



# **Thornhill Baseball Club** **Practice Plan #1**

Division	Skills	Duration
Mosquito	Fielding, throwing and base-running a	90 min

Objectives	Equipment
<ul style="list-style-type: none"> <li>✓ Establish a routine for warm up and a throwing program routine that will be done every game and practice</li> <li>✓ Proper stance and ready position before fielding and while fielding</li> <li>✓ How to approach a ground ball properly</li> <li>✓ How to field a ground ball properly</li> </ul>	<ul style="list-style-type: none"> <li>✓ Baseballs</li> <li>✓ Helmets</li> <li>✓ Bases</li> <li>✓ Minimum 2 coaches</li> </ul>

Time	Activity / Drill
10 min	<p><b>Warm Up</b></p> <ul style="list-style-type: none"> <li>▪ RUN: Jog along the warning track from one outfield pole to the other, and back</li> <li>▪ DYNAMICS: Everyone line up along the foul line in the outfield, coach set a few pylons somewhere between the foul line and where second base would be- this is where each player will do their dynamic exercise to, wait for everyone to get there, and then go back to the foul line: <ul style="list-style-type: none"> <li>○ Side Shuffles</li> <li>○ Karaoke</li> <li>○ High Knees (pump arms and legs quickly)</li> <li>○ Butt kicks (pump arms and legs quickly)</li> <li>○ Lunges</li> <li>○ Sprints</li> </ul> </li> </ul> <p>STRETCH: Stretch any muscles still not loose</p>
15 min	<p><b>Review of throwing and catching basics:</b> <i>catching finger tips up, using two hands, catching at chest/in front of body, moving to the baseball. Review proper 4 seam grip (ie: find the "C" and put 2 or 3 fingers over that, with the thumb below the baseball. Emphasize the receiver giving a target to partner, and the thrower to have their eyes on target, point and step to target</i></p> <p><b><i>It is important to establish a set routine. Routines are so important for a game that requires so much thinking. It is also important to that the players can improve and this routine is designed to create improvement! Make sure that for games your players are arriving at least 30 min prior to game time to be able to warm up properly and go through your established throwing routine.</i></b></p>

	<p><b>For the throwing program it is important that a coach is leading it. Explain first, and then demonstrate. Walk around and correct as the players are going through it:</b></p> <ul style="list-style-type: none"> <li>▪ <b>WRIST FLICKS:</b> On one knee (throwing knee down, glove knee up), wrist flicks with glove under throwing elbow (5 for each partner)</li> <li>▪ <b>HIPS:</b> Stand up and back up a few steps, both players should be facing each other with legs wider than shoulders while they are throwing, there is no stepping. Legs wide and <b>knees bent</b>/stay low. Turn hips, point glove to target and thro, finishing low (5 throws each)</li> <li>▪ <b>NO STRIDE:</b> Back up a few more steps, have opposite leg out facing partner now as if the player just took a step. This is a no stride throw. The player will lean forward, lean backwards and throw. Their back leg needs to stay on the ground (the player is not lifting their leg up). The player's arm should follow all the way through and hang low after release (5 throws each)</li> <li>▪ <b>FOLLOW THROUGH:</b> Now back up a few more steps. The exact same throwing drill as the one before, just this time the player's back leg comes off the ground (5 throws each)</li> <li>▪ <b>REGULAR THROWS:</b> Now the player will take a step and throw. Emphasize staying low, bending knees, and following through (5 throws each)</li> <li>▪ <b>STEP BEHINDS/ CROW HOPS:</b> Now have players back up even further. Challenge them. This is long toss, the best way to strengthen a player's arm so we want them a little further than they can actually make the throw. The player now will take a few hard steps and throw. They can even take a small running lead before they throw. This teaches them to use their bodies into their throws. (5 throws each)</li> <li>▪ After this, have the players throw to each other as they are moving in, closer together, every throw they should be getting closer, their throws should be harder and more accurate as they come in. Once they are a few feet away from each other, have them do 30 seconds of "quick hands" – this is where they want to catch the ball and get it out of their glove and turn and throw as quickly as they can (ie: turning a double play, cut off man, etc.)</li> </ul>
5 min	<b>WATER BREAK</b>
5 min	<p><b>RECAP OF WHAT THEY SHOULD REMEMBER FROM PREVIOUS SEASONS. REMEMBER THAT SOME PLAYERS MAY ALSO BE NEW TO THE GAME.</b></p> <ul style="list-style-type: none"> <li>▪ Ask the team who remembers what their "Ready position" looks like. Who can demonstrate this? Then get all the players to show you and correct the common mistakes. Focus on these physical points for the ready position: <ul style="list-style-type: none"> <li>○ Feet shoulder width apart, knees bent, glove off the knee (open facing forward) head forward and eyes forward</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Tell the kids to spread out and get into their ready position, go around to each of them to check and see that they are in the proper athletic stance (use this lingo for all games, practices etc.</li> </ul> <p>Explain the purpose of today's practice to the team: "Today we are going to learn and review, how to properly field a ground ball and how to round first base after we hit a single!"</p>
10 min	<p>Demonstrate the proper way to move from the ready position to the fielding position: knees bent, butt out and down, head and eyes forward on the hitter, hands down in the middle of the body and glove open. Glove should be on the ground when fielding so that the ball can not go under it!</p> <p>Make one big circle, and two coaches are in the middle, one coach is facing one side of the circle, the other coach is facing the other side (coaches are back to back). Then tell the team to get into their "Fielding position"</p> <p>Pilot/ Co Pilot checklist for "fielding position" <i>(This co-pilot drill teaching and instructional activity can be incorporated into ANY drill you do with your team, or any skill you teach your players and it is great for them as they get to fix what they are doing incorrectly!)</i></p> <p>We are the pilot asking the team / co-pilots to check their stance, for everything the coach calls out, each player must check to make sure they are doing it, and yell CHECK. If they are not doing it, they need to fix their body and then yell CHECK</p> <ul style="list-style-type: none"> <li>✓ Feet a little wider than shoulder width apart</li> <li>✓ Knees Bent</li> <li>✓ Glove and hands down</li> <li>✓ Throwing hand above the glove</li> <li>✓ Glove open and facing forward</li> <li>✓ Hands in the middle of body</li> <li>✓ Head and eyes forward</li> </ul> <p>Go through this a few times until the team is in excellent fielding position!</p>
5 min	<p>After you go through the pilot checklist, coaches will roll the players balls, staying in the circle where one coach is facing one side, and the other coach is facing the other side. Roll balls one at a time and each player keeps the ball behind him/her after they field. Once all the balls are out have the players refill the bucket and go back to their spot in the circle /semi circle</p> <p>Coaches are back to back, one is rolling to one side of the circle, the other is rolling to the other side of the circle. Coaches are taking balls from a bucket in the middle of both of them</p>
5 min	<b>WATER BREAK</b>

