



Practice Plan #1

Divisions	Skills	Duration
11U, 13U, 15U/18U	Throwing/catching review Fielding Hitting	90 min

Objectives	Equipment
<ul style="list-style-type: none"> ✓ Review of all baseball skills – throwing, catching, fielding and hitting ✓ Set out a proper warm up with dynamic exercises and a proper throwing routine that players will be expected to do before every game and practice ✓ Set out a proper infield routine, and have infield practice 	<ul style="list-style-type: none"> ✓ Bases banged in to the ground ✓ Baseballs ✓ Bats ✓ Helmets ✓ Catchers gear ✓ Batting tee

Time	Activity / Drill
10 min	<p>Warm Up</p> <ul style="list-style-type: none"> ▪ RUN: Jog along the warning track from one outfield pole to the other, and back ▪ 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"> ○ Side Shuffles ○ Karaoke ○ High Knees (pump arms and legs quickly) ○ Butt kicks (pump arms and legs quickly) ○ Lunges

	<ul style="list-style-type: none"> ○ Sprints ▪ STRETCH: Stretch any muscles still not loose
	WATER BREAK
10 min	<p>THROWING PROGRAM:</p> <p><i>Review of throwing and catching basics: 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>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:</p> <ul style="list-style-type: none"> ▪ WRIST FLICKS: On one knee (throwing knee down, glove knee up), wrist flicks with glove under throwing elbow (5 for each partner) ▪ HIPS: 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 knees bent/stay low. Turn hips, point glove to target and thro, finishing low (5 throws each) ▪ NO STRIDE: 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) ▪ FOLLOW THROUGH: 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) ▪ REGULAR THROWS: Now the player will take a step and throw. Emphasize staying low, bending knees, and following through (5 throws each) ▪ STEP BEHINDS/ CROW HOPS: 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) ▪ 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.)

5 min	<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 and hitting skills.”</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>GROUP 1</p> <ul style="list-style-type: none"> ▪ 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. <p>INFIELD PRACTICE ROUTINE:</p> <ul style="list-style-type: none"> ▪ (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 ▪ (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) ▪ (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 ▪ (d) Same order, now the players will be throwing to second base instead as they are working on Double Plays ▪ (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 ▪ (f) pop ups, only if time. Coach will throw balls in the air, and players will have to call for it and communicate <p>GROUP 2 – working on hitting</p> <ul style="list-style-type: none"> ▪ REVIEW of batting stance: See hitting mechanics checklist ▪ Progression: (1) Dry swings, everyone spreads out and takes 10 good swings as the coach walks around to ensure proper mechanics ▪ (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

	<ul style="list-style-type: none"> ▪ (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
5 min	WATER BREAK AND SET UP FOR BATTING PRACTICE GAME
15 min	<p>BATTING PRACTICE GAME WITH WHOLE TEAM</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>

Practice Plan #2

Division	Skills	Duration
11U, 13U, 15U/18U	Fielding Base running	90 min

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

Time	Activity / Drill
10 min	<p>Warm Up</p> <ul style="list-style-type: none"> ▪ RUN: Jog along the warning track from one outfield pole to the other, and back ▪ 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"> ○ Side Shuffles ○ Karaoke ○ High Knees (pump arms and legs quickly) ○ Butt kicks (pump arms and legs quickly) ○ Lunges ○ Sprints ▪ STRETCH: Stretch any muscles still not loose
	WATER BREAK
15 min	<p>THROWING PROGRAM:</p> <p><i>Review of throwing and catching basics: 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>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:</p> <ul style="list-style-type: none"> ▪ WRIST FLICKS: On one knee (throwing knee down, glove knee up), wrist flicks with glove under throwing elbow (5 for each partner)

