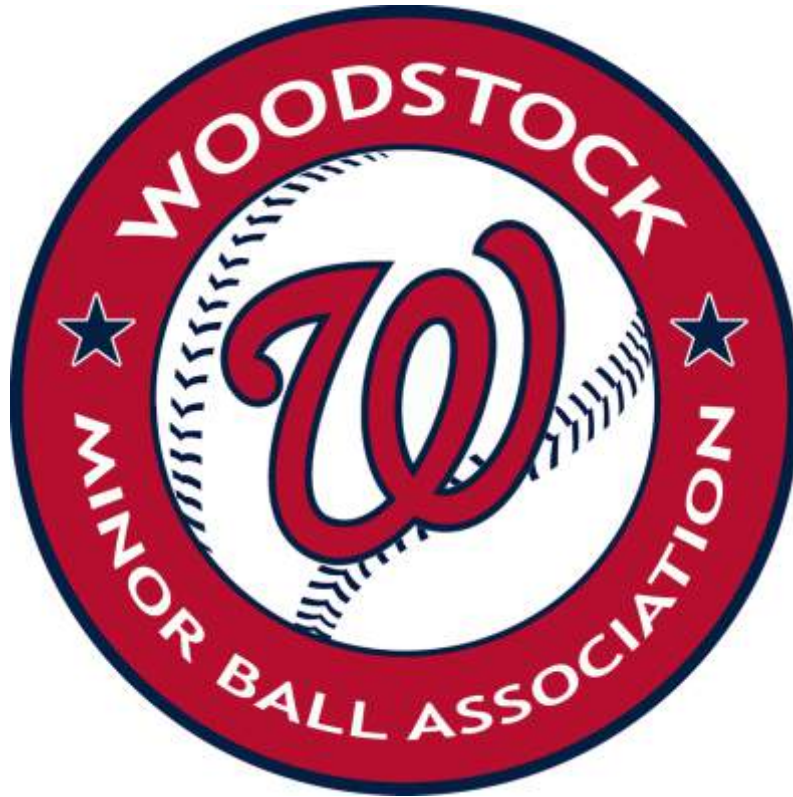


7U/9U Practice Plans



Stretch & Warm-up Before Every Practice!

Dynamic Stretching - Neck Rotation, Arm circles forward and backward big to small, Teapot stretch, Calf Stretch
High Knees, High Kicks, Shuffle Steps, Karaoke Steps
Baseball run - shuffle then sprint

Practice 1-1

Minutes 10-25

4 Minutes per Station

3 equal groups of players

1 instructor per group

Group 1 Handcuffs

Group 2 The Wheel

Group 3 Big Foot

Group 1

» Throwing and receiving:

Exercise "Handcuffs"

Description: Players pair up with each other or with a parent. At a signal, players take a proper grip on the ball.

Equipment: 1 "Incrediball" for each player

Variations and progression:

A Players are seated, pick the ball off the ground and show it to a partner (or parent)



C Players are seated, pick the ball off the ground and throw it to a partner (or parent)



Make sure the grip is appropriate

Group 2

» Throwing and receiving:

Exercise "The Wheel"

Description: In pairs, the players play catch using the proper mechanics.

Equipment: 1 "Incrediball" for each player

Variations and progression:

E Players are executing on command:

1) throwing arm goes down



2) reach back



3) lift arm to shoulder height



Appropriate arm action

Group 3

Exercise "Big Foot"

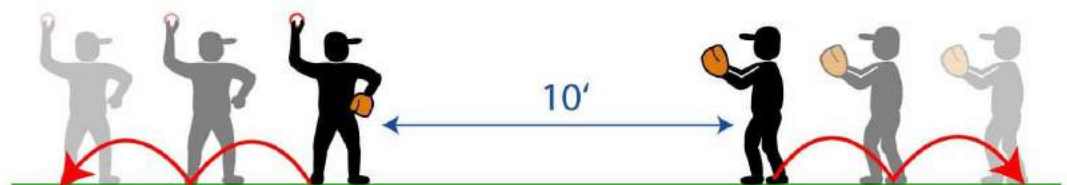
Description: Partners start in lines, facing each other, approximately 10 feet apart. One adult per pair. Players throw to each other (or adult throws if skill level is too low for accurate throws). Each time a catch is made the partners move back one giant step.

Equipment: 1 ball for every 2 players

Variations and progression:

Use different types of balls (tennis, incredible, baseball, wiffle) depending on ability.

The pair that ends up the farthest apart while still able to catch the ball is given the BIG FOOT award.



Practice 1-2

Minutes 25-40

4 Minutes per
Station

3 equal groups of
players

1 instructor per group

Group 1 Fair & Foul
Balls

Group 2 Balls & Strikes

Group 3
Single/Double/Triple/
Homerun

Group 1

Exercise "Fair / Foul ball"

Together the infield and outfield make up what is known as "fair" territory. Batters want to hit the ball into this area as it allows them to start running the bases (and hopefully end up scoring a run for their team). Straight lines drawn on the field from home plate to the outfield fence are known as foul lines and they separate fair territory from foul territory. If a batter hits a ball behind or outside of fair territory it is called a "foul" ball. A batter cannot start running the bases on a foul ball.



Group 2

Exercise "Ball / Strike"

Strike: A strike is when a batter swings and misses at a pitch or doesn't swing at a pitch that goes through the strike zone. It also counts as a strike if a batter hits a pitched ball into foul territory (see 'The Field'). This is called a foul ball.

Ball: A ball, the opposite of a strike, is a pitch that does not go through the strike zone, and the batter chooses not to swing at.

The strike zone is an imaginary area that is as wide as home plate and extends from the batter's chest to his knees.



To get a strikeout, the pitcher must throw 3 strikes to the batter before he throws 4 balls.

However, a batter can never strike out (be given a 3rd strike) on a foul ball.

If a batter gets 4 balls before he gets 3 strikes it is called a "walk" and the batter automatically goes to 1st base.

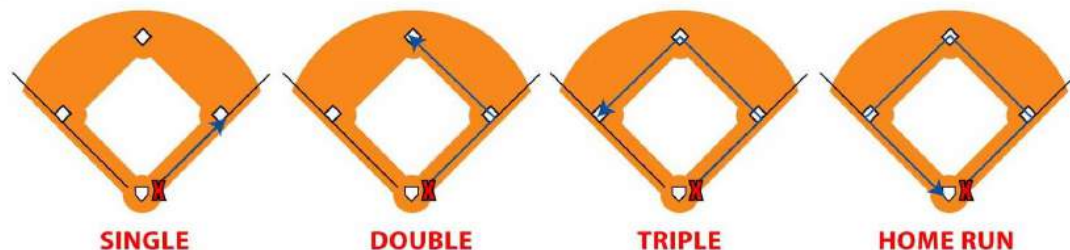
Group 3

Exercise "Single/Double/Triple/Home Run"

A hit that gets a batter to 1st base is called a "single." If the batter makes it to 2nd base safely on a hit it is called a "double." And, if he makes it to 3rd base safely it is called a "triple."

Doubles and triples usually make it past the outfielders, allowing the batter to advance around the bases more easily.

Sometimes, a batter makes it around all 3 bases and back to home plate in one attempt. Getting around all the bases with one hit is called a "home run."



Water Break!

Practice 1-3

Minutes 45-60

4 Minutes per Station

3 equal groups of players

1 instructor per group

Group 1 Drill With Pitcher

Group 2 T-Ball

Ensure batter can hit more than 10 feet off a tee, 5 attempts per player

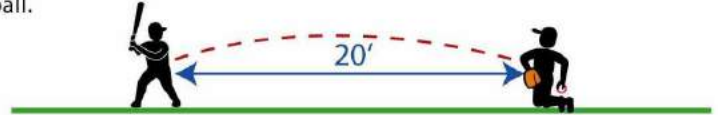
Group 3 Light Toss

Group 1

Exercise "Drill with Pitcher"

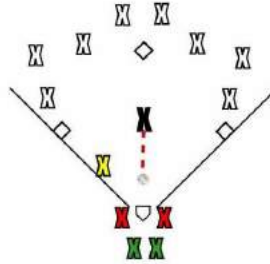
Description: With a coach located at 20 feet in front of the player, toss the ball with both knees on the ground while asking the hitter to hit the ball.