15 min	<p>Now, based on what you saw for the first 5 minutes of fielding ground balls, talk to the team about a few common mistakes (see below, plus any other mistakes you may have seen, try to keep it to a minimum so they have less to focus on), and then go back to their lines and roll or lightly hit more ground balls and keep pointing out the common mistakes:</p> <p><b>1) Not low enough</b>          Need to be low to the ground, knees bet and glove should be touching the ground. Ask the players “when snow falls where does it usually land?” Looking for “the ground” as the answer. A key term you can use which is cute for little kids and catchy is to remind them to be LOW TO THE SNOW (it rhymes and is something they will remember especially if you use it during fielding drills and games)</p> <p><b>2) Only one hand when fielding</b>          Another very common mistake, the throwing hand does not help guide and keep the ball in the glove. When fielding we need to use two hands, you can call it the ALLIGATOR CHOMP. Ask the team, “can someone demonstrate with their hands how an alligator or crocodile would eat?” Have all the players do the alligator chomp with their hands</p> <p>Then have a player or coach demonstrate this properly to the team what it should look like versus some of what they have seen which is what it shouldn’t look like</p> <p>After reviewing all the common mistakes go back to their respective lines for more ground balls from the coaches and continue to reinforce the fundamentals.</p>
25 min	<p><b>BASERUNNING AND FIELDING GAME (to reinforce all skills learned and to end off in a fun way)</b></p> <p><b>BASERUNNING GAME</b></p> <ul style="list-style-type: none"> <li>▪ Divide the team into 2 teams, one team will be the “base runners” while the other team is the “fielders”</li> <li>▪ Ensure you have a coach at first base</li> <li>▪ The team that is base running starts at home plate and is wearing a helmet, the team that is fielding and throwing starts at short stop in a line.</li> <li>▪ When the coach blows his/her whistle or yells “go” the first person in line at the plate will run as fast as they can to first base and try to beat the ball there. While the runner is running to first, the player at shortstop is fielding a ground ball rolled to them by a coach at home plate, and then throwing to the other coach who is at first base. If the runner beats the ball to the base they are safe and the team gets a point. The object for the fielding team is to field the ground ball properly and throw it to first base to get the runner out</li> <li>▪ Both players go to the back of the line. Once everyone has gone, the teams switch (do this a few times). Which ever team has the most points at the end wins.</li> </ul>




**Thornhill Baseball Club  
Practice Plan #2**

Division	Skills	Duration
Mosquito	Pitching	90 min

Objectives	Equipment
<ul style="list-style-type: none"> <li>✓ Talk about and set out pitching goals</li> <li>✓ Go over the seven steps of pitching</li> <li>✓ Focus on pitching follow through, deceleration and proper glove action</li> </ul>	<ul style="list-style-type: none"> <li>✓ Bases banged in to the ground</li> <li>✓ Baseballs</li> <li>✓ Bats</li> <li>✓ Helmets</li> <li>✓ Catchers gear</li> </ul>

Time	Activity / Drill
10 min	<b>Warm Up – see Practice Plan #1 (make sure warm ups before practices and games are consistent so that they players have a set routine)</b>
2 min	<b>WATER BREAK</b>
10 min	<b>THROWING PROGRAM – See Practice Plan #1 (in order to establish a routine and to see improvements in their throwing, it is important to follow this for every game and practice.</b>
5 min	<i><b>Quick water break and then explain the purpose of the practice and what the players are going to learn and do: “Today’s practice we are going to learn about the different steps to pitching with a heavy emphasis on our finish / follow through and proper glove movement/glove action.”</b></i>
15 min	<p>Coach starts the pitching practice by discussing the importance of throwing strikes as a pitcher and sets out these three important pitching goals:</p> <ul style="list-style-type: none"> <li>▪ (1) Go after the leadoff hitter (we want to get the first out)</li> <li>▪ (2) Get a head of each batter – we never want to fall behind in the count</li> <li>▪ (3) NO WALKS – of course this is WAY easier said than done, but it is something we must continually preach – go after the hitter, throw strikes, let them hit the baseball. A game of hits and defensive plays is way more exciting than a game of walks</li> </ul> <p>Pitching mechanics (Refer to Pitching Mechanics Checklist)</p> <ul style="list-style-type: none"> <li>▪ As a group go over the proper pitching mechanics several times. Make sure the players are all spread out and everyone has their own space but they can see and hear you. They must face you and follow along as you go (refer to pitching steps and mechanics outline for this portion of the practice). Ie: step 1, step 2, step 3, step 4, step 5, step 6, step 7. Emphasize the transition from step 3 to 4 and do this one several times.</li> </ul>

	<ul style="list-style-type: none"> <li>▪ As coach is saying step 1, step 2, etc, he/she is also doing it with the players who are spread out and following along. So when the coach says each step, the players are following along, and the other coaches are walking around and correcting the kids as many of them will be doing it incorrectly at first</li> <li>▪ You can spend a good 10-20 minutes on the pitching steps in the introductory practice, and refer to this / repeat this often in practices and games</li> <li>▪ It is important to note that the body moves fast during these steps. We are breaking them down into 7 steps and going through each step one at a time. When actually pitching, there should be no hitches or pauses.</li> <li>▪ Walk the players through each step several times. You will be talking and demonstrating each step and they will follow along. Go through all the steps many times, it is a bit daunting, but mechanics in the first year pitching is so important.</li> </ul>
5 min	<b>WATER BREAK</b>
20 min	<p><b>PITCHING FOLLOW THROUGH DRILLS</b></p> <p><i>During all three of these “follow through” drills enforce the following:</i></p> <p><i>Separate the glove arm and throwing arm, so that the glove is pointed to the target. Good separation between the arms created more power in their throws. If referring to the mechanic checklist this is step 5 (as the player steps to the target, they must also separate their arms)</i></p>  <p><i>The glove points to the target before throwing and then stays out so that when finished throwing, the glove is in front of the player’s chest. It can be tucked in at the younger ages, and you can use the words “tuck in the glove” to preach this movement, but as they get older, it should be that their glove stays out and their body is moving to the glove (not that the glove is turning into the body)</i></p>



*Deceleration / follow through: Righties start facing third base, and when they are finished they should be facing first base. Lefties start facing first base and finish facing third base. Their throwing arm should be down and throwing shoulder turned in. As you can see in the picture below, the player starts in the far right picture with shoulders facing first base (he is a lefty), and finishes with shoulders toward third base. His arm also is staying down and not coming back up.*



- (1) **On One Knee:** In partners both players are about 5 or 6 feet away from each other and on one on knee: the glove foot is up and throwing knee down. When the player throws the ball to their partner, they should focus on hitting their partner in the chest, their glove should be pointed to their partner before they throw and then the glove should be tucked in or brought to their chest after they finish. Many players end up with their glove hanging down or off to the side opening up their bodies, or behind their back. Proper glove positioning is one of the most important parts of pitching. Also when players do this most end up straight and do not follow through (finish with their chest over their front leg or resting right on their knee). Proper finishes has to do with chest to knee and moving the upper body forward





- (2) **Standing up:** Stand straight facing partner about 10 feet away, legs shoulder width apart, knees bent, but the throwing foot should be a foot head of the glove foot (staggered), this helps to force deceleration and proper finishes. Point glove to target, throw and finish so that glove is tucked in to their chest, and throwing arm stays down with the throwing shoulder turned in/down (with the throwing foot out it forces the throwing shoulder to stay turned in and down). Emphasize the importance of keeping the throwing arm down (and not letting it come back up) as well as finishing low





(3) **Wide stance with glove foot out and throwing foot behind:** Have the player move their upper body down to their front leg and then back straight up (rocking motion) a few times to get momentum, then when they are ready to throw they should come back, throw hard and back leg should leave the ground, come up and around so that they are facing the other way. For righties, shoulder start facing third base and end facing first base, for lefties, shoulders start facing first base and end facing third base