	<ul style="list-style-type: none"> ▪ HIPS: 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 knees bent/stay low. Turn hips, point glove to target and thro, finishing low (5 throws each) ▪ NO STRIDE: 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) ▪ FOLLOW THROUGH: 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) ▪ REGULAR THROWS: Now the player will take a step and throw. Emphasize staying low, bending knees, and following through (5 throws each) ▪ STEP BEHINDS/ CROW HOPS: 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) <p>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.)</p>
5 min	<p><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></p>
15 min	<p>Relays / Cut offs</p> <p>EXPLAIN:</p> <ul style="list-style-type: none"> ▪ 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. ▪ Outfielder must get the ball to the cut off man as fast as possible. ▪ 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” ▪ As outfielder chases the ball he should be thinking “hit the cut off”

	<ul style="list-style-type: none"> ▪ 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 ▪ 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 they ball, they want to turn glove side at the same time ▪ 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 <p>Drill:</p> <ul style="list-style-type: none"> ▪ 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 ▪ 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 ▪ 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 sitdown in their starting position wins!
HALFWAY MARK	
WATER BREAK	
40 min	STATIONS

	<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>GROUP 1: INFIELD</p> <ul style="list-style-type: none"> ▪ Review of ground ball mechanics – see ground ball mechanics checklist ▪ 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 ▪ Fielding Drills: #1. Partners 10 - 15 yds apart. Partner A rolls to B 5 times and switch. ▪ 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 <p>GROUP 2: OUTFIELD</p> <p>Move quickly to get in position to catch the ball. Don't "drift". Catch ball just above head with two hands.</p> <ul style="list-style-type: none"> ▪ Drill #1: Partners 15 feet apart. Throw easy fly balls to partner. If there are runners on base and the ball must be thrown to infield; try to position your self to allow you to step as you catch the ball so your momentum is toward the infield facilitating a faster, harder throw. ▪ Drill #2: Side to side catches. Each player gets 3 fly balls. 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"> ○ fly ball 1 is caught and thrown to next player in line. ○ coach points left or right - fly ball 2 is thrown to that side as player reacts to coaches signal ○ fielder transfers ball to his free hand as he sprints in the opposite direction to catch ball #3
5 min	<p>WATER BREAK AND SET UP FOR NEXT DRILL</p> <p>COOL DOWN:</p> <ul style="list-style-type: none"> ▪ 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 ▪ Then teach players how to properly turn through first base if it is a sure double. (ie: Banana turn). Set out pylons to show the players the proper path from home plate to first base. After about 5 hard strides out of the box if they know it is a sure single and they will be rounding the base or running to second base, they need to take an early turn to get them on

	<p>proper track to second base. They must touch the inside corner of first base, dip their left shoulder as they are turning the base and now be on a straight line to second base! Have players run once from home to second base properly</p>
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Practice Plan #3

Division	Skills	Duration
11U, 13U, 15U/18U	Pitching and Hitting	90 min

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

Time	Activity / Drill
10 min	<p>Warm Up</p> <ul style="list-style-type: none"> ▪ RUN: Jog along the warning track from one outfield pole to the other, and back ▪ 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"> ○ Side Shuffles ○ Karaoke ○ High Knees (pump arms and legs quickly) ○ Butt kicks (pump arms and legs quickly) ○ Lunges ○ Sprints ▪ STRETCH: Stretch any muscles still not loose
	WATER BREAK
10 min	<p>THROWING PROGRAM:</p> <p><i>Review of throwing and catching basics: 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>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:</p>

	<ul style="list-style-type: none"> ▪ WRIST FLICKS: On one knee (throwing knee down, glove knee up), wrist flicks with glove under throwing elbow (5 for each partner) ▪ HIPS: 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 knees bent/stay low. Turn hips, point glove to target and thro, finishing low (5 throws each) ▪ NO STRIDE: 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) ▪ FOLLOW THROUGH: 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) ▪ REGULAR THROWS: Now the player will take a step and throw. Emphasize staying low, bending knees, and following through (5 throws each) ▪ STEP BEHINDS/ CROW HOPS: 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) ▪ 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.)
5 min	<p><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 and hitting skills.”</i></p>
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>GROUP 1 - Pitching</p> <ul style="list-style-type: none"> ▪ Coach discusses the importance of throwing strikes as a pitcher and sets out these pitching goals: ▪ (1) Go after the leadoff hitter (we want to get the first out) ▪ (2) Get a head of each batter – we never want to fall behind in the count ▪ (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