Equipment: Balls and bats



- Players are usually set up as follows:

- ➔ - 2 players hitting
- 2 players catching behind the hitters
- 1 player feeding balls to the coach
- rest of players in the field (gathering balls)



Variations and progression:

A One player per parent/coach using plastic bats and wiffle balls.

B Baseball bats, small balls.

- Players rotate (in pairs) from the field, to catching behind the hitters, to hitting, and finally back to the field.

- After coach has thrown a ball to one hitter, he/she immediately throws the next pitch to the other hitter.

Players rotate after each group has had 10-15 quality swings.

➔ Key points

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Group 2

Exercise "T-Ball"

Description: With a partner or a coach located to the side of the player, ask player to hit the ball from a tee. Ensure the tee is placed in front of home plate and NOT on it. Others pick up the baseballs.

Equipment: T-ball, various bats and balls



Variations and progression:

- A** Standard T-ball
- E** 3 swings and hit

➔ Key points:

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Group 3

Exercise "Light Toss"

Description: Players can do this in pairs or in groups of three (each group needs 6-10 baseballs). With a partner or a coach located at 45 degrees beside the batter, simply ask the player to hit the ball tossed underhand.

Get one player to kneel in front and to the side of the hitter and toss a ball with little or no arc in front of them.

After the hitter has had 10-15 quality swings, get the players to switch. The pitcher should keep the delivery consistent so that hitters can find their timing.

Equipment: Various bats and balls



Variations and progression:

Regular toss at 45 degrees

➔ Key points:

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Practice 1-4

Minutes 60-75

4 Minutes per Station

3 equal groups of players

1 instructor per group

Bases in the infield and a base set up in the outfield mirrors the infield exactly, one home plate and one base in foul territory

Group 1 Gimme 5
Use the foul territory

Group 2 Kill The Mosquito (Banana Hook)

Use the infield for this exercise

Group 3 The Train

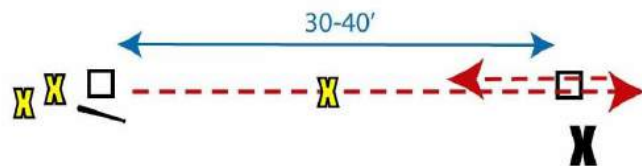
Use the outfield for this exercise

Group

Exercise "Gimme 5"

Description: Place bases 30'-40' from players; 4 groups of 3. Players, in turn, take a swing at an imaginary ball, drop bat, run as fast as possible past their base, give the coach "high 5," return to base as if running to 2B.

Equipment: Set of bases (4), bats (2)



Variations and progression:

- A** Simulate a swing with a plastic or aluminum bat.
- C** Hit a wiffle ball tossed.

Key points:

- Make sure players are running full speed across the bag, slowing down only after touching it.

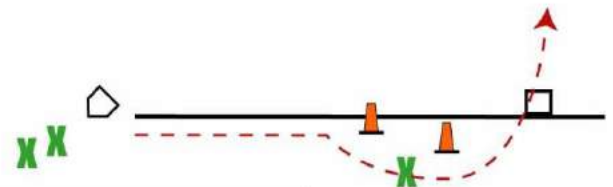
Group 2

Exercise "Kill the Mosquito"

Description: Put bases down in proper locations on diamond, with 3 players at each one. Pretend there is a mosquito on the INSIDE corner of each base.

Players, in turn, take a swing at an imaginary ball, drop the bat, run as fast as possible to the next base, stepping on the "mosquito" as they round the base. Players then wait their turn at the base they just rounded.

Equipment: 4 bases and 4 cones



Key points:

- Remind players it will be easier to step on the "mosquito" if they run a little to the outside of the base line as they approach the base.
- It would be helpful to put some markers down for them to go around as shown in the diagram.

Group 3

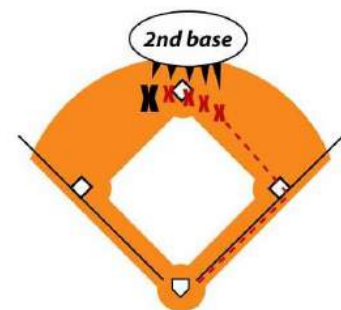
Exercise "The Train"

Description: Starting from home plate, players form a line and walk around the bases, saying the name of the base as they touch it. Parents can join in this activity.

Equipment: Set of bases (minimum of 4)

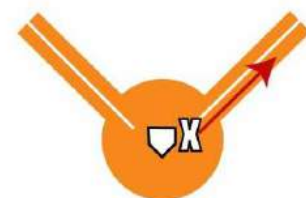
Variations and progression:

- A** Coach leads the line
- B** Individually, done while jogging
- D** Have players start at different bases
- E** Individually done by running, player goes around the bases (same as Hit Run and Throw)



Key points:

- Player must learn to run on the right side...



Practice 1-5

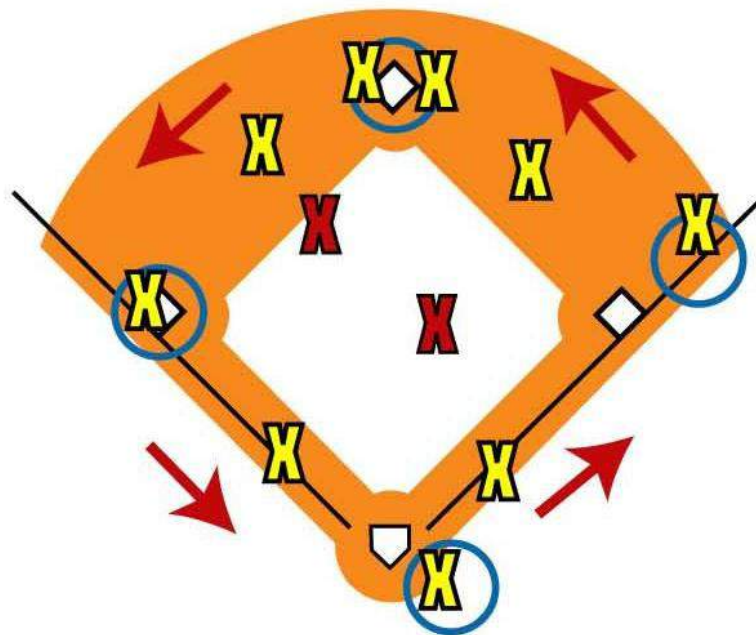
Minutes 75-85

Exercise "Tag Baseball"

Description: Install hoops behind 1st base and home plate. Install hoops on 2nd and 3rd base. One or some players have the tag. Players have to reach the next base while following the base paths. Player with the tag must leave the mound to touch players.

Equipment: Set of bases (4) and hoops (4)

Variations and progression: **A**



Key points:

- Possibility to pass 1st base and home plate.
- Make sure to avoid too many players at each base

Practice 1-6

Minutes 85-90

For all players

Review

Exercise "Out"

Goal: Teach and explain to players how to make an out.

Description: Play a game and instruct players to touch the runners to make an out.

Variations and progression:

- Make a couple of teams and play mini-games using only one base.
- Play mini-game using 4 bases.
- Rotate the teams to change match-ups.



Key points:

- Touch the runner with the ball before the runner touches the base.

Exercise "Names & Numbers"

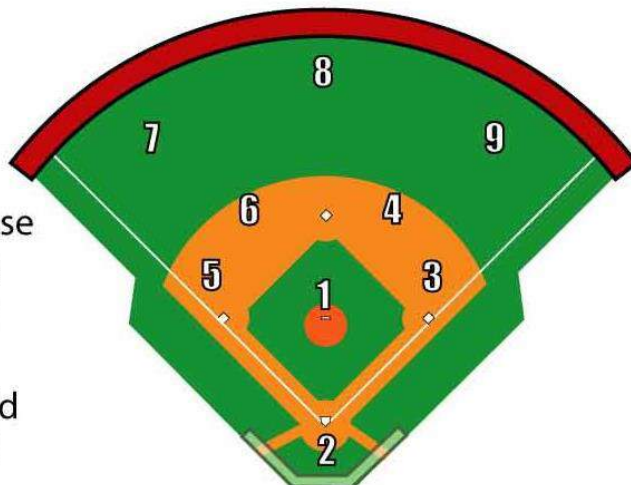
Description: Name each position and their number. Give each player a position name and instruct them to go to that position.

Equipment: Ball (baseball), bag

Variations and progression:

- Start them off the pitching mound
- Write position numbers on balls, place the balls in a bag; have players draw a ball and take it to the corresponding position.

