

# Practice Plans

## Week #7

### 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***

### 1. Batting

- With the T, rotate all players through a quick batting practice away from other players
- if you have whiffle balls feel free to bring them and use 5-10 swings/player

#### Learning points:

- Keep head still
- Good balance - weight transfer from back to front foot
- Swing hard

### 2. Throwing (5 minutes)

#### Progress from Knees to Standing

gradually move from close to further back

#### Learning points:

- Step and throw towards target with proper footwork
- Hands above shoulder (don't throw side arm)
- When catching present a big target with glove
- Hands up, Fingers up when catching ball above waist

### 3. Fielding Balls in OF (5-10 mins)

- 2 Lines of Players
- 2 Coaches hitting or throwing ground balls to players about 20 feet apart
- Coaches hit balls both at players (one at a time in line and rotate) and also away from players so they have to CHASE DOWN BALL, and THROW IN QUICKLY

#### Learning Points:

- Stay down low to field ball
- Pick up ball quickly and throw in to coach
- Run hard after *ball*

*\* This is to simulate game situation when ball is hit into outfield*

## **ADDITIONAL**

### Relay drill

- Players line up about 15 feet apart - 4 players / line
- Ball starts at front of line and players throw from player to player from front to back of line and then return to front
- Add a "race" - line vs line

#### Learning Points:

- When receiving ball create a big target with arms up in air and glove up facing thrower
- Step and throw to the target

## ***DRILLS in the INFIELD***

## **FIELDING**

### 1. "The Crocodile" (5 minutes)

Perform drill without gloves

- 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

### 2. Player to player grounders / crocodile (5 minutes)

- Have players partner up and stand 10-15 feet apart
- Players roll ground balls to each other while coaches circulate and correct positioning

### 3. Ground Balls (5 minutes)

- 2 x Lines of players (Short stop and 2B)
- Coach hits ground balls to 1st player in line
- Player throws back to coach
- Add player to 1B and 3B and have players make play at base closest to them (e.g. SS to 3B and 2B to 1B)

## **ADDITIONAL**

- 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