	<ul style="list-style-type: none"> ▪ Go over the proper pitching mechanics several times as a group (see pitching steps and mechanics outline). 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. 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 ▪ 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 <p>GROUP 2 – working on hitting</p> <ul style="list-style-type: none"> ▪ REVIEW of batting stance: See hitting mechanics checklist ▪ Progression: (1) Dry swings, everyone spreads out and takes 10 good swings as the coach walks around to ensure proper mechanics ▪ (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 ▪ (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
5 min	WATER BREAK AND SET UP FOR BATTING PRACTICE GAME
15 min	<p>BATTING PRACTICE GAME WITH WHOLE TEAM</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>

Practice Plan #4

Division	Skills	Duration
11U, 13U, 15U/18U	Infield / Outfield Proper base running	90 min

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

Time	Activity / Drill
10 min	<p>Warm Up</p> <ul style="list-style-type: none"> ▪ RUN: Jog along the warning track from one outfield pole to the other, and back ▪ 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"> ○ Side Shuffles ○ Karaoke ○ High Knees (pump arms and legs quickly) ○ Butt kicks (pump arms and legs quickly) ○ Lunges ○ Sprints ▪ STRETCH: Stretch any muscles still not loose
	WATER BREAK
10 min	<p>THROWING PROGRAM:</p> <p><i>Review of throwing and catching basics: 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>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:</p> <ul style="list-style-type: none"> ▪ WRIST FLICKS: On one knee (throwing knee down, glove knee up), wrist flicks with glove under throwing elbow (5 for each partner)

	<ul style="list-style-type: none"> ▪ HIPS: 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 knees bent/stay low. Turn hips, point glove to target and thro, finishing low (5 throws each) ▪ NO STRIDE: 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) ▪ FOLLOW THROUGH: 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) ▪ REGULAR THROWS: Now the player will take a step and throw. Emphasize staying low, bending knees, and following through (5 throws each) ▪ STEP BEHINDS/ CROW HOPS: 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) ▪ 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.)
5 min	<p><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 fly balls and ground balls as well as practice our base running.”</i></p>
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>GROUP 1 - INFIELD</p> <ul style="list-style-type: none"> ▪ 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. <p>INFIELD PRACTICE ROUTINE:</p> <ul style="list-style-type: none"> ▪ (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

	<p>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</p> <ul style="list-style-type: none"> ▪ (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) ▪ (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 ▪ (d) Same order, now the players will be throwing to second base instead as they are working on Double Plays ▪ (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 ▪ (f) pop ups, only if time. Coach will throw balls in the air, and players will have to call for it and communicate <p>GROUP 2 - OUTFIELD</p> <ul style="list-style-type: none"> ▪ REVIEW of drop steps – first movement should always be back instead of in. ▪ 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 got back first). Start with easy fly balls just to work on drop steps ▪ Then have coach throw the ball further so the outfielder needs to run to catch it (again must drop step properly first) ▪ Then line everyone up and coach hits to the first person in line. It is their ball only, and whoever 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
5 min	WATER BREAK AND SET UP FOR BASERUNNING GAME

15 min

BASERUNNING GAME

First review proper base running – taking the right route to the base, touching the inside corner, dipping the left shoulder, being on track straight to the next base and not making wide turns

Divide the team into 2 teams, one starts in the field, one is running the bases with a helmet. The first player running the bases must start at home plate, where the catcher has the ball. The catcher throws from home to first, to short stop, to second base to third base and back home, before the player runs from home to second base. Every player gets one turn to run the bases. The team throwing can switch positions half way through. The base runner is trying to run to second base before the team on defense throws the ball “around the horn.” If the base runner runs to second before the ball gets back to the catcher, they get a point. The team with the most points at the end of the game wins!