10 min	<p><b>FULL PITCING IN PARTNERS</b></p> <p>Have players pitch to each other in partners – if the catcher does not have a mask, make sure they are not crouching all the way down (safety first!). Take about 15 pitches each and then switch. Coach should walk around and help players as they are pitching, the main focuses should be: glove pointed to target (good separation between glove and throwing hand), before throwing, and then glove tucked into chest after throwing. Proper finish and follow through – not standing up when finished / finished low, and shoulders rotated from starting position (see above for proper shoulder rotation).</p>
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**Thornhill Baseball Club  
Practice Plan #3**

Division	Skills	Duration
Mosquito	Throwing/catching review Fielding Hitting	90 min

Objectives	Equipment
<ul style="list-style-type: none"> <li>✓ Review of all baseball skills – throwing, catching, fielding and hitting</li> <li>✓ Set out a proper infield routine, and have infield practice</li> </ul>	<ul style="list-style-type: none"> <li>✓ Bases banged in to the ground</li> <li>✓ Baseballs</li> <li>✓ Bats</li> <li>✓ Helmets</li> <li>✓ Catchers gear</li> <li>✓ Batting tee</li> </ul>

Time	Activity / Drill
10 min	<b>Warm Up – see Practice Plan #1 (make sure warm ups before practices and games are consistent so that they players have a set routine)</b>
2 min	<b>WATER BREAK</b>
10 min	<b>THROWING PROGRAM – See Practice Plan #1 (in order to establish a routine and to see improvements in their throwing, it is important to follow this for every game and practice.</b>
5 min	<b><i>Quick water break and then explain the purpose of the practice and what the players are going to learn and do: “Today’s practice we are going to focus on fielding skills at specific positions, and hitting skills.”</i></b>
40 min	<p>STATIONS: 2 groups, switch after 15 minutes. In between stations players need to clean up, and then grab a quick drink</p> <p><b>GROUP 1</b></p> <ul style="list-style-type: none"> <li>▪ Coach runs an infield practice. He/she puts each player into a position (catcher, first base, second base, shortstop and third base. If there are more than 5 players, you can double up at positions and they will rotate). Start with review of fielding mechanics – refer to fielding mechanics checklist.</li> </ul> <p>INFIELD PRACTICE ROUTINE:</p> <ul style="list-style-type: none"> <li>▪ (a) around the horn. Players move in about 5 steps closer than they would normally play. Catcher starts with ball and throws to Third Baseman, who throws to Second baseman, who throws to SS, who throws to First baseman, who throws back to catcher. Go through this a few times. As they are doing this, emphasize quick feet, two hands, moving to the baseball, ball is in and out of glove quickly, and accurate throws</li> </ul>

	<ul style="list-style-type: none"> <li>▪ (b) Players stay in the same spot (5 steps in from normal depth). Coach hits one ball to each player (always start with third base, move to short stop, then second and then first). Player fields the ball properly and throws home to the catcher (this is a force play so catcher is stretching like a first baseman)</li> <li>▪ (c) Same order, coach will hit two balls to each player who throw to first base. Make sure players are calling for the baseball and communicating</li> <li>▪ (d) Same order, now the players will be throwing to second base instead as they are working on Double Plays</li> <li>▪ (e) roll balls in front of the catcher as a “bunt” or short hit, the catcher will have to be in their crouch, come up and throw the ball to third base, then second base, and then first base</li> <li>▪ (f) pop ups, only if time. Coach will throw balls in the air, and players will have to call for it and communicate</li> </ul> <p><b>GROUP 2 – working on hitting</b></p> <ul style="list-style-type: none"> <li>▪ REVIEW of batting stance: See hitting mechanics checklist. For today’s hitting practice just focus on the correct stance, and next practice we will focus on the correct swing so that there is not too much information being thrown at the players at one time.</li> <li>▪ Progression: (1) Dry swings, everyone spreads out and takes 10 good swings as the coach walks around to ensure proper mechanics (<i>can correct a few large issues you see while walking around, but remember a bigger focus on this will be at the next practice</i>)</li> <li>▪ (2) Everyone gets 10 hits off the batting tee into the field. The batting tee is set up at the foul line, and players are hitting to centre field. All the players not hitting, or not on deck are fielding/shagging the balls, and keeping them in a pile in the outfield. After the player has their swings, the next person coming in to be on deck will run the baseballs in</li> <li>▪ (3) Same thing, but side toss instead of hitting from a tee. Coach will be beside the player and toss it, aiming for their front knee. Try to teach/emphasize line drives and hitting straight up the middle. Every player has 6-10 swings depending on time and switch</li> </ul>
5 min	<b>WATER BREAK AND SET UP FOR BATTING PRACTICE GAME</b>
15 min	<p><b>BATTING PRACTICE GAME WITH WHOLE TEAM</b></p> <p>Divide the team into 2 teams, one starts in the field, one is up to bat. Every player gets one at bat. The coach will side toss the baseball from home plate. The player will hit it and run like he/she would in a game (ie: if it is a double they will run home to first, if there is an error they will take the next base, etc). Keep track of how many runs score. After everyone on the first team gets an at bat, they now play the field and the other team hits. The team with the most runs at the end wins!</p>

**Thornhill Baseball Club**  
**Practice Plan #4**



Division	Skills	Duration
Mosquito	Hitting and base running	75-90 minutes

Objectives	Equipment
<ul style="list-style-type: none"> <li>✓ Teach the proper way to swing</li> <li>✓ Teach how to run from home plate to second base</li> <li>✓ Review and practice pitching</li> </ul>	<ul style="list-style-type: none"> <li>✓ Baseballs</li> <li>✓ Wiffle balls</li> <li>✓ Batting Tees</li> <li>✓ Helmets</li> <li>✓ Bases</li> <li>✓ pylons</li> <li>✓ Minimum 2 coaches</li> </ul>

Time	Activity / Drill
10 min	<b>Warm Up – see Lesson 1 (make sure warm ups before practices and games are consistent so that they players have a set routine)</b>
5 min	<b>WATER BREAK</b>
3 min	<p>RECAP OF LAST PRACTICE</p> <ul style="list-style-type: none"> <li>▪ Ask the team to show you their batting stance. Ask some players for specific parts of the stance that they remember</li> </ul> <p>TODAYS PRACTICE</p> <p>“Today we will be learning the proper swing!” Last hitting practice we worked on our stance and now we are adding in the swing part</p>
10 min	<p>Everyone in a circle watching the coaches</p> <p>Coaches will demonstrate how to go from our stance to our swing. A few terms to use or key points to emphasize.</p> <p><i>See hitting checklist attached for more details</i></p> <p>SWING</p> <ul style="list-style-type: none"> <li>✓ <b>Shoulder to shoulder</b> - (start with bat above the back shoulder, finish with bat over the front shoulder. Many kids stop their swings and do not swing through the baseball!)</li> <li>✓ <b>Squishing the bug</b> – Back foot should turn so that the heel is up and toes have moved so that they are facing the front foot. Really important to always encourage squishing the bug. Turning the back foot allows the</li> </ul>

