

Practice Plans

Week #3

TBALL

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

FREEZE TAG – (3-5 minutes)

Skill Stations

1. Infield – 2 x Drills (15 minutes)
2. Outfield – 2 x Drills (15 minutes)

GAME (45 minutes)

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

NOTES:

For those with 2 x practices this week ..

To mix things up a bit:

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

Practice throws with coach/line

ADDITIONAL Ideas “Accuracy” Challenge

- Place ball on T or tie up Catchers Chest Protector to near by fence
- Players form a line and from 10-15 feet away take turns trying to knock ball off T or hitting “chest protector)

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

DRILLS in the OUTFIELD

Throwing

DRILL #1 (10 minutes)

- 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 from further back when ready

Points to Review ...

GRIP AND THROW:

- Review Grip
- Show Coach

THROWING:

- 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 with opposite foot/leg
- 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.”
- Stressing this follow through will prevent them from stopping their arm as soon as they release the ball.

Drill #2 (5 minutes)

FIELDING FLY BALLS

- Each player get their own ball and spreads out in the outfield
- Players toss the ball underhand in the air a few feet over their heads and catch ball
- Coaches circulate and remind players of keys to follow
- ADD a Game: Players count off each successful catch up to 5

Points to Review ...

- Run to where the ball will be caught, always keeping your eye on the ball
- Catch the ball slightly above your head height, with both hands just above the throwing shoulder
- Watch the ball all the way into the glove



DRILLS in the INFIELD

FIELDING

“The Crocodile”

Perform drill without gloves and on the infield



DRILL #3/Key Points (5 minutes)

- 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

DRILL #4 (10 minutes)

What you need

- 3 x Runners at home plate with helmets on
- Remainder of players at 1 of 3 positions (pitcher, first base, second base)
- Coach hits or rolls ball to fielder
- Fielder tries to make FORCE out at First Base
- Runner tries to beat ball to base
- ROTATE Platers through all positions and Runners