

# 5U and 7U Practice Plans



	<b>Sample Plan #1</b>	<b>Sample Plan #2</b>
<b>Plan</b>	Stretch & Run  Throwing & Catching Fundamentals  Ground balls fundamentals  Hitting Fundamentals  Home to 1 <sup>st</sup> Running  Cool Down	Stretch & Run  Review Throwing & Catching and Ground Ball Fundamentals  Fly Ball Fundamentals  Hitting Fundamentals  Rounding 1 <sup>st</sup> / Home to 2 <sup>nd</sup> /3 <sup>rd</sup> /Home Run  Cool Down

# Sample Plan #1

## A.) Run & Stretch – Logistics: 10 min

- Leader organize running - Jog
- Leader organize Stretching – big group circle, leader in the middle
- Leader organizes and demonstrates dynamics from foul line out to about second base: High Knee's; But Kicks; Side Steps (Karaoke); Side Shuffle & Sprints

## B) Lesson 1 – Throwing & Catching: 20 min

- Leader Teaches & Demo Throwing – Grip, Arm motion, point to target, Stepping on throw & Aim
- Leader Teaches & Demo Catching – Give target, catch with 2 hands, catch in the center of your body
- KIDS & COACH's MOVE TO STATIONS - Kids behind pylons & throwing to the coach in the middle taking turns

## C) Lesson 2 – Ground Balls: 15 min

- Leader Teaches & Demo Ready Position - Feet shoulder width apart, on the balls of your feet, crouching position and watching the play
- Leader Teaches & Demo Fielding The Ball - Lower the glove to the middle & head down / watch the ball into your glove.
- KIDS & COACH's MOVE TO STATIONS - Kids behind pylons & coach's do ground balls taking turns

## D) Lesson 3 – Ground Balls Side to Side: 15 min

- Leader Teaches & Demo Ground Balls Side to Side – Ready position; move your feet (shuffle and / or cross over); forehand pick up and back hand pick up
- KIDS & COACH's MOVE TO STATIONS - Kids behind pylons & coach's do ground balls taking turns

# Sample Plan #1

## E) Lesson 3 – Hitting Introduction: 30 min

- Leader Teaches & Demo Hitting – Bating Stance (Feet shoulder width apart, weight slightly on back leg, hands together, monitor distance to the plate, hands by ear & adjust elbow on a case by case basis); step toward the pitcher, transfer weight & swing through the ball (try to make contact at the front side of the plate to maximize power).
- KIDS & COACH's MOVE TO STATIONS – Do 2 drills – Hitting off the T whiffle Ball & then under hand toss whiffle ball

## F) Lesson 4 – Running Home to 1<sup>st</sup>: 15 min

- Leader Teaches & Demo Running – Sprint after ball contact & run straight through 1st turning “out” after you cross 1st
- KIDS & COACH's MOVE TO STATIONS – Practice running. NOTE: If numbers allow do it on the infield.

## F) Cool Down:5 min

- Leader Runs Cool Down

# Sample Plan #2

## NOTE:

If there are kids who missed week 1 potentially create a new group to do an in-depth review of week 1 skills.

## BTA Begins

### **A.) Run & Stretch – Logistics: Line Up Left Field Foul Line to CF – 10 min**

- Leader organize running - Jog
- Leader organize Stretching – big group circle, leader in the middle
- Leader organizes and demonstrates dynamics from foul line out to about second base: High Knee's; But Kicks; Side Steps (Karaoke); Side Shuffle & Sprints

### **B) Review of Week 1 - Throwing & Catching– Logistics: Behind 2<sup>nd</sup> - 15 min**

- Leader Review & Demo Throwing & Catch Lessons from week 1
- KIDS & COACH's MOVE TO STATIONS - Kids behind pylons & throwing to the coach in the middle taking turns

### **C) Review of Week 1 - Ground Balls – Logistics: Behind 2<sup>nd</sup> – 15 min**

- Leader Review & Demo Ready Position, Grounds balls and Side to Side
- KIDS & COACH's MOVE TO STATIONS - Kids behind pylons & coach's do ground balls taking turns

### **D) Lesson 1 – Fly Balls Introduction – Logistics: Behind 2<sup>nd</sup> – 15 min**

- Leader Teaches & Demo Fly Balls – Ready position & catch with 2 hands above your head
- KIDS & COACH's MOVE TO STATIONS - Kids behind pylons & coach underhand toss fly balls (short distance)

# Sample Plan #2

## E) Lesson 2 – Fly Balls Advanced: 15 min

- Leader Teaches & Demo Drop Step To Both Sides
  - A) Mindset - Ready position & first reaction is to take a step back
  - B) How do it Take Action – Ready position, drop step to the side the ball is going to (NO back peddling), run to spot on angle where you can catch the ball & then catch it slightly above your head. Demo this to both sides.
- KIDS & COACH's MOVE TO STATIONS – Kids behind pylons & coach underhand toss fly balls to the right & left

## F) Review – Hitting Introduction: 25 min

- Leader Teaches & Demo Hitting – Bating Stance (Feet shoulder width apart, weight slightly on back leg, hands together, monitor distance to the plate, hands by ear & adjust elbow on a case by case basis); step toward the pitcher, transfer weight & swing through the ball (try to make contact at the front side of the plate to maximize power).
- KIDS & COACH's MOVE TO STATIONS – Do 2 drills – Hitting off the T whiffle Ball & then under hand toss whiffle ball

## G) Lesson 4 – Running to 2<sup>nd</sup> & Cool Down: 10 min

- Leader Teaches & Demo Running – Run to first, as approach first do a question mark and then run straight to second
- KIDS & COACH's MOVE TO STATIONS – Practice running. NOTE: If numbers allow do it on the infield.