- 1 = pitcher
- 2 = catcher
- 3 = first base
- 4 = second base
- 5 = third base
- 6 = shortstop
- 7 = left-field
- 8 = center-field
- 9 = right-field



Practice 2-1

Minutes 10-25

4 Minutes per Station

3 equal groups of players

1 instructor per group

Group 1 Handcuffs

Group 2 The Wheel

Group 3 Big Foot

Group 1

» Throwing and receiving:

Exercise "Handcuffs"

Description: Players pair up with each other or with a parent. At a signal, players take a proper grip on the ball.

Equipment: 1 "Incrediball" for each player

Variations and progression:

A Players are seated, pick the ball off the ground and show it to a partner (or parent)



C Players are seated, pick the ball off the ground and throw it to a partner (or parent)



Make sure the grip is appropriate

Group 2

» Throwing and receiving:

Exercise "The Wheel"

Description: In pairs, the players play catch using the proper mechanics.

Equipment: 1 "Incrediball" for each player

Variations and progression:

E Players are executing on command:

1) throwing arm goes down



2) reach back



3) lift arm to shoulder height



Appropriate arm action

Group 3

Exercise "Big Foot"

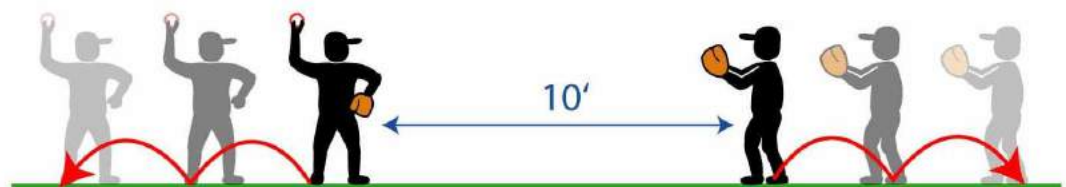
Description: Partners start in lines, facing each other, approximately 10 feet apart. One adult per pair. Players throw to each other (or adult throws if skill level is too low for accurate throws). Each time a catch is made the partners move back one giant step.

The pair that ends up the farthest apart while still able to catch the ball is given the BIG FOOT award.

Equipment: 1 ball for every 2 players

Variations and progression:

Use different types of balls (tennis, incredible, baseball, wiffle) depending on ability.



Practice 2-2

Minutes 25-40

4 Minutes per
Station

3 equal groups of
players

1 instructor per group

Group 1 Grounders

Group 2 Sky Ball Toss

Toss the ball 20 feet in the air. Encourage players to catch with 2 hands

Group 3 The Crocodile

Group 1

Group 2

Exercise "Sky Ball"

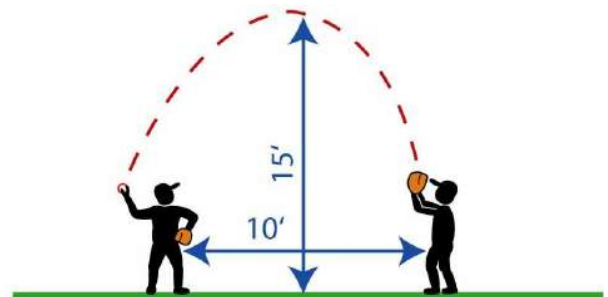
Description: 1 adult for every 2 players. Players will practice using high tosses from an adult. Self-competition can be included by:

- 1) Catching a higher ball each time
- 2) Number of consecutive catches

Equipment: 1 badminton birdie and 1 ball per player

Variations and progression:

- B** Standing alone, players toss a badminton birdie and catch it with their hat.
- C** Standing alone, players toss a ball in the air and try to catch it bare handed.



Key points:

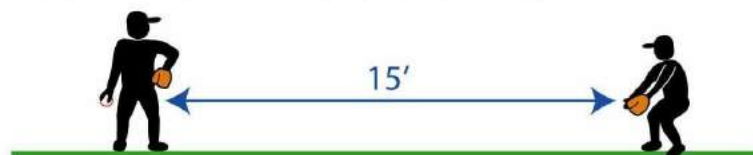
- Hands together slightly above forehead

Group 3

Exercise "The Crocodile"

Description: Coach instructs the players to simulate the proper way to receive a ground ball.

Equipment: Several types of balls (minimum 1 per player) and bigger balls.



Variations and progression:

- A** Simulate receiving the ball
- B** Coach rolls a ground ball
- * Do exercise with and without gloves



Key points:

- Always put hands out like a crocodile's mouth
- "Pet" the ball when receiving it
- Feet and hands form a triangle

Water Break!

Practice 2-3

Minutes 45-60

4 Minutes per
Station

3 equal groups of
players

1 instructor per group

Group 1 Drill With Pitcher

Group 2 T-Ball

Ensure batter can hit
more than 10 feet off a
tee, 5 attempts per
player

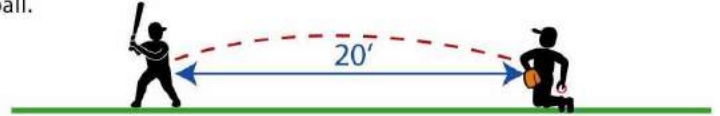
Group 3 Light Toss

Group 1

Exercise "Drill with Pitcher"

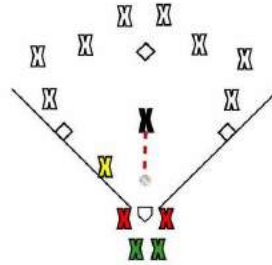
Description: With a coach located at 20 feet in front of the player, toss the ball with both knees on the ground while asking the hitter to hit the ball.

Equipment: Balls and bats



- Players are usually set up as follows:

- ➔ - 2 players hitting
- 2 players catching behind the hitters
- 1 player feeding balls to the coach
- rest of players in the field (gathering balls)



Variations and progression:

A One player per parent/coach using plastic bats and wiffle balls.

B Baseball bats, small balls.

- Players rotate (in pairs) from the field, to catching behind the hitters, to hitting, and finally back to the field.

- After coach has thrown a ball to one hitter, he/she immediately throws the next pitch to the other hitter.

Players rotate after each group has had 10-15 quality swings.

➔ Key points

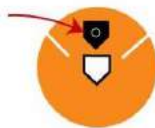
- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Group 2

Exercise "T-Ball"

Description: With a partner or a coach located to the side of the player, ask player to hit the ball from a tee. Ensure the tee is placed in front of home plate and NOT on it. Others pick up the baseballs.

Equipment: T-ball, various bats and balls



Variations and progression:

- A** Standard T-ball
- E** 3 swings and hit

➔ Key points:

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Group 3

Exercise "Light Toss"

Description: Players can do this in pairs or in groups of three (each group needs 6-10 baseballs). With a partner or a coach located at 45 degrees beside the batter, simply ask the player to hit the ball tossed underhand.

Get one player to kneel in front and to the side of the hitter and toss a ball with little or no arc in front of them.

After the hitter has had 10-15 quality swings, get the players to switch. The pitcher should keep the delivery consistent so that hitters can find their timing.

Equipment: Various bats and balls



Variations and progression:

Regular toss at 45 degrees

➔ Key points:

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Practice 2-4

Minutes 60-75

4 Minutes per
Station

3 equal groups of
players

1 instructor per group

Bases in the infield and a base set up in the outfield mirrors the infield exactly, one home plate and one base in foul territory

Group 1 Gimme 5
Use the foul territory

Group 2 Kill The Mosquito (Banana Hook)
Use the infield for this exercise

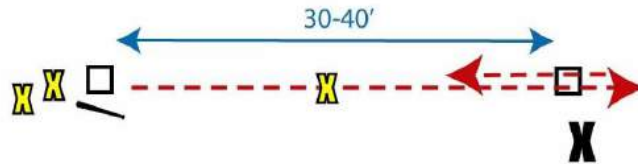
Group 3 The Relay
Use the outfield for this exercise

Group

Exercise "Gimme 5"

Description: Place bases 30'-40' from players; 4 groups of 3. Players, in turn, take a swing at an imaginary ball, drop bat, run as fast as possible past their base, give the coach "high 5," return to base as if running to 2B.

Equipment: Set of bases (4), bats (2)



Variations and progression:

- A** Simulate a swing with a plastic or aluminum bat.
- C** Hit a wiffle ball tossed.

Key points:

- Make sure players are running full speed across the bag, slowing down only after touching it.

