



Monday, March 15th
Practice Plan

Dynamic Warm Up – Skipping, High-knee skipping, high knee jogging, backward running, take the money and run

Throwing/Catching – **Baseball can be thought of simply as a game of specialized catch – it is usually the team that plays catch better that wins ball games.**

- **Two Knee Throwing – POE** – takes the feet out of the throwing process – synchronizes the arm/elbow with shoulder/hip – point front shoulder, check grip and hand position and encourage follow through at release
- **One Knee Drill – POE** – Keep hand on top of baseball – showing it to the centerfielder – making sure elbow does not drop below shoulder
- **Prayer Position Drill** – Start your young throwers in the prayer position and continue through the throw from there
- **1-2-3 Drill POE** – This throwing drill breaks the pitching delivery into three stages – 1 – addressing the pitching plate and rocker step 2 – balance point and 3 – delivery of the baseball – have players verbalize each of the stages as they progress through them – this is done on flat ground but should be demonstrated as players learn how to toe the pitching plate as well.

Hitting

Hitting – Mass Hitting Warm-up- **POE** – Purpose is to check and teach your hitters the progression of **STANCE, STRIDE, CONTACT, FOLLOW THROUGH** – Drill done with all players. Coach walks through group to check position of players in the hitting process...
Defensive Roll – Look Out! **POE** – Keeping our young hitters safe!

- **Station 1- Tee Hitting** – 5 swings with batter running on the last batted ball. **POE** –Proper weight shift – “Go back to go forward” Front Shoulder and Stride going directly toward pitcher, keeping head on ball. Line drives are best!
- **Station 2 – Infield Group – POE** – fielding batted balls off the tee and making throws to 1st and 2nd base. Working on mechanics of fielding, also getting into feet into throwing position
- **Station 3 – Soft Toss Group – POE** – “Loose hands, Quick bat” – Coaches, toss the ball at an angle to the hitter and as they make contact they should say “hit” – keeps head and eyes on the ball.

Infield Progression

- **Stationary ball – POE** – Create a wide base with feet while forming a triangle with glove and feet – butt stays down and hands out and front -
- **Rolled ball drill with throw after catch – POE** – using what was covered in Stationary ball we add the footwork to a moving ball – “ Right, Left, Pick it up – Right Left throw” Note: opposite for left hand-ed thrower – Young players will need to may benefit from adding a shuffle step in there to gain momentum to target. Secure ball with two hands – “ Alligator Hands”
- **Fungo drill – POE** – be aware of field condition and the skill level of players as you hit live ground balls to them. Teaching of proper mechanics a pre-requisite to this drill

Combined Situations/Live hitting/Review

Homework – POE – Community Building amongst team-mates and coaches – Who is your favorite baseball player and what makes him your favorite?

POE – Point of Emphasis