards the fence or backstop with as many repetitions as possible per player.

Base Running - while each player takes a turn hitting, work with the remaining players on base running. Refer to the base running fundamentals above. For base running, teach the player to step hard on the base and yell "BOOM" and continue running straight through the base. Place a coach or parent just beyond the base giving out high fives as a way to encourage the base runner to run past the base. Demonstrate.

#### **c. Fielding Ground Balls and Fly Balls (10 minutes)**

Ground Balls - Coaches/parents roll ground balls to the players. Teach players to get in front of the ball and trap it with two hands (like an alligator's mouth). Have the players yell "BOOM" occasionally as practice for the game.

Fly Balls - Remind players when catching over their waist they put their thumbs together. Can use badminton birdies to continue introducing the concept. The birdies descend more slowly than a regular ball which gives the players a little more time to track it. Alternatively you could use a beach ball or dodge ball. The players can either try and catch the ball or volley it back with their hands overhead and thumbs together. Start using foam balls as the players improve.

### **4. "Storm Ball" Game (20 minutes)**

Play "Storm Ball" as per program guide.

### **5. Free Time (5 minutes)**

Finish with any fun game.