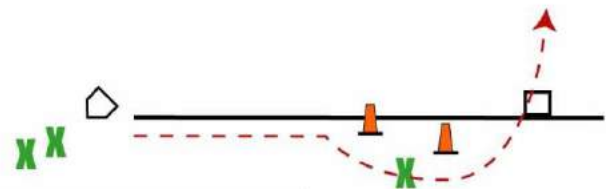
Group 2

Exercise "Kill the Mosquito"

Description: Put bases down in proper locations on diamond, with 3 players at each one. Pretend there is a mosquito on the INSIDE corner of each base.

Players, in turn, take a swing at an imaginary ball, drop the bat, run as fast as possible to the next base, stepping on the "mosquito" as they round the base. Players then wait their turn at the base they just rounded.

Equipment: 4 bases and 4 cones



Key points:

- Remind players it will be easier to step on the "mosquito" if they run a little to the outside of the base line as they approach the base.
- It would be helpful to put some markers down for them to go around as shown in the diagram.

Group 3

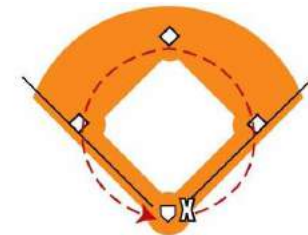
Exercise "The Relay"

Description: All players are at home plate. At their turn (after player in front has reached 1st base), players round the bases. Between each base, there is a challenge to perform.

Equipment: Set of bases (minimum of 4), various items for challenges

Challenge examples:

- A** Backpedal
- B** Rounding cones
- C** Roll
- D** Jump between sticks
- E** Pass under a stick on 2 cones
- F** Jump over a partner
- G** Shuffle steps or other running drills
- H** T-ball
- I** Field a ball, throw to the coach
- J** Etc ... (be creative)

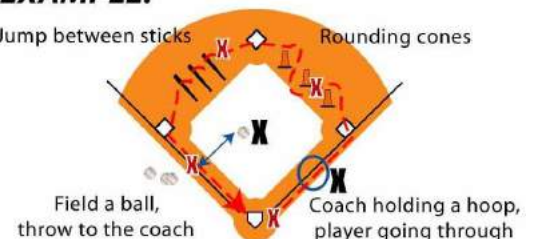


Key points:

- More than one ability can be incorporated.
BE CREATIVE !!!!!

EXAMPLE:

Jump between sticks Rounding cones



Practice 2-5

Group 1

Exercise "Bucket Ball"

Minutes 75-85

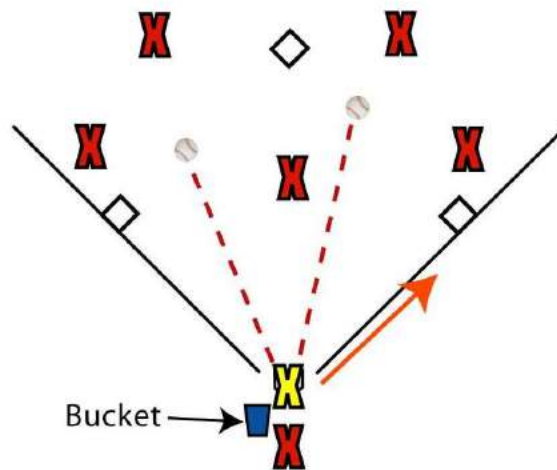
For all players

Goal: Throwing, fielding, base running, cooperation, and teamwork.

Equipment: 2 balls, 4 bases, helmet, pail or bag

Description: 2 teams of 6 - one on offence - one on defense. The defensive team has a catcher at home plate and the other players at appropriate locations. The offensive team has 1 player to THROW from home plate and the other players awaiting their turn from a safe distance.

Activity: Offensive "batter" throws out 2 balls, at one time in quick succession and runs around the bases trying to make it home before the fielding team gets both balls in a pail.



If the ball is caught, the "batter" is out.

Fielders may NOT run with the ball. It must be thrown Home. Relay the ball if necessary.

Remind players to make sure the catcher is looking; An adult may have to help at home.

Variations and progression: **A** Batter throws 2 balls **B** Batter hits 2 balls

Practice 2-6

Minutes 85-90

For all players

Review

Exercise "Out"

Goal: Teach and explain to players how to make an out.

Description: Play a game and instruct players to touch the runners to make an out.

Variations and progression:

- Make a couple of teams and play mini-games using only one base.
- Play mini-game using 4 bases.
- Rotate the teams to change match-ups.



Key points:

- Touch the runner with the ball before the runner touches the base.

Exercise "Names & Numbers"

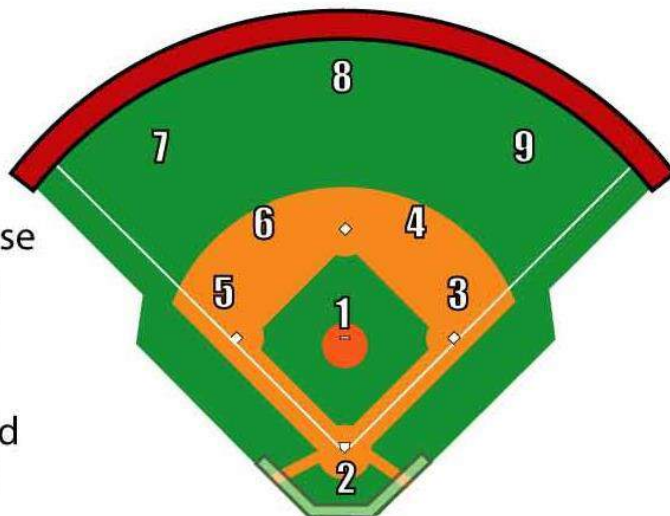
Description: Name each position and their number. Give each player a position name and instruct them to go to that position.

Equipment: Ball (baseball), bag

Variations and progression:

- Start them off the pitching mound
- Write position numbers on balls, place the balls in a bag; have players draw a ball and take it to the corresponding position.

- 1 = pitcher
- 2 = catcher
- 3 = first base
- 4 = second base
- 5 = third base
- 6 = shortstop
- 7 = left-field
- 8 = center-field
- 9 = right-field



Practice 3-1

Minutes 10-25

4 Minutes per Station

3 equal groups of players

1 instructor per group

Group 1 Handcuffs

Group 2 The Wheel

Group 3 Big Foot

Group 1

Throwing and receiving:

Exercise "Handcuffs"

Description: Players pair up with each other or with a parent. At a signal, players take a proper grip on the ball.

Equipment: 1 "Incrediball" for each player

Variations and progression:

A Players are seated, pick the ball off the ground and show it to a partner (or parent)



C Players are seated, pick the ball off the ground and throw it to a partner (or parent)



Make sure the grip is appropriate

Group 2

Throwing and receiving:

Exercise "The Wheel"

Description: In pairs, the players play catch using the proper mechanics.

Equipment: 1 "Incrediball" for each player

Variations and progression:

E Players are executing on command:

1) throwing arm goes down



2) reach back



3) lift arm to shoulder height



Appropriate arm action

Group 3

Exercise "Big Foot"

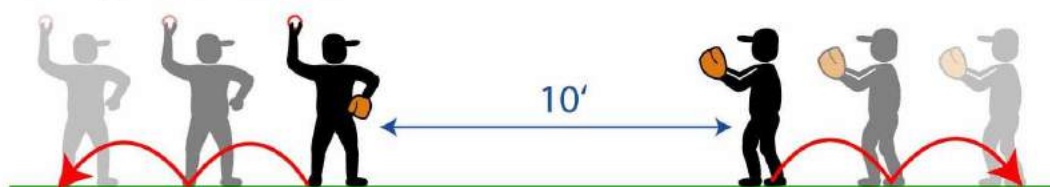
Description: Partners start in lines, facing each other, approximately 10 feet apart. One adult per pair. Players throw to each other (or adult throws if skill level is too low for accurate throws). Each time a catch is made the partners move back one giant step.

Equipment: 1 ball for every 2 players

Variations and progression:

Use different types of balls (tennis, incredible, baseball, wiffle) depending on ability.

The pair that ends up the farthest apart while still able to catch the ball is given the BIG FOOT award.