	<p>hips to rotate, all of our power comes from our hips and legs not our arms!</p> <ul style="list-style-type: none"> <li>✓ <b>Swing quickly, as fast as you can</b> – encourage the kids to move their hands quickly through the zone from shoulder to shoulder.</li> <li>✓ <b>Step to the pitcher</b> – Step straight the pitcher, not away from the pitcher. Feet should be in a straight line just like our stance!</li> <li>✓ <b>Order: Step, swing and squish the bug, finish</b></li> </ul>
2 min	<b>WATER BREAK (and set up for next drill)</b>
30 min	<p>Divide the team into 2 groups while one coach sets up</p> <p>Remind them of their stance they learned and worked on in the previous hitting practice, and watch their swing to correct where needed using the checklist as your guide for what to look for.</p> <p><i>Remember ALL kids are different, do not try to get them to have the “same” stance and swing, they will all be slightly different, and that is okay. What works for one may not work for the other. This is not meant to be a cookie cutter, one size fits all instruction, it is merely a guideline to follow.</i></p> <p><b>12 minutes per station and then switch (30 min including clean up and set up for next drill)</b></p> <p><b>STATION 1 / GROUP 1 (OUTFIELD):</b>  Two kids are hitting sot toss of wiffle balls into the field. The coach is in the middle and tossing one to the first player, then turns and tosses the second to the other player giving both kids time to RESET their stance in between. Those that are not hitting are fielding the balls (wiffle balls so they will not get hurt). Each kid has about 5-6 hits. Each player should get at least two times up to bat, so there should be a few rounds.</p> <p><b>STATION 2 / GROUP 2 Tee work (INFIELD):</b>  Two kids are hitting at the same time, spread out around the home plate area so that they do not hit each other. The rest of the players are fielding. You can use tballs/baseballs or wiffle balls for this. Player one swings and hits the ball, after it is caught or fielded, when the defense is ready, they swing again. Each player has 5-6 swings in total. The waiting a few seconds in between each swing for safety for the defense also allows each player a few seconds to reset their stance!</p>
15-20 min	<p><b>PITCHING PRACTICE</b></p> <p>Remind the players of their deceleration and glove movement.</p> <p>Go over the 7 steps of pitching</p> <p>Have players then partner up and throw 15 pitches to each other, then switch. Coaches will be walking around helping with mechanics</p>
2 min	<b>WATER BREAK</b>



10 min	<p data-bbox="370 197 602 226"><b>BASERUNNING</b></p> <p data-bbox="370 268 1414 449">Teach how to run from home to second on a double! You want to get to second base as quickly as you can and on the shortest possible route, so we have to make a good turn before first base. See if the kids know what we sometimes refer to this turn as (Banana turn). Set up pylons for the path that you want the players to run from home to first and then have them run and practice it twice</p> <p data-bbox="370 527 818 556"><b>BASE RUNNING RELAY RACE</b></p> <p data-bbox="370 598 1414 875">Put one at second base and one at home plate and do a base running relay race! The first person in line goes and runs all 4 of the bases, when they get back to their starting point (either home plate or second base), the next person in line goes. The team to finish first wins. The team at home plate runs from home to first to second to third and back home. The team at second base runs from second base to third base, to home plate, to first base and back to second base Encourage them to take proper routes by doing banana turns at each base! This will save them time!</p>
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**Thornhill Baseball Club  
Practice Plan #5**

Division	Skills	Duration
Mosquito	Fielding Base running	90 min

Objectives	Equipment
<ul style="list-style-type: none"> <li>✓ Teach and explain the purpose of a cut off</li> <li>✓ Work on infield and outfield basics</li> <li>✓ Practice proper base running through first base, and home to second base</li> </ul>	<ul style="list-style-type: none"> <li>✓ Baseballs</li> <li>✓ Bases banged into the ground</li> <li>✓ Coach bat/fungo</li> <li>✓ Pylons</li> </ul>

Time	Activity / Drill
10 min	<b>Warm Up – Refer to routine in Week 1</b>
2 min	<b>WATER BREAK</b>
15 min	<b>THROWING PROGRAM – Refer to routine in Practice #1</b>
5 min	<i>Water break and explain the purpose of the practice and what the players are going to learn and do: “Today we are going to learn and practice proper relays from the outfield to the infield, work on our fielding, and then end with proper base running”</i>
15 min	<p>Relays / Cut offs</p> <p>EXPLAIN:</p> <ul style="list-style-type: none"> <li>▪ Emphasize the importance of getting the ball into the infield as fast as possible. Runners will continue to run until you get the ball to the infield and under control. It is also very important that the outfield does not try to throw the ball directly home or directly to the pitcher as it is a very long throw and can cause errors, or runners to advance extra bases.</li> <li>▪ Outfielder must get the ball to the cut off man as fast as possible.</li> <li>▪ Infielder goes out to help cut down the distance of the throw. He or she should have both arms raised and be yelling to the fielder “cut” or “hit me”</li> <li>▪ As outfielder chases the ball he should be thinking “hit the cut off”</li> <li>▪ Focus on the target and throw hard and low. A ball that is too high is impossible to cut off, but a ball that is low, or bounces is much easier for the fielder to cut and relay</li> <li>▪ Cutoff must align him or herself with the ball as it approaches so that the catch can be made on the same side of the body as his throwing hand, preferably at shoulder height. As the cut off catches the ball, they want to turn glove side at the same time</li> </ul>

	<ul style="list-style-type: none"> <li>▪ Cut off relays the ball to the infielder (2B, 3B, Catcher, or runs it in to the pitcher). If play is being made to a base, or to home plate, the player must straddle bag, catch it, and put their glove in front of the bag to get ready to tag the runner who will hopefully be sliding into the glove. Player should have their throwing hand in their glove to secure the ball so that it doesn't come out</li> </ul> <p>Drill:</p> <ul style="list-style-type: none"> <li>▪ Set up 3 pylons, the pylons are markers for where each player has to stand. One indicates the Outfielder, one the cut off and one the infielder. Put the first pylon on the foul line, the second pylon about the 60 feet out, and the third pylon another 60+ feet out from the middle one. Spread the groups out all the way down the outfield foul line</li> <li>▪ The ball starts at the player who is at the foul line, they throw it to the person in the middle, who has to turn the proper way (GLOVE SIDE) and throws it to the outfielder, who throws it back to the person in the middle (cutoff), who turns glove side and throws back to the person who started with it. Have them go up and down several times, and then switch positions. The person at the first pylon will move to the middle, who will move to the third pylon and that person will run in to the first pylon. Do this again, so that everyone gets a chance to be at all 3 pylons. Once they have had practice with hitting the cutoff, moving to the baseball and turning glove side, then do a relay race competition</li> <li>▪ Relay race competition rules: Ball starts at first pylon, goes to the cut off, to the third pylon, back to the cut off and back to the first one. If they miss their target they must go get the baseball and go back to their pylon before throwing it. Once the ball gets back to the first pylon, the player catches it and leaves it on the foul line, all the players then run as fast as they can to the next position (first pylon to the middle, middle to the far pylon, far pylon runs in as fast as he/she can to the first pylon, picks up the baseball and starts it up again. The relay race ends when everyone is back at their starting position, and first team to sit down in their starting position wins!</li> </ul>
5 min	<b>WATER BREAK</b>
40 min	<p><b>STATIONS</b></p> <p>Divide the team into 2 groups, each station is 15 min, plus clean up and a quick water break before they switch</p> <p><b>GROUP 1: INFIELD</b></p> <ul style="list-style-type: none"> <li>▪ Review of ground ball mechanics – see ground ball mechanics checklist</li> <li>▪ Explain and demonstrate. Have players spread out and practice their ready positions and proper approach to fielding without a ball, just to get the footwork down</li> <li>▪ Fielding Drills: #1. Partners 10 - 15 yds apart. Partner A rolls to B 5 times and switch.</li> </ul>

