

Practice Plans

Week #2

TBALL

WARM-UP/Welcome Message – Stretching (3 minutes)

FREEZE TAG – (3-5 minutes)

Skill Stations

1. Grounders (10 minutes)

2. Throwing (10 minutes)

GAME (45 minutes)

As many innings as you can get in until about 7:30 pm

NOTES:

For Practice #2 this week repeat this plan.

To mix things up a bit:

Throwing:

SKIP the “GRIP” drill but be sure to look for mistakes

Practice throws with coach/line

ADD “Accuracy” Challenge

- Place ball on T
- Players form a line and from 10-15 feet away take turns trying to knock ball off T

Grounders

ADD – Lateral Movement

- Throw balls left and right of player
- Ensure players shuffle feet left or right to field ball
- Ensure bum low, feet shoulder widths apart, alligator arms, catch ball out front

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

Fielding Grounders – 10 minutes

“The Crocodile”

Perform drill without gloves and on the infield

Key Points

- Coach rolls a ball to player (group 3-4 players/coach)
 - Players lined up with adequate space facing coach
- Players in “ready position”
 - Hands in front of them (not on knees)
 - Knees bent and shoulder width apart
 - Weight on balls of feet
- Player bends with knees, bum low
- Extend hands out like “Crocodiles mouth”
 - Player tries to catch ball with catching hand in front of them and between legs (in front) and “smothers ball with top hand (throwing hand)
- Feet and hands form a Triangle
- Roll the all several times without gloves then ADD gloves