Practice 3-2

Minutes 25-40

4 Minutes per
Station

3 equal groups of
players

1 instructor per group

Group 1 Grounders

Group 2 Sky Ball Toss

Toss the ball 20 feet in the air. Encourage players to catch with 2 hands

Group 3 The Crocodile

Group 1

Group 2

Exercise "Sky Ball"

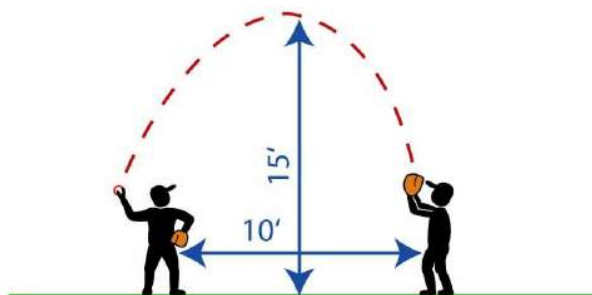
Description: 1 adult for every 2 players. Players will practice using high tosses from an adult. Self-competition can be included by:

- 1) Catching a higher ball each time
- 2) Number of consecutive catches

Equipment: 1 badminton birdie and 1 ball per player

Variations and progression:

- B** Standing alone, players toss a badminton birdie and catch it with their hat.
- C** Standing alone, players toss a ball in the air and try to catch it bare handed.



Key points:

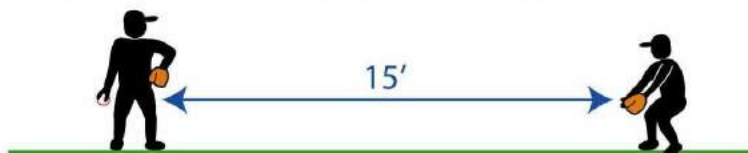
- Hands together slightly above forehead

Group 3

Exercise "The Crocodile"

Description: Coach instructs the players to simulate the proper way to receive a ground ball.

Equipment: Several types of balls (minimum 1 per player) and bigger balls.



Variations and progression:

- A** Simulate receiving the ball
- B** Coach rolls a ground ball
- * Do exercise with and without gloves



Key points:

- Always put hands out like a crocodile's mouth
- "Pet" the ball when receiving it
- Feet and hands form a triangle

Water Break!

Practice 3-3

Minutes 45-60

4 Minutes per
Station

3 equal groups of
players

1 instructor per group

Group 1 Drill With Pitcher

Group 2 T-Ball

Ensure batter can hit
more than 10 feet off a
tee, 5 attempts per
player

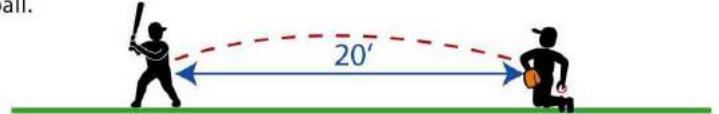
Group 3 Light Toss

Group 1

Exercise "Drill with Pitcher"

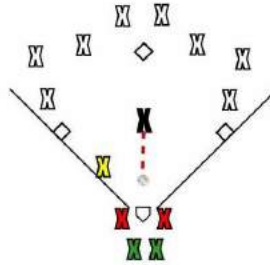
Description: With a coach located at 20 feet in front of the player, toss the ball with both knees on the ground while asking the hitter to hit the ball.

Equipment: Balls and bats



- Players are usually set up as follows:

- ➔ - 2 players hitting
- 2 players catching behind the hitters
- 1 player feeding balls to the coach
- rest of players in the field (gathering balls)



Variations and progression:

A One player per parent/coach using plastic bats and wiffle balls.

B Baseball bats, small balls.

- Players rotate (in pairs) from the field, to catching behind the hitters, to hitting, and finally back to the field.

- After coach has thrown a ball to one hitter, he/she immediately throws the next pitch to the other hitter.

Players rotate after each group has had 10-15 quality swings.

➔ Key points

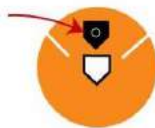
- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Group 2

Exercise "T-Ball"

Description: With a partner or a coach located to the side of the player, ask player to hit the ball from a tee. Ensure the tee is placed in front of home plate and NOT on it. Others pick up the baseballs.

Equipment: T-ball, various bats and balls



Variations and progression:

- A** Standard T-ball
- E** 3 swings and hit

➔ Key points:

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Group 3

Exercise "Light Toss"

Description: Players can do this in pairs or in groups of three (each group needs 6-10 baseballs). With a partner or a coach located at 45 degrees beside the batter, simply ask the player to hit the ball tossed underhand.

Get one player to kneel in front and to the side of the hitter and toss a ball with little or no arc in front of them.

After the hitter has had 10-15 quality swings, get the players to switch. The pitcher should keep the delivery consistent so that hitters can find their timing.

Equipment: Various bats and balls



Variations and progression:

Regular toss at 45 degrees

➔ Key points:

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Practice 3-4

Minutes 60-75

4 Minutes per
Station

3 equal groups of
players

1 instructor per group

Bases in the infield and a base set up in the outfield mirrors the infield exactly, one home plate and one base in foul territory

Group 1 Gimme 5

Use the foul territory

Group 2 Kill The Mosquito (Banana Hook)

Use the infield for this exercise

Group 3 The Relay

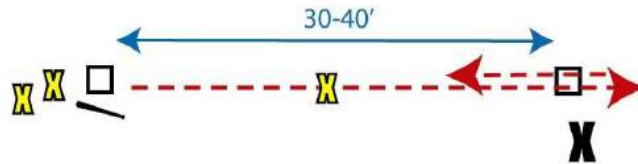
Use the outfield for this exercise

Group

Exercise "Gimme 5"

Description: Place bases 30'-40' from players; 4 groups of 3. Players, in turn, take a swing at an imaginary ball, drop bat, run as fast as possible past their base, give the coach "high 5," return to base as if running to 2B.

Equipment: Set of bases (4), bats (2)



Variations and progression:

- A** Simulate a swing with a plastic or aluminum bat.
- C** Hit a wiffle ball tossed.

Key points:

- Make sure players are running full speed across the bag, slowing down only after touching it.

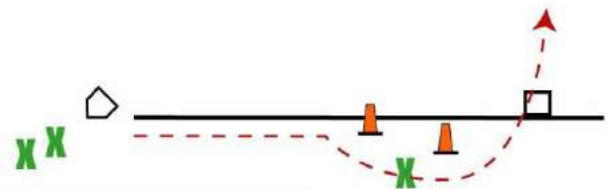
Group 2

Exercise "Kill the Mosquito"

Description: Put bases down in proper locations on diamond, with 3 players at each one. Pretend there is a mosquito on the INSIDE corner of each base.

Players, in turn, take a swing at an imaginary ball, drop the bat, run as fast as possible to the next base, stepping on the "mosquito" as they round the base. Players then wait their turn at the base they just rounded.

Equipment: 4 bases and 4 cones



Key points:

- Remind players it will be easier to step on the "mosquito" if they run a little to the outside of the base line as they approach the base.
- It would be helpful to put some markers down for them to go around as shown in the diagram.

Group 3

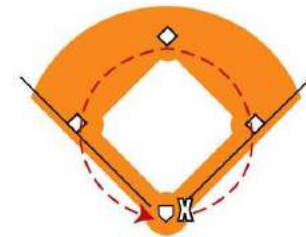
Exercise "The Relay"

Description: All players are at home plate. At their turn (after player in front has reached 1st base), players round the bases. Between each base, there is a challenge to perform.

Equipment: Set of bases (minimum of 4), various items for challenges

Challenge examples:

- A** Backpedal
- B** Rounding cones
- C** Roll
- D** Jump between sticks
- E** Pass under a stick on 2 cones
- F** Jump over a partner
- G** Shuffle steps or other running drills
- H** T-ball
- I** Field a ball, throw to the coach
- J** Etc ... (be creative)

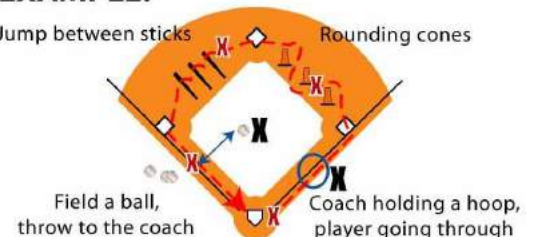


Key points:

- More than one ability can be incorporated.
BE CREATIVE !!!!!

EXAMPLE:

Jump between sticks Rounding cones



Practice 3-5

Group 1

Exercise "Bucket Ball"

Goal: Throwing, fielding, base running, cooperation, and teamwork.