	<ul style="list-style-type: none"> <li>▪ Drill #2 One line at short stop ready to field balls from coach who is rolling or hitting ground balls from home plate. Ball is fielded properly and thrown to 1st baseman and goes to the back of the line. Next fielder in ready position as previous infielder. Now there is a longer throw, it is important to emphasize taking a shuffle step and using momentum to throw to first base from fielding the ball. Player needs to move through the baseball and be closer to first base when they transfer and throw</li> </ul> <p><b>GROUP 2: OUTFIELD</b>  Move quickly to get in position to catch the ball.  Catch ball just above head with two hands.</p> <ul style="list-style-type: none"> <li>▪ Drill #1: Coach throws easy fly balls one at a time to each player who must work on catching the ball over their head with two hands and throw it back in. After a few rounds the players will back up a bit and the coach will move him/herself so that they are a few feet in front of the player and underhand the ball above them, the player must run into the baseball and time it so that they catch it and then use their momentum to throw it in to a cut-off person. After they do this, they run to become the next cutoff.</li> <li>▪ Drill #2: Running catches. Each player gets 3 fly balls that they must catch and keep running, after they catch the first two they just drop them where they caught it, the third one they must stop their feet nad throw in to the cut off. The player starts and run as fast as they can to one side, coach throws the first ball so that the player has to run to it, and after they catch it them must continue sprinting in the same direction to catch the next ball, and then the next one. There is one player acting as the “cutoff.” After the player gets 3 fly balls he/she then sprints to become the cutoff <ul style="list-style-type: none"> <li>○ fly ball 1 is caught and thrown to next player in line.</li> <li>○ coach points left or right - fly ball 2 is thrown to that side as player reacts to coaches signal</li> <li>○ fielder transfers ball to his free hand as he sprints in the opposite direction to catch ball #3</li> </ul> </li> </ul>
5 min	<p><b>WATER BREAK AND SET UP FOR NEXT DRILL</b></p> <p><b>COOL DOWN:</b></p> <ul style="list-style-type: none"> <li>▪ Have players start at home plate. One at a time they run through first base as quickly as they can (run through the bag. Put a pylon out about 10 feet passed first base to teach players to run THROUGH the bag). Do this a few times</li> <li>▪ Then have them start at home plate and run from home to second as quickly as they can remembering the banana turn. Do this 2-3 times through the line</li> </ul>

**Thornhill Baseball Club  
Practice Plan #6**



Division	Skills	Duration
Mosquito	Pitching and Hitting	90 min

Objectives	Equipment
<ul style="list-style-type: none"> <li>✓ Review and practice pitching mechanics (see step by step outline)</li> <li>✓ Practice hitting</li> </ul>	<ul style="list-style-type: none"> <li>✓ Bases banged in to the ground</li> <li>✓ Baseballs</li> <li>✓ Bats</li> <li>✓ Helmets</li> <li>✓ Catchers gear</li> <li>✓ Batting tee</li> </ul>

Time	Activity / Drill
10 min	<b>Warm Up – Refer to routine in Practice #1</b>
5 min	<b>WATER BREAK</b>
10 min	<b>THROWING PROGRAM - Refer to routine in Practice #1</b>
5 min	<i><b>Quick water break and then explain the purpose of the practice and what the players are going to learn and do: “Today’s practice we are going to focus on pitching skills and hitting skills.”</b></i>
40 min	<p>STATIONS: 2 groups, switch after 15 minutes. In between stations players need to clean up, and then grab a quick drink</p> <p><b>GROUP 1 - Pitching</b></p> <ul style="list-style-type: none"> <li>▪ Coach reiterates and reminds of the importance of throwing strikes as a pitcher and sets out these pitching goals: <ul style="list-style-type: none"> <li>▪ (1) Go after the leadoff hitter (we want to get the first out)</li> <li>▪ (2) Get a head of each batter – we never want to fall behind in the count</li> <li>▪ (3) NO WALKS – of course this is WAY easier said than done, but it is something we must continually preach – go after the hitter, throw strikes, let them hit the baseball</li> </ul> </li> <li>▪ Review of the 7 steps of pitching all as a group</li> <li>▪ 3 Follow through / decel drills from practice #2 refer to that practice)</li> <li>▪ 10 Pitches each pitting everything together, to a partner, and switch</li> </ul> <p><b>GROUP 2 – working on hitting</b></p> <ul style="list-style-type: none"> <li>▪ REVIEW of batting stance: See hitting mechanics checklist</li> <li>▪ Progression: (1) Dry swings, everyone spreads out and takes 10 good swings as the coach walks around to ensure proper mechanics</li> </ul>

	<ul style="list-style-type: none"> <li>▪ (2) Everyone gets 10 hits off the batting tee into the field. The batting tee is set up at the foul line ,and players are hitting to centre field. All the players not hitting, or not on deck are fielding/shagging the balls, and keeping them in a pile in the outfield. After the player has their swings, the next person coming in to be on deck will run the baseballs in</li> <li>▪ (3) Same thing, but side toss instead of hitting from a tee. Coach will be beside the player and toss it, aiming for their front knee. Try to teach/emphasize line drives and hitting straight up the middle. Every player has 6-10 swings depending on time and switch</li> </ul>
5 min	<b>WATER BREAK AND SET UP FOR BATTING PRACTICE GAME</b>
15 min	<p><b>BATTING PRACTICE GAME WITH WHOLE TEAM</b></p> <p>Divide the team into 2 teams, one starts in the field, one is up to bat. Every player gets one at bat. The coach will side toss the baseball from home plate. The player will hit it and run like he/she would in a game (ie: if it is a double they will run home to first, if there is an error they will take the next base, etc). Keep track of how many runs score. After everyone on the first team gets an at bat, they now play the field and the other team hits. The team with the most runs at the end wins!</p>





**Thornhill Baseball Club  
Practice Plan #7**

Division	Skills	Duration
Mosquito	Infield and Outfield skills Proper base running	90 min

Objectives	Equipment
<ul style="list-style-type: none"> <li>✓ Review fielding ground balls and catching fly balls</li> <li>✓ Review and practice proper base running</li> </ul>	<ul style="list-style-type: none"> <li>✓ Bases banged in to the ground</li> <li>✓ Baseballs</li> <li>✓ Bats</li> <li>✓ Helmets</li> <li>✓ Catchers gear</li> </ul>

Time	Activity / Drill
10 min	<b>Warm Up – Refer to practice #1 for warm up routine</b>
2 min	<b>WATER BREAK</b>
10 min	<b>THROWING PROGRAM – Refer to practice #1 for throwing routine</b>
5 min	<i><b>Quick water break and then explain the purpose of the practice and what the players are going to learn and do: “Today’s practice we are going to focus on fielding fly balls and ground balls as well as practice our base running.”</b></i>
40 min	<p>STATIONS: 2 groups, switch after 15 minutes. In between stations players need to clean up, and then grab a quick drink</p> <p><b>GROUP 1 - INFIELD</b></p> <ul style="list-style-type: none"> <li>▪ Coach runs an infield practice. He/she puts each player into a position (catcher, first base, second base, shortstop and third base. If there are more than 5 players, you can double up at positions and they will rotate). Start with review of fielding mechanics – refer to fielding mechanics checklist.</li> </ul> <p>INFIELD PRACTICE ROUTINE:</p> <ul style="list-style-type: none"> <li>▪ (a) around the horn. Players move in about 5 steps closer than they would normally play. Catcher starts with ball and throws to Third Baseman, who throws to Second baseman, who throws to SS, who throws to First baseman, who throws back to catcher. Go through this a few times. As they are doing this, emphasize quick feet, two hands, moving to the baseball, ball is in and out of glove quickly, and accurate throws</li> <li>▪ (b) Players stay in the same spot (5 steps in from normal depth). Coach hits one ball to each player (always start with third base, move to short stop, then second and then first). Player fields the ball properly and throws home to the catcher (this is a force play so catcher is stretching like a first baseman)</li> </ul>

