

# Practice Plans

## Week #4

### TBALL

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

FREEZE TAG – (3-5 minutes)

Skill Stations

1. Infield – 2 x Drills (15 minutes)
2. Outfield – 3 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 I have added a section with various ADDITIONAL Drills.

As always its your practice so add as you feel fit.

Please ensure you continue to share the infield between teams.

TEAM PICTURES – Email sent earlier this evening

### I Throwing (5 minutes) – Throwing from Knees

- Players partner off and line up across from each other about 10 feet apart
- Players sit across from each other with 1 knee flat on ground and 1 up (up knee is glove hand side)
- Player 1 throws ball to player 2 from 1 knee up position
- Player 2 has glove open with big target – “hands up fingers up”
- Players toss back and forth with an emphasis on proper technique
  - Proper Grip
  - Players reach back and have arm above shoulders
  - Players rotate hips
  - Follow through to target

### II Throwing – Stand up position (5 minutes)

- Players start from across from each other
- Continuation of KNEE drill
- Ensure players focus on Key techniques
- Ensure players step towards their target with glove side leg
- Take “5 steps back” and repeat
- Ensure players receiving the ball are catching with “Hands up” when above waist and when below waist they can flip glove in opposite direction

### Drill III #2 FIELDING FLY BALLS (5 minutes)

- 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
  - 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
- **ADD a Game: Players count off each successful catch up to 5**

## ALTERNATE / ADDITIONAL DRILLS

### 1. TARGET Practice

- Place Ball on T
- Have players try and knock off the ball
- Move players farther back on each turn

### 2. Fly Balls

- Break Players up into groups of 3-4 players/coach
- Each player has a ball and lines up beside coach and about 10 feet to one side
- First player in line hands ball to coach
- Player runs away from coach
- Coach throws a short fly ball to player on the run

### 3. Outfield Relay

- Players line up in straight line of 3-4 players
- Players are spread out approximately 10 feet apart
- Ball starts at front of every line
- Players try to throw ball from FRONT → BACK of line via each player
- Once ball gets to back of line, players throw ball from BACK → FRONT
- **Optional: ADD A RACE – first team to complete cycle wins**
- If ball is dropped or misses a player it needs to start at missed player

## ***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

## **ALTERNATE / ADDITIONAL DRILLS**

### **1. Ground Balls off Bat**

- Players in 2-3 lines
- Coaches hits or throws a ground ball to player at front of each line
- Player fields ball and throws to coach

### **2. Around the Horn**

- Players positioned at each of 4 bases (4 players at a time)
- Start ball at home plate and throw to first base
- Player catches ball, steps on base and then throws to 2<sup>nd</sup> Base
- Continue around all bases and return to home
- Rotate all players through

### **3. Base Running**

- Practice running hard from Home to First Base
  - Run through the base and curl into foul territory
- Run from 1<sup>st</sup> to 2<sup>nd</sup> Base
  - Be sure to not over run 2<sup>nd</sup> Base
  - Continue around all bases

OR

- Players run around all bases – calling out each base when they get there
- Do a "staggered start" encouraging players to run hard around all bases
- Chasing player tries to catch player in front