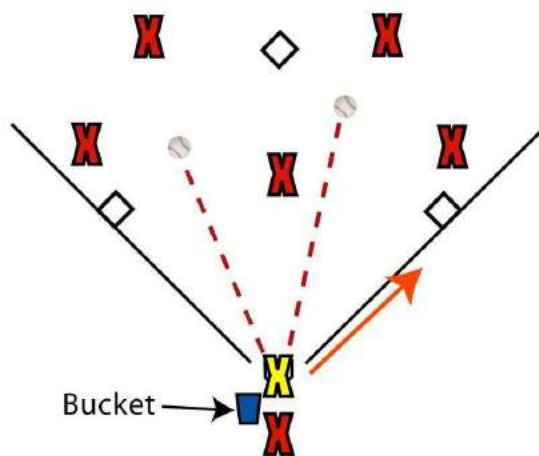
Equipment: 2 balls, 4 bases, helmet, pail or bag

Description: 2 teams of 6 - one on offence - one on defense. The defensive team has a catcher at home plate and the other players at appropriate locations. The offensive team has 1 player to THROW from home plate and the other players awaiting their turn from a safe distance.

Activity: Offensive "batter" throws out 2 balls, at one time in quick succession and runs around the bases trying to make it home before the fielding team gets both balls in a pail.

Minutes 75-85

For all players



If the ball is caught, the "batter" is out.

Fielders may NOT run with the ball. It must be thrown Home. Relay the ball if necessary.

Remind players to make sure the catcher is looking; An adult may have to help at home.

Variations and progression:

A Batter throws 2 balls

B Batter hits 2 balls

Practice 3-6

Minutes 85-90

For all players

Review

Exercise "Out"

Goal: Teach and explain to players how to make an out.

Description: Play a game and instruct players to touch the runners to make an out.

Variations and progression:

- Make a couple of teams and play mini-games using only one base.
- Play mini-game using 4 bases.
- Rotate the teams to change match-ups.



Key points:

- Touch the runner with the ball before the runner touches the base.

Exercise "Names & Numbers"

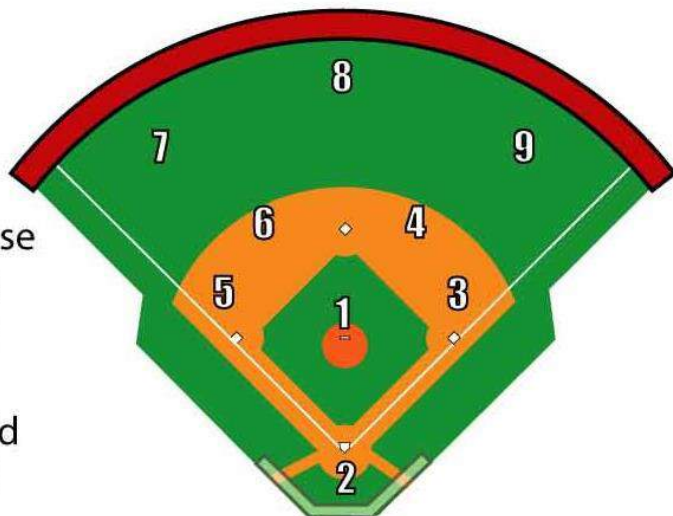
Description: Name each position and their number. Give each player a position name and instruct them to go to that position.

Equipment: Ball (baseball), bag

Variations and progression:

- Start them off the pitching mound
- Write position numbers on balls, place the balls in a bag; have players draw a ball and take it to the corresponding position.

- 1 = pitcher
- 2 = catcher
- 3 = first base
- 4 = second base
- 5 = third base
- 6 = shortstop
- 7 = left-field
- 8 = center-field
- 9 = right-field



Practice Group 1

4-1

Minutes 10-25

4 Minutes per Station

3 equal groups of players

1 instructor per group

Group 1 Handcuffs

Group 2 The Wheel

Group 3 Space Shuttle

Throwing and receiving:

Exercise "Handcuffs"

Description: Players pair up with each other or with a parent. At a signal, players take a proper grip on the ball.

Equipment: 1 "Incrediball" for each player

Variations and progression:

A Players are seated, pick the ball off the ground and show it to a partner (or parent)



C Players are seated, pick the ball off the ground and throw it to a partner (or parent)



Make sure the grip is appropriate

Group 2

Throwing and receiving:

Exercise "The Wheel"

Description: In pairs, the players play catch using the proper mechanics.

Equipment: 1 "Incrediball" for each player

Variations and progression:

E Players are executing on command:

1) throwing arm goes down



2) reach back



3) lift arm to shoulder height



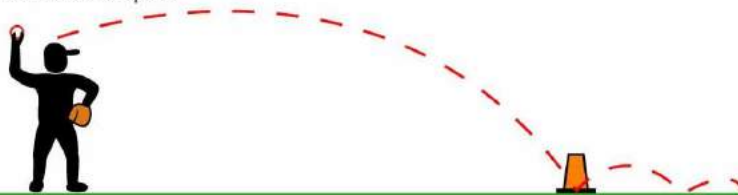
Appropriate arm action

Group 3

Exercise "Space Shuttle"

Description: 1 adult and 1 ball (space shuttle) for every 2 players; 1 marker for each player; try to assign partners as close in ability as possible.

Partners stand behind a line and see how far they can throw (send the ball into space). The adult leader can be in the area of the throw to mark the spot.



Competition can be introduced by seeing if they can throw farther each time and by competing against each other.

Equipment: 1 ball for every 2 players

Variations and progression:

Use different types of balls (tennis, incredible, baseball, wiffle)

Practice 4-2

Minutes 25-40

4 Minutes per
Station

3 equal groups of
players

1 instructor per group

Group 1 The Guardian

Group 2 Sky Ball Toss

Toss the ball 20 feet in the air. Encourage players to catch with 2 hands

Group 3 All Messed Up

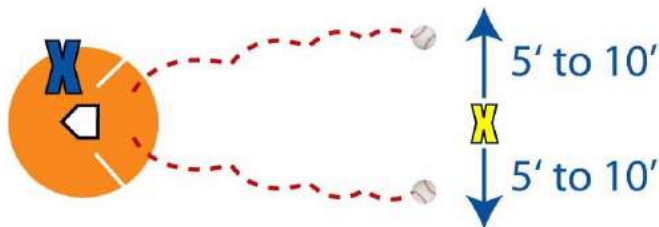
Group 1

Exercise "The Guardian"

Goal: Teach players a safe way to field a ground ball.

Description: In pairs or with an adult, players practice fielding the ball (one knee down).

Equipment: Balls



Variations and progression:

- Same with a stationary ball.
- The coach rolls a ball and the players field the ball.
- The coach rolls the ball, the players field and throw the ball.

Key points:

- Put one knee on the ground
- Upper body must be behind the ball
- Always face the ball

Group 2

Exercise "Sky Ball"

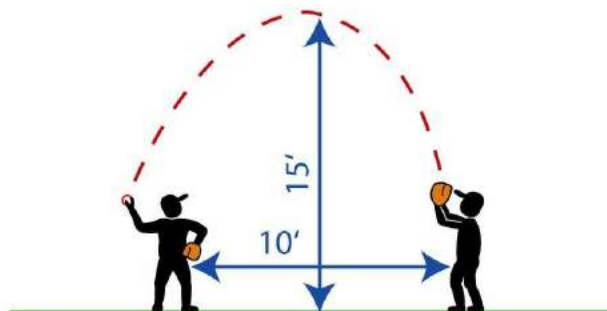
Description: 1 adult for every 2 players. Players will practice using high tosses from an adult. Self-competition can be included by:

- 1) Catching a higher ball each time
- 2) Number of consecutive catches

Equipment: 1 badminton birdie and 1 ball per player

Variations and progression:

- B** Standing alone, players toss a badminton birdie and catch it with their hat.
- C** Standing alone, players toss a ball in the air and try to catch it bare handed.



Key points:

- Hands together slightly above forehead

Group 3

Exercise "All Messed-up"

Goal: Help players catch the ball from every direction.