	<ul style="list-style-type: none"> <li>▪ (c) Same order, coach will hit two balls to each player who throw to first base. Make sure players are calling for the baseball and communicating</li> <li>▪ (d) Same order, now the players will be throwing to second base instead as they are working on getting the lead runner out at second base</li> <li>▪ (e) roll balls in front of the catcher as a “bunt” or short hit, the catcher will have to be in their crouch, come up and throw the ball to third base, then second base, and then first base</li> <li>▪ (f) pop ups, only if time. Coach will throw balls in the air, and players will have to call for it and communicate</li> </ul> <p><b>GROUP 2 - OUTFIELD</b></p> <ul style="list-style-type: none"> <li>▪ REVIEW of drop steps – first movement should always be back instead of in.</li> <li>▪ Have coaches start by throwing the baseball a few feet over the fielders head, the fielder must drop step properly depending on where the ball was throw (ie: if thrown over their head to the right, their right foot must go back first, if thrown over their head to the left, their left foot must go back first). Start with easy fly balls just to work on drop steps</li> <li>▪ Then have coach throw the ball further so the outfielder needs to run to catch it (again must drop step properly first)</li> <li>▪ Then line everyone up and coach hits to the first person in line. It is their ball only, and wherever the ball is hit they must get it and throw it in as quickly as they can to the cut off. If it is a shallow fly ball, deep fly ball, ground ball etc, they are fielding it as if it was a hit in a game – they must track it down as quickly as they can and hit the cut off as quickly as they can</li> </ul>
5 min	<b>WATER BREAK AND SET UP FOR BASERUNNING GAME</b>
20 min	<p><b>HITTING OFF PITCHERS</b></p> <p>Divide the team into two teams and play a quick hitting game. Coach will choose who will be pitching and puts players into positions. Suggestion to have 1 pitcher throw to 3 batters. So using about 2-3 pitchers per team</p> <p>Each batter gets a FULL at bat, and fielders must treat it as a game situation. Everyone on the team gets an at bat, and then switches with the fielding team. The team with the most runs at the end wins.</p>



**Thornhill Baseball Club  
Practice Plan #8**

Division	Skills	Duration
Mosquito	Defensive positioning Hitting	90 min

Objectives	Equipment
<ul style="list-style-type: none"> <li>✓ Practice fielding ground balls and catching fly balls</li> <li>✓ Teach and talk about the ABCs of Baseball</li> <li>✓ Explain proper defensive position where coach hits to outfielders and they practice hitting their cut-offs, while the infielders practice going for the cut-offs, covering bases, etc.</li> <li>✓ Practice Hitting</li> </ul>	<ul style="list-style-type: none"> <li>✓ Bases banged in to the ground</li> <li>✓ Baseballs</li> <li>✓ Bats</li> <li>✓ Helmets</li> <li>✓ Catchers gear</li> </ul>

Time	Activity / Drill
10 min	<b>Warm Up – Refer to Practice #1 for warm up routine</b>
	<b>WATER BREAK</b>
10 min	<b>THROWING PROGRAM – Refer to Practice #2 for throwing routine</b>
5 min	<i><b>Quick water break and then explain the purpose of the practice and what the players are going to learn and do: “Today’s practice we are going to learn how to take a proper infield/outfield (positioning), with cut-offs, players covering bases etc. and then end with some hitting.”</b></i>
30 min	<p>ABC’s of Defense</p> <ul style="list-style-type: none"> <li>▪ Before coach puts players into position, they talk about positioning – ABC’s of baseball: Every hit/ play, every player on the field should be moving somewhere. <b>A-</b> stands for <b>attack</b> the baseball (if the ball is hit to you, go get it!) <b>B-</b> stands for cover your <b>base</b> (if they ball is NOT hit to you, and you play a base position, <i>go to your base!</i>) <b>C-</b> stands for <b>cover</b> (if the ball is not hit to you, and you do not have a base to go to, cover up behind a fielder!)</li> <li>▪ If players are thinking about the ABCs of defense on every hit, they should always be moving somewhere and involved in the play.</li> <li>▪ While players are taking a knee and listening, coach should then call out scenarios to test the kids and ask them what they should do. <i><b>Ie: A ball hit to Right Field. The Right fielder will get the baseball, the centre fielder</b></i></li> </ul>

	<p><i>will move to the ball as well in case the RF misses it. The first baseman goes to their bag, second base will go out for the cut-off, short stop will go to second base, third base will go to their base. Catcher will move up the first base line in case the RF tries to get an out at 1B and overthrows it. Pitcher will go to an empty spot or back up second base, and Left Field will back up third base while protecting the ball from entering the dugout opening</i> (There is somewhere to be and go for every player on the field ALWAYS)</p> <ul style="list-style-type: none"> <li>▪ Put players into position and practice scenarios – nobody on base, runners on first base, runners on first and second, bases loaded, etc. And hit out balls and watch where the players are going. Stop between plays and ensure that everyone has moved somewhere</li> <li>▪ TIP – use a whistle or a horn and every time there is a mistake blow it so that play stops immediately- make sure the players know where they went wrong and then redo the scenario</li> </ul>
5 min	<b>WATER BREAK AND SET UP FOR BASERUNNING GAME</b>
30 min	<p><b>BATTING PRACTICE GAME – TWO STRIKE APPROACH</b></p> <p><i>Explain the concept of “Two-Strike Approach” putting the ball in play with two strikes. Working the pitcher, advancing runners, etc. With two strikes it is expected that the player’s approach changes from crushing a homerun, to moving runners around to set up for the next hitter.</i></p> <p><i>Two Strike Approach pointers:</i></p> <ul style="list-style-type: none"> <li>○ Choke up on bat</li> <li>○ Shorten swing – it is not a long loopy swing, it is short and quick to the ball</li> <li>○ Focus on making contact</li> <li>○ Swing at anything close – if you do not like the pitch foul it off</li> <li>○ Do not let the umpire call a strikeout watching the pitch – be aggressive</li> <li>○ Try to hit it hard on the ground – put pressure on the defense to make a play. It is always better to hit the ball than to strike out!</li> <li>○ Eliminate big leg kicks – instead take a wider stance and a much smaller stride (or not stride at all)</li> </ul> <ul style="list-style-type: none"> <li>▪ Now everyone is going to practice two-strike approach for the entire hitting portion of the practice!</li> <li>▪ Put players into 3 teams – team one is hitting, team two is in the field making the plays as the balls are hit, and team three is “on deck” hitting off of a batting tee off to the side into a screen (<i>please do not ever hit baseballs into the fence. If you have a net to put up that is ideal, if not you</i></li> </ul>