Please be aware of your team’s ability. If they are having difficulty throwing and catching, you may want the team running to go from home to third base to make it a bit easier for the fielding team to get a point. Change up this game to suit your team’s needs and abilities

Practice Plan #5

Division	Skills	Duration
11U, 13U, 15U/18U	Defensive Positioning Hitting	90 min

Objectives	Equipment
<ul style="list-style-type: none"> ✓ Practice fielding ground balls and catching fly balls ✓ Teach and talk about the ABCs of Baseball ✓ 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. ✓ Practice Hitting 	<ul style="list-style-type: none"> ✓ Bases banged in to the ground ✓ Baseballs ✓ Bats ✓ Helmets ✓ Catchers gear

Time	Activity / Drill
10 min	<p>Warm Up</p> <ul style="list-style-type: none"> ▪ RUN: Jog along the warning track from one outfield pole to the other, and back ▪ 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"> ○ Side Shuffles ○ Karaoke ○ High Knees (pump arms and legs quickly) ○ Butt kicks (pump arms and legs quickly) ○ Lunges ○ Sprints ▪ STRETCH: Stretch any muscles still not loose
	WATER BREAK
10 min	<p>THROWING PROGRAM:</p> <p><i>Review of throwing and catching basics: 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</i></p>

	<p><i>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>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:</p> <ul style="list-style-type: none"> ▪ WRIST FLICKS: On one knee (throwing knee down, glove knee up), wrist flicks with glove under throwing elbow (5 for each partner) ▪ HIPS: 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 knees bent/stay low. Turn hips, point glove to target and thro, finishing low (5 throws each) ▪ NO STRIDE: 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) ▪ FOLLOW THROUGH: 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) ▪ REGULAR THROWS: Now the player will take a step and throw. Emphasize staying low, bending knees, and following through (5 throws each) ▪ STEP BEHINDS/ CROW HOPS: 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) ▪ 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.)
5 min	<p><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 learn how to take a proper infield/outfield (positioning), with cut-offs, players covering bases etc. and then end with some hitting.”</i></p>
30 min	<ul style="list-style-type: none"> ▪ 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. A- stands for attack the baseball (if the ball is hit to you, go get it!) B- stands for cover your base (if they ball is NOT hit to

	<p>you, and you play a base position, <i>go to your base!</i>) C- stands for cover (if the ball is not hit to you, and you do not have a base to go to, cover up behind a fielder!)</p> <ul style="list-style-type: none"> ▪ If players are thinking about the ABCs of defense on every hit, they should always be moving somewhere and involved in the play. ▪ 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>Je: A ball hit to Right Field. The Right fielder will get the baseball, the centre fielder 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 a 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) ▪ 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
5 min	WATER BREAK AND SET UP FOR BASERUNNING GAME
30 min	<p>BATTING PRACTICE GAME – TWO STRIKE APPROACH</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"> ○ Choke up on bat ○ Shorten swing – it is not a long loopy swing, it is short and quick to the ball ○ Focus on making contact ○ Swing at anything close – if you do not like the pitch foul it off ○ Do not let the umpire call a strikeout watching the pitch – be aggressive ○ 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! ○ Eliminate big leg kicks – instead take a wider stance and a much smaller stride (or not stride at all) <ul style="list-style-type: none"> ▪ Now everyone is going to practice two-strike approach for the entire hitting portion of the practice!