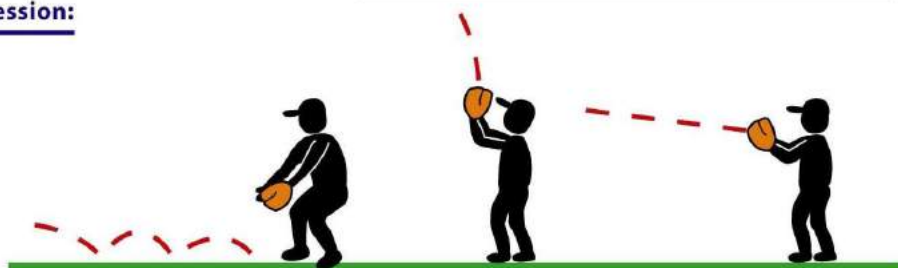
Description: In pairs with no gloves, players face each other about 6 feet apart. Stationary, players throw the ball up in the air, left, right and below the waist; the receiving player must catch the ball without moving their feet.

Variations and progression:

- Use gloves
- Use tennis balls
- Use foam balls

Key points:

- Put thumbs together when catching balls chest high or higher to the left and right
- Put pinkies together when catching balls below the waist
- Fingers always pointing to the outside
- Catch the ball using both hands



Water Break!

Practice Group 1 4-3

Minutes 45-60

4 Minutes per Station

3 equal groups of players

1 instructor per group

Group 1 Light Toss

Group 2 T-Ball
Ensure batter can hit more than 10 feet off a tee, 5 attempts per player

Group 3 Drill With Pitcher

Group 1

Exercise "Light Toss"

Description: Players can do this in pairs or in groups of three (each group needs 6-10 baseballs). With a partner or a coach located at 45 degrees beside the batter, simply ask the player to hit the ball tossed underhand.

Get one player to kneel in front and to the side of the hitter and toss a ball with little or no arc in front of them. After the hitter has had 10-15 quality swings, get the players to switch. The pitcher should keep the delivery consistent so that hitters can find their timing.

Equipment: Various bats and balls



Key points:

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Group 2

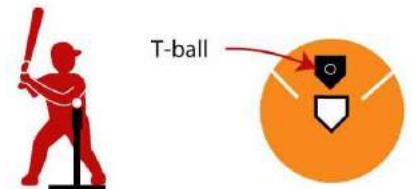
Exercise "T-Ball"

Description: With a partner or a coach located to the side of the player, ask player to hit the ball from a tee. Ensure the tee is placed in front of home plate and NOT on it. Others pick up the baseballs.

Equipment: T-ball, various bats and balls

Variations and progression:

A Standard t-ball



Key points:

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Group 3

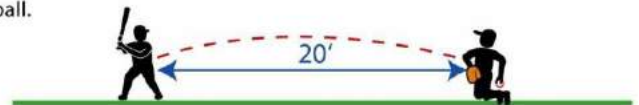
Exercise "Drill with Pitcher"

Description: With a coach located at 20 feet in front of the player, toss the ball with both knees on the ground while asking the hitter to hit the ball.

Equipment: Balls and bats

- Players are usually set up as follows:

- 2 players hitting
- 2 players catching behind the hitters
- 1 player feeding balls to the coach
- rest of players in the field (gathering balls)



Variations and progression:

- A** One player per parent/coach using plastic bats and wiffle balls.
- B** Baseball bats, small balls.

- Players rotate (in pairs) from the field, to catching behind the hitters, to hitting, and finally back to the field.

- After coach has thrown a ball to one hitter, he/she immediately throws the next pitch to the other hitter.

Players rotate after each group has had 10-15 quality swings.

Key points

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Practice 4-4

Minutes 25-40

4 Minutes per
Station

3 equal groups of
players

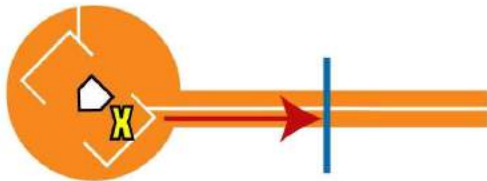
1 instructor per group

Group 1

Exercise "The Gazelle"

Description: Player takes a swing with a bat. Player must leave the box using the right foot. Player takes some quick steps towards 1st base and stops at $\frac{1}{4}$ of the distance.

Equipment: - Two bases minimum
- 1 bat minimum and 1 ball



Variations and progression:

- A** Simulate a swing with a foam or aluminum bat.
- B** Hit a badminton birdie.

Key points:

- Players use their batting stance and take a swing.
- Don't look at the ball after it is hit.
- Never throw the bat
- Right-handed batters' first step is with the right foot and left-handed batters' first step is with the left foot.

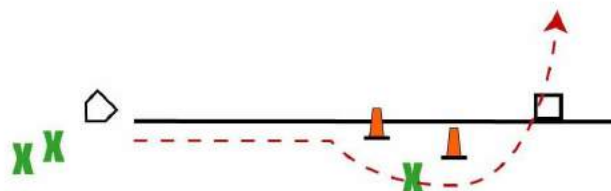
Group 2

Exercise "Kill the Mosquito"

Description: Put bases down in proper locations on diamond, with 3 players at each one. Pretend there is a mosquito on the INSIDE corner of each base.

Players, in turn, take a swing at an imaginary ball, drop the bat, run as fast as possible to the next base, stepping on the "mosquito" as they round the base. Players then wait their turn at the base they just rounded.

Equipment: 4 bases and 4 cones



Key points:

- Remind players it will be easier to step on the "mosquito" if they run a little to the outside of the base line as they approach the base.
- It would be helpful to put some markers down for them to go around as shown in the diagram.

Group 3

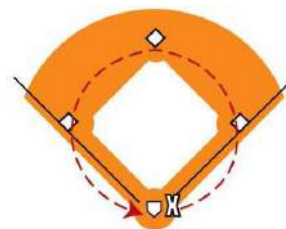
Exercise "The Relay"

Description: All players are at home plate. At their turn (after player in front has reached 1st base), players round the bases. Between each base, there is a challenge to perform.

Equipment: Set of bases (minimum of 4), various items for challenges

Challenge examples:

- A** Backpedal
- B** Rounding cones
- C** Roll
- D** Jump between sticks
- E** Pass under a stick on 2 cones
- F** Jump over a partner
- G** Shuffle steps or other running drills
- H** T-ball
- I** Field a ball, throw to the coach
- J** Etc ... (be creative)

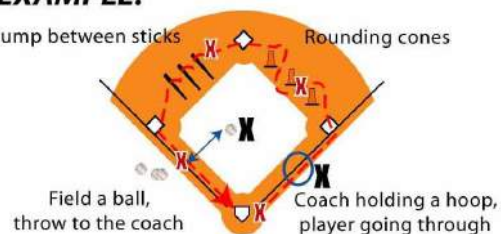


Key points:

- More than one ability can be incorporated.
BE CREATIVE !!!!!

EXAMPLE:

Jump between sticks Rounding cones



Group 1 The Gazelle
Use the foul territory for
this practice

**Group 2 Kill The
Mosquito (Banana
Hook)**

Use the infield for this
practice

Group 3 The Relay

Use the outfield for this
practice

Practice 4-5

Group 1

Exercise "Gotcha"

Minutes 75-85

For all players

Description: Place 2-4 groups of players at each base or at home plate and 2nd base depending on number of players. Set up bases in diamond formation 20–30 feet apart. On the signal "Go," one player from each group starts running around the bases. The objective is to run past the person ahead of you.

Score 1 point for your team for every player passed.

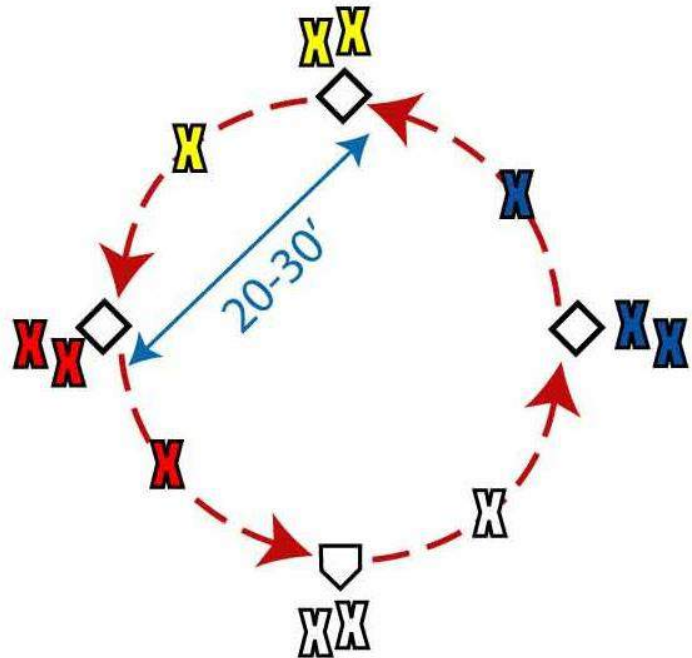
Run for a set period of time (15-30 seconds).