	<p><i>may hit tennis balls or wiffle balls only into the fence</i>). The team hitting on deck should be practicing their <b>two strike swing</b></p> <ul style="list-style-type: none"><li>▪ Every player is up to bat with an imaginary two strike count. Each player gets 8 swings, their goal for each swing is to: foul the ball off, hit it on the ground. If they do one of these two, they get a point. Out of 8 swings see how many times they were successful putting the ball in play, or fouling it off and working the count. The team with the most points wins!</li></ul>
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**Thornhill Baseball Club  
Practice Plan #9**

Division	Skills	Duration
Mosquito	Defensive positioning (IN/OUT) Pitching	90 min

Objectives	Equipment
<ul style="list-style-type: none"> <li>✓ Practice fielding ground balls and catching fly balls</li> <li>✓ Review the ABCs of Baseball</li> <li>✓ Go through a proper infield/outfield practice that all rep, college, pro teams do</li> <li>✓ Practice Pitching</li> </ul>	<ul style="list-style-type: none"> <li>✓ Bases banged in to the ground</li> <li>✓ Baseballs</li> <li>✓ Bats</li> <li>✓ Catchers gear</li> </ul>

Time	Activity / Drill
10 min	<b>Warm Up – Refer to Practice #1</b>
2 min	<b>WATER BREAK</b>
10 min	<b>THROWING PROGRAM – Refer to Practice #1</b>
5 min	<i><b>Quick water break and then explain the purpose of the practice and what the players are going to learn and do: “Today’s practice we are going to learn how to do a proper infield/outfield practice, also known as an IN AND OUT that rep, college and pro teams go through, as well as practice our pitching.”</b></i>
40 min	<p><i>Review the ABCs of Baseball, and review cut-offs (-a- catch the ball on glove side and turn glove side as catching it to get it into the base as quickly as possible, -b- line themselves up in a straight line between the outfielder fielding the ball, and the base the ball is going to –c- make sure that they are equal distance between the OF and base, so that there are two equal throws –d- get into position quickly and call for the baseball with both arms up in the air)</i></p> <ul style="list-style-type: none"> <li>▪ Put players into positions minus a pitcher. If there are more than 8 players, double up in some positions and just make sure both players rotate to get their turn</li> <li>▪ Coach will hit a mix of fly balls and ground balls to the outfielders, by the pitching mound or between the plate and mound to make it easier and more precise with the hitting. Follow the process below:</li> </ul> <p><b>The Infield/Outfield process goes as follows:</b></p>



	<ul style="list-style-type: none"> <li>Two balls are hit to each player in LF, then CF, then RF (in this order). After each hit, the players must align themselves up properly and get into proper positioning. The first series of hits to the outfielders are balls that are going into SECOND BASE. So when LF gets the ball, second baseman is covering the base and SS is going out for the cut, same with CF. With RF, second base goes out for the cut and SS</li> <li>Now two balls to each outfielder and the play is to THIRD base – everything with cut-offs remains the same EXCEPT the SS is the cut off for ALL outfield positions when the ball is going to third base. So second baseman always goes to second base in case the ball needs to be re-directed there (ie: rundown)</li> <li>Now hit two balls to each outfielder and the play is to HOME – for this scenario the cut-offs completely change. Whenever there is a play home it is the CORNER infielders that are the cut-offs, no longer the middle infielders. So a ball hit to Left field or on the left side of centre field, the cut off is THIRD BASE, and a ball hit to Right field or the right side of centre field, the cut off is FIRST BASE. Both players must get into position really quickly and often have to move quite far to get into proper position.</li> </ul> <p><i>PLEASE NOTE: The above cut offs and positioning is the proper way to do this. For most players this will all be new, so expect lots of mistakes and be patient. Most players at this age have probably not learned proper cut off positioning and would likely be used to the SS doing it all the time. This part of the practice (the in IN AND OUT) you will probably want to do many times throughout the season as it may take them an entire season just to be able to start implementing this mental aspect of it into the games. Once learned, repeat this infield/outfield to start most of your practices as a constant reminder of the proper defensive positioning</i></p>
5 min	<b>WATER BREAK AND SET UP FOR BASERUNNING GAME</b>
20 min	<p><b>PITCHING PRACTICE</b></p> <ul style="list-style-type: none"> <li>Review with the entire group all the steps for pitching and proper mechanics, steps 1 through 7 (see pitching mechanics checklist)</li> <li>Have players get into partners and pitch to each other, they should be throwing 15-20 pitches each and then switch. Remember catchers crouching down should be wearing helmets, if the catcher does not have a helmet, do not let them crouch down</li> <li>While players are pitching coaches are walking up and down and helping with mechanics</li> <li>You can make it a game and challenge each player to try to throw more strikes than their partner, to have them focus on accuracy</li> </ul>



**Thornhill Baseball Club  
Practice Plan #10**

Division	Skills	Duration
Mosquito	Double Plays Hitting with runners in scoring position / base running	90 min

Objectives	Equipment
<ul style="list-style-type: none"> <li>✓ Teach and demonstrate the proper way to turn a double play, from the flip, to the throw, and the turn around the base</li> <li>✓ Hitters and base runners practice hitting with runners in scoring position</li> </ul>	<ul style="list-style-type: none"> <li>✓ Bases banged in to the ground (4 total bases)</li> <li>✓ Baseballs</li> <li>✓ Bats</li> <li>✓ Catchers gear</li> <li>✓ Helmets</li> </ul>

Time	Activity / Drill
10 min	<b>Warm Up – Refer to Practice #1</b>
2 min	<b>WATER BREAK</b>
10 min	<b>THROWING PROGRAM – Refer to Practice #1</b>
5 min	<i><b>Quick water break and then explain the purpose of the practice and what the players are going to learn and do: “Today’s practice we are going to learn how to properly turn a double play, from our footwork around the base, to the toss and throw to the base. We are also going to practice communication in the outfield, as well as making good hard throws from the outfield to get runners out who are tagging up, and then we are going to end with a hitting game that puts runners in scoring position so that we can practice the approach at bat to try to score the run.”</b></i>
25 min	<p><b>Divide the team into 2 groups and make a makeshift field in the outfield so that both groups can work on double plays</b></p> <p>Group 1 – set up a second base and measure first base in the outfield Group 2 – set up a second base and a first base in the infield as per usual</p> <p>Both groups:</p> <p>(1) The proper way to flip to second base from SS and from the 2B position (stay low the entire time, do not come up, show the ball to the receiver, aim for their target, call out “flip” to let them know it will be an under hand toss, step into the toss with the same foot that you are flipping with, do not “bowl” the baseball, the player’s arm should NOT come back, it should come out of the glove and literally just go forwards. It is also very important to emphasize that the player flipping needs to “Follow their</p>