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| | <ul style="list-style-type: none">▪ 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 may hit tennis balls or wiffle balls only into the fence</i>). The team hitting on deck should be practicing their two strike swing▪ 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! |
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Practice Plan #6

Division	Skills	Duration
11U, 13U, 15U/18U	Defensive positioning (IN/OUT) Pitching	90 min

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

Time	Activity / Drill
10 min	<p>Warm Up</p> <ul style="list-style-type: none"> ▪ RUN: Jog along the warning track from one outfield pole to the other, and back ▪ 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"> ○ Side Shuffles ○ Karaoke ○ High Knees (pump arms and legs quickly) ○ Butt kicks (pump arms and legs quickly) ○ Lunges ○ Sprints ▪ STRETCH: Stretch any muscles still not loose
	WATER BREAK
10 min	<p>THROWING PROGRAM:</p> <p><i>Review of throwing and catching basics: 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>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:</p> <ul style="list-style-type: none"> ▪ WRIST FLICKS: On one knee (throwing knee down, glove knee up), wrist flicks with glove under throwing elbow (5 for each partner) ▪ HIPS: 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 knees bent/stay low. Turn hips, point glove to target and thro, finishing low (5 throws each) ▪ NO STRIDE: 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) ▪ FOLLOW THROUGH: 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) ▪ REGULAR THROWS: Now the player will take a step and throw. Emphasize staying low, bending knees, and following through (5 throws each) ▪ STEP BEHINDS/ CROW HOPS: 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) ▪ 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.)
5 min	<p><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 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.”</i></p>
40 min	<ul style="list-style-type: none"> ▪ 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)

- 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
- 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

The Infield/Outfield process goes as follows:

- 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
- 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)
- 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.

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

5 min

WATER BREAK AND SET UP FOR BASERUNNING GAME

20 min

PITCHING PRACTICE

- Go over with the entire group all the steps for pitching and proper mechanics, steps 1 through 7 (see pitching mechanics checklist)
- 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
- While players are pitching coaches are walking up and down and helping with mechanics
- 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

Practice Plan #7

Division	Skills	Duration
11U, 13U, 15U/18U	Double Plays Hitting with runners in scoring position / base running	90 min

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

Time	Activity / Drill
10 min	<p>Warm Up</p> <ul style="list-style-type: none"> ▪ RUN: Jog along the warning track from one outfield pole to the other, and back ▪ 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"> ○ Side Shuffles ○ Karaoke ○ High Knees (pump arms and legs quickly) ○ Butt kicks (pump arms and legs quickly) ○ Lunges ○ Sprints ▪ STRETCH: Stretch any muscles still not loose
	WATER BREAK
10 min	<p>THROWING PROGRAM:</p> <p><i>Review of throwing and catching basics: 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>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:</p> <ul style="list-style-type: none"> ▪ WRIST FLICKS: On one knee (throwing knee down, glove knee up), wrist flicks with glove under throwing elbow (5 for each partner) ▪ HIPS: 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 knees bent/stay low. Turn hips, point glove to target and thro, finishing low (5 throws each) ▪ NO STRIDE: 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) ▪ FOLLOW THROUGH: 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) ▪ REGULAR THROWS: Now the player will take a step and throw. Emphasize staying low, bending knees, and following through (5 throws each) ▪ STEP BEHINDS/ CROW HOPS: 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) ▪ 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.)
5 min	<p><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 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.”</i></p>
25 min	<p>Divide the team into 2 groups and make a makeshift field in the outfield so that both groups can work on double plays</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> <ol style="list-style-type: none"> (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 flip” they should continue their momentum to the base after the flip it! EXPLAIN AND DEMONSTRATE THIS SKILL (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! (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 (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. EXPLAIN AND DEMONSTRATE (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. EXPLAIN AND DEMONSTRATE (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
5 min	WATER BREAK AND SET UP FOR BASERUNNING GAME
35 min	<p>RUNNERS IN SCORING POSITION BATTING PRACTICE GAME</p> <ul style="list-style-type: none"> ▪ 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) ▪ 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.

- The team at the end that scores their runners the most out of the 4 opportunities wins!

