

# Tball Week 1 Practice Plans

Teams will rotate thru the following drills.

- Team #1 – 10 minutes in Outfield – Throwing
- Team #2 – 10 minutes in Infield – Baserunning
- SWITCH

## **TIME Breakdown**

6:15 – Introductions and Welcome

6:20 – 6:45 – SKILLS

6:45 – 7:45 – GAME

## **Game Play**

- Go through entire line-up 1 time (all players hit) – switch and repeat until 7:45 pm
- No outs – all players remain on bases
- Players Can advance 1 base at a time only
- Rotate players through various positions and try to ensure everyone is getting chance to field ball

## Throwing – 10 minutes

**GRIP AND THROW:** In the outfield have all players make a circle. While kneeling inside of the circle, talk about holding a baseball the correct way to make good throws. The coach should make sure players understand which hand to use to throw. It will be known as their “favorite hand” and is usually the one used to write or color. The coach should demonstrate the proper grip on the ball with fingers on top and the thumb underneath. The ball should be held in the fingers if possible and with the same pressure the players hold a tube of toothpaste. They should control the ball but not squeeze it.

**THROWING:** Have each player take a ball and practice the grip while still in the circle. Check grips. Next demonstrate throwing overhand. (2 coaches) Throw to another coach, while emphasizing holding the ball correctly in the favorite hand, and throwing overhand. Practice throwing overhand to the fence. Use throwing cues.

- The players should start with the proper grip that was discussed.
- They must look at their target.
- The next move is to step directly to their target.
- The ball and hand should move in a circular motion. A good reminder is to tell players that when they take the ball out of their glove their thumb should go past their thigh and then the ball should continue to go up facing the sky – “thumb to thigh, show it to the sky.”

They should release the ball to the target and let their arm continue to move to finish the circular motion. Stressing this follow through will prevent them from stopping their arm as soon as they release the ball. (7 minutes) Stop players and call them back to the coach. Now review stepping with the correct foot. Demonstrate the grip, holding the ball in the favorite hand, and stepping with the other foot toward the target. IF you throw right, step with left foot toward target.

### Drill:

- Players in 2-3 lines about 10 feet from coaches (3-4 players/line)
- Player throws ball to coach then runs to coach to retrieve ball and run to back of line – REPEAT
- Have players throw far further back if ready

### Correct Grip



## Running the Bases – 10 minutes

**At HOME PLATE:** Ask players if they know where each base is, and then point to each. Talk about the bases being in a giant square (1st, 2nd, 3rd, and home).

### DRILL SEQUENCE:

- Following the coach, the players run/jog around the bases while calling out each base that they touch. **Repeat 2-3 times**
- For round two, the players will advance to each base one at a time and will stop on each base. They will move to the next base when they are cued. **Repeat 2-3 times.**
- An option is to have a coach with a ball in his or her hand ready to tag players who come off of the base.