	<p>flip” they should continue their momentum to the base after the flip it!  <b>EXPLAIN AND DEMONSTRATE THIS SKILL</b></p> <p>(2) Explain and demonstrate how the second baseman should receive the ball at the base to turn a double play: left foot on the base, then the left foot comes off the base back wards and toward first base at the same time to get out of the way of the runner, and to take less time to throw. Make sure not to be in the running lane!</p> <p>(3) Now divide the group into 2, half at SS half at 2B. Roll balls to the SS from a close distance so they just focus on practicing their flips to 2B, and then the player receiving should throw to the first baseman. The SS and 2B should switch positions after each turn. Make sure to stop players and correct them when making a mistake</p> <p>(4) Then go over to second base position and teach how to flip the ball from their position to throw to the SS covering the base. <b>EXPLAIN AND DEMONSTRATE</b></p> <p>(5) Then go over to the SS position and teach them how to approach the base and turn the double play around this base. They should be touching the outside corner closest to centre field with their right leg, and then turn their body toward first base as they are throwing. <b>EXPLAIN AND DEMONSTRATE</b></p> <p>(6) Roll balls to 2B and have them flip to the SS who will turn and throw to first base. Remind them to stay out of the runners lane when turning the double play</p>
5 min	<b>WATER BREAK AND SET UP FOR BASERUNNING GAME</b>
35 min	<p><b>RUNNERS IN SCORING POSITION BATTING PRACTICE GAME</b></p> <ul style="list-style-type: none"> <li>▪ Divide the team into 3 groups, two of them are playing the field while one of them is hitting. Ensure that all 3 groups get to hit (so all groups will also be playing the field twice)</li> <li>▪ Pitchers will be pitching live to hitters and catchers. Each player on each team (there should be about 4 per team) gets to have a full at bat against the pitcher (coach can umpire). If team 1 is up to bat, give them a batting order 1 through 4. #4 goes to base run, while #1 is the first hitter. Base runners start at SECOND BASE. The object of this type of batting practice is to see how many times out of the 4 at bats in total for each team, they can score the runner. It puts pressure on the defense, as well as the pitcher. Pitchers can pick off, runners can steal or advance on passed balls, etc. After #1 has their at bat, they go to second base to run, and #2 goes to bat. Then they go run and #3 goes to bat, etc.</li> <li>▪ The team at the end that scores their runners the most out of the 4 opportunities wins!</li> </ul>



**Thornhill Baseball Club  
Practice Plan #11**

Division	Skills	Duration
Mosquito	Pitchers Fielding Practice (PFPs) Rundowns Infield/Outfield	90 min

Objectives	Equipment
<ul style="list-style-type: none"> <li>✓ Teach and demonstrate the proper way for pitchers to cover first base on balls hit to the first base side – as well as fielding bunts and making throws to first base (PFPs)</li> <li>✓ Review of infield/outfield positioning</li> </ul>	<ul style="list-style-type: none"> <li>✓ Bases banged in to the ground</li> <li>✓ Baseballs</li> <li>✓ Bats</li> <li>✓ Catchers gear</li> <li>✓ Helmets</li> </ul>

Time	Activity / Drill
10 min	<b>Warm Up – Refer to Practice #1</b>
2 min	<b>WATER BREAK</b>
10 min	<b>THROWING PROGRAM – Refer to Practice #1</b>
5 min	<p><i><b>Quick water break and then explain the purpose of the practice and what the players are going to learn and do: “Today’s practice we are going to learn how to cover first base as a pitcher, as well as practice fielding plays as a pitcher. We are also going to learn and work on how to properly execute a run down. We are also going to teach you how to bunt today and even have a fun bunting competition!”</b></i></p>
30 min	<p><i>Review the ABCs of Baseball, and review cut-offs (-a- catch the ball on glove side and turn glove side as catching it to get it into the base as quickly as possible, -b- line themselves up in a straight line between the outfielder fielding the ball, and the base the ball is going to –c- make sure that they are equal distance between the OF and base, so that there are two equal throws –d- get into position quickly and call for the baseball with both arms up in the air)</i></p> <ul style="list-style-type: none"> <li>▪ Put players into positions minus a pitcher. If there are more than 8 players, double up in some positions and just make sure both players rotate to get their turn</li> </ul> <p style="text-align: center;"><i><b>Follow the infield/outfield practice routine from Practice #9</b></i></p>
5 min	<b>WATER BREAK AND SET UP FOR BASERUNNING GAME</b>

30 min	<p><b>STATIONS – Divide the team into 2 groups and switch after 12 minutes. Both groups should get a chance to do both stations. 12 min each x5 min break and transition time</b></p> <p>GROUP 1 – PFPs in the infield</p> <ul style="list-style-type: none"> <li>▪ Explain that a pitcher should always cover or move toward first base whenever a ball is hit to the right side of the field. They should also be athletic fielder and be able to come off of the mound quickly to field ground balls and bunts that come their way</li> <li>▪ Start with a catcher, a first baseman and everyone else pitch. Make sure after a few minutes to switch positions</li> <li>▪ Lined up at the mound, one at a time the pitcher will pretend to pitch a ball to the catcher, after he/she goes through the wind up, the coach will roll or hit a ball back to the pitcher, or make them move off the mound to get it. Pitchers and catchers will also have to communicate on bunts. Pitcher will field the ball, throw to first base, and then go to the back of the line</li> <li>▪ PART 2 – explain how to cover first base as the pitcher – they should run straight to the foul line as quickly as they can, and then run up the foul line parallel with the runner toward first base, with glove open and giving a target. They need to catch the ball first and then step on the base. They should be stepping on the INSIDE part of the base, as to avoid colliding with the runner, and after they catch and run through the base they should stop quickly and turn back into the field in case there are other runners on base</li> <li>▪ Once again lined up at the mound the first player in line will pretend to pitch to the catcher, the coach will then hit a ball to the first baseman, who must field it and underhand it, or overhand if far from the base, to the pitcher that is covering their base</li> </ul> <p>GROUP 2 – Run downs in the outfield</p> <ul style="list-style-type: none"> <li>▪ The coach will set up 2 bases in the outfield, and ask all players to bring their helmets out with them</li> <li>▪ <b><u>How to properly execute a run down:</u></b></li> <li>▪ Ideally it should be one throw to get the runner out. Any more than 3 throws is WAY too many</li> <li>▪ ALWAYS follow your throw, this is the golden rule. For example, pitcher tries to pick runner off at first base, the runner does not go back to the base and is now in the middle of first and second, the pitcher must IMMEDIATELY follow their throw and go to first base. From here the first baseman will RUN at the runner, as soon as the runner turns their back to commit to the base is when you want to throw it to second base. The second baseman should NOT be at the base, instead they should be “closing in” on the runner to catch them by surprise. Not too much as you</li> </ul>
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	<p>do not want the runner to pass you. The first baseman ideally will throw the ball and then the second baseman will catch it and touch the runner.</p> <ul style="list-style-type: none"> <li>▪ If this does not go as planned, the first baseman must now follow their throw and go to second base, and now the pitcher is covering first base. Second will then throw to first and then again follow their throw</li> <li>▪ Do not ever fake pump the ball. Take it out of the glove, run at the runner holding the ball but do not fake throwing as you will fake out your fielder</li> <li>▪ The goal is to get the runner out, OR to run them BACK to the base they started at (no damage done there).</li> <li>▪ Also ensure that the players are not in the running lane as they will hit the runner with the ball or throw the ball away. Both fielders must pick a lane, and be on the same side of the base (either on the inside or the outside)</li> <li>▪ DRILL #1 – Divide the group into 3. Practice with 2 people on one side, the first person holding the ball, and 1 person on the other side. They will run and take a few steps, make a good throw, and follow their throw, then that person will run a few steps, throw back to where they got the ball from and follow their throw – this just works on the basics of FOLLOWING THROWS. With each throw the fielders should be getting closer to each other to close in on the runner. Do this for about 3-4 min</li> <li>▪ Drill #2 – add in runners, make sure they have helmets and rotate every few minutes. Practice running the runner down in as few throws as possible, with each throw the fielders should be getting closer to each other to close in on the runner</li> </ul>
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