Practice Plan #8

Division	Skills	Duration
11U, 13U, 15U/18U	Pitchers Fielding Practice (PFPs) Rundowns Pitching Bunting	90 min

Objectives	Equipment
<ul style="list-style-type: none"> ✓ 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) ✓ Teach and explain how to properly execute a rundown ✓ Work on pitching accuracy, mechanics and velocity ✓ Teach and practice bunting 	<ul style="list-style-type: none"> ✓ Bases banged in to the ground ✓ Baseballs ✓ Bats ✓ Catchers gear ✓ Helmets

Time	Activity / Drill
10 min	<p>Warm Up</p> <ul style="list-style-type: none"> ▪ RUN: Jog along the warning track from one outfield pole to the other, and back ▪ 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"> ○ Side Shuffles ○ Karaoke ○ High Knees (pump arms and legs quickly) ○ Butt kicks (pump arms and legs quickly) ○ Lunges ○ Sprints ▪ STRETCH: Stretch any muscles still not loose
	WATER BREAK
10 min	<p>THROWING PROGRAM:</p> <p><i>Review of throwing and catching basics: 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</i></p>

	<p><i>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>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:</p> <ul style="list-style-type: none"> ▪ WRIST FLICKS: On one knee (throwing knee down, glove knee up), wrist flicks with glove under throwing elbow (5 for each partner) ▪ HIPS: 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 knees bent/stay low. Turn hips, point glove to target and thro, finishing low (5 throws each) ▪ NO STRIDE: 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) ▪ FOLLOW THROUGH: 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) ▪ REGULAR THROWS: Now the player will take a step and throw. Emphasize staying low, bending knees, and following through (5 throws each) ▪ STEP BEHINDS/ CROW HOPS: 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) ▪ 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.)
5 min	<p><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 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!”</i></p>

30 min	<p>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</p> <p>GROUP 1 – PFPs in the infield</p> <ul style="list-style-type: none"> ▪ 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 ▪ Start with a catcher, a first baseman and everyone else pitch. Make sure after a few minutes to switch positions ▪ 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 ▪ 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 ▪ 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 <p>GROUP 2 – Run downs in the outfield</p> <ul style="list-style-type: none"> ▪ The coach will set up 2 bases in the outfield, and ask all players to bring their helmets out with them ▪ <u>How to properly execute a run down:</u> ▪ Ideally it should be one throw to get the runner out. Any more than 3 throws is WAY too many ▪ 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
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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"> ▪ 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 ▪ 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 ▪ The goal is to get the runner out, OR to run them BACK to the base they started at (no damage done there). ▪ 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) ▪ 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 ▪ 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
5 min	WATER BREAK AND SET UP FOR BASERUNNING GAME
30 min	<p>STATIONS – In the same two groups break off, and switch after 12 minutes. Both groups should get a chance to do both stations. 12 min each x5 min break and transition time</p> <p>GROUP 1 - infield bunting practice</p> <ul style="list-style-type: none"> ▪ Teach how to bunt and the purpose of bunting (to move runners over, to try to surprise the other team and get a base hit). Today we will be practicing SACRIFICE bunting only ▪ For sacrifice bunting, make sure to square around very early, it is OK if the other team knows you are bunting, the object is to give yourself up to move the runner to third base, or second base ▪ Move bottom hand slightly up the handle, and the top hand right where the bat gets thick, make sure fingers are tucked in and not exposed ▪ Start with the bat at the top of the strikezone – this way, anything above the bat is a ball, pull back. Anything below you will just bend your knees. Do not stab at the ball with your bat, bend your knees to the ball ▪ Try to “catch” the ball with the bat, or “deaden” the ball with the bat. Keep it away from the pitcher and the catcher and you should even have a

good chance at being safe at first base! Aim for the foul lines - first or third base

- DRILL #1 – have all players get into their bunt stance and correct them
- DRILL #2 – Players get into partners. Partner A throws to partner B just a few feet away who is bunting the ball. Bunt 8 balls each and then switch. Coach walks around and helps
- DRILL #3 – competition. One player at a time gets 8 pitches, count how many times each player lays a bunt down that does not go right back to the pitcher. The player who gets the most down out of 8 wins!

GROUP 2 – Outfield (foul line area to use as “rubber”)

- Review of pitching steps
- Pitching in partners while coach helps with mechanics