Equipment: Set of bases (minimum of 4)

Variations and progression:

A Use parents so players can try to pass them

B Backpedal



Key points:

- **AT ALL TIME**, players must touch all bases.

Practice 4-6

Minutes 85-90

For all players

Review

Exercise "Out"

Goal: Teach and explain to players how to make an out.

Description: Play a game and instruct players to touch the runners to make an out.

Variations and progression:

- Make a couple of teams and play mini-games using only one base.
- Play mini-game using 4 bases.
- Rotate the teams to change match-ups.



Key points:

- Touch the runner with the ball before the runner touches the base.

Exercise "Names & Numbers"

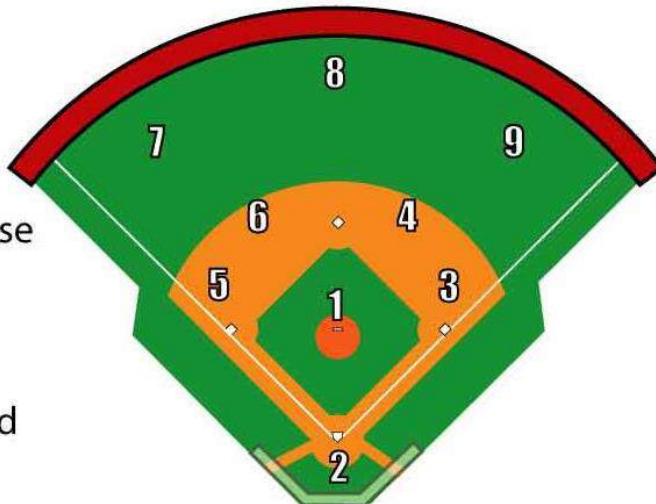
Description: Name each position and their number. Give each player a position name and instruct them to go to that position.

Equipment: Ball (baseball), bag

Variations and progression:

- Start them off the pitching mound
- Write position numbers on balls, place the balls in a bag; have players draw a ball and take it to the corresponding position.

- 1 = pitcher
- 2 = catcher
- 3 = first base
- 4 = second base
- 5 = third base
- 6 = shortstop
- 7 = left-field
- 8 = center-field
- 9 = right-field



Practice Group 1

5-1

Minutes 10-25

4 Minutes per Station

3 equal groups of players

1 instructor per group

Group 1 Handcuffs

Group 2 The Wheel

Group 3 Space Shuttle

» Throwing and receiving:

Exercise "Handcuffs"

Description: Players pair up with each other or with a parent. At a signal, players take a proper grip on the ball.

Equipment: 1 "Incrediball" for each player

Variations and progression:

A Players are seated, pick the ball off the ground and show it to a partner (or parent)



C Players are seated, pick the ball off the ground and throw it to a partner (or parent)



Make sure the grip is appropriate

Group 2

» Throwing and receiving:

Exercise "The Wheel"

Description: In pairs, the players play catch using the proper mechanics.

Equipment: 1 "Incrediball" for each player

Variations and progression:

E Players are executing on command:

1) throwing arm goes down



2) reach back



3) lift arm to shoulder height



Appropriate arm action

Group 3

Exercise "Space Shuttle"

Description: 1 adult and 1 ball (space shuttle) for every 2 players; 1 marker for each player; try to assign partners as close in ability as possible.

Partners stand behind a line and see how far they can throw (send the ball into space). The adult leader can be in the area of the throw to mark the spot.



Competition can be introduced by seeing if they can throw farther each time and by competing against each other.

Equipment: 1 ball for every 2 players

Variations and progression:

Use different types of balls (tennis, incredible, baseball, wiffle)

Practice 5-2

Minutes 25-40

4 Minutes per
Station

3 equal groups of
players

1 instructor per group

Group 1 The Guardian

Group 2 Sky Ball Toss

Toss the ball 20 feet in the air. Encourage players to catch with 2 hands

Group 3 All Messed Up

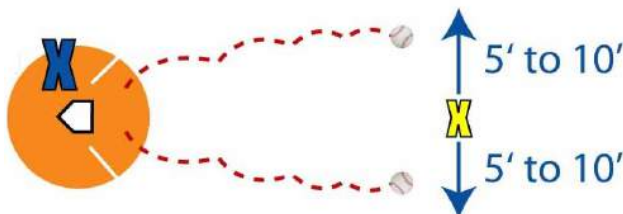
Group 1

Exercise "The Guardian"

Goal: Teach players a safe way to field a ground ball.

Description: In pairs or with an adult, players practice fielding the ball (one knee down).

Equipment: Balls



Variations and progression:

- Same with a stationary ball.
- The coach rolls a ball and the players field the ball.
- The coach rolls the ball, the players field and throw the ball.

Key points:

- Put one knee on the ground
- Upper body must be behind the ball
- Always face the ball

Group 2

Exercise "Sky Ball"

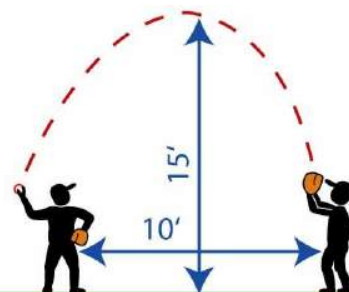
Description: 1 adult for every 2 players. Players will practice using high tosses from an adult. Self-competition can be included by:

- 1) Catching a higher ball each time
- 2) Number of consecutive catches

Equipment: 1 badminton birdie and 1 ball per player

Variations and progression:

- B** Standing alone, players toss a badminton birdie and catch it with their hat.
- C** Standing alone, players toss a ball in the air and try to catch it bare handed.



Key points:

- Hands together slightly above forehead

Group 3

Exercise "All Messed-up"

Goal: Help players catch the ball from every direction.

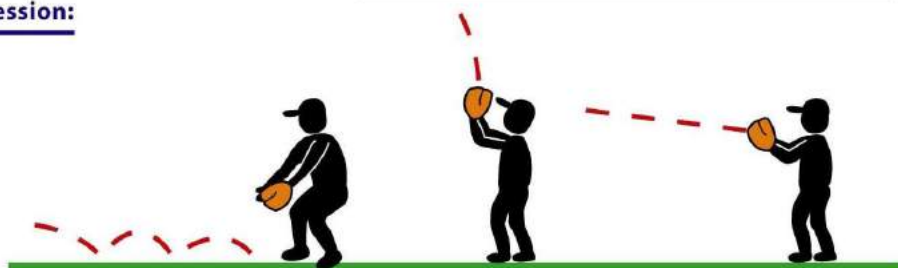
Description: In pairs with no gloves, players face each other about 6 feet apart. Stationary, players throw the ball up in the air, left, right and below the waist; the receiving player must catch the ball without moving their feet.

Variations and progression:

- Use gloves
- Use tennis balls
- Use foam balls

Key points:

- Put thumbs together when catching balls chest high or higher to the left and right
- Put pinkies together when catching balls below the waist
- Fingers always pointing to the outside
- Catch the ball using both hands



Water Break!

Practice Group 1 5-3

Minutes 45-60

4 Minutes per Station

3 equal groups of players

1 instructor per group

Group 1 Light Toss

Group 2 T-Ball
Ensure batter can hit more than 10 feet off a tee, 5 attempts per player

Group 3 Drill With Pitcher

Group 1

Exercise "Light Toss"

Description: Players can do this in pairs or in groups of three (each group needs 6-10 baseballs). With a partner or a coach located at 45 degrees beside the batter, simply ask the player to hit the ball tossed underhand.

Get one player to kneel in front and to the side of the hitter and toss a ball with little or no arc in front of them. After the hitter has had 10-15 quality swings, get the players to switch. The pitcher should keep the delivery consistent so that hitters can find their timing.

Equipment: Various bats and balls



Key points:

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Group 2

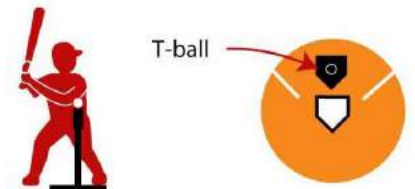
Exercise "T-Ball"

Description: With a partner or a coach located to the side of the player, ask player to hit the ball from a tee. Ensure the tee is placed in front of home plate and NOT on it. Others pick up the baseballs.

Equipment: T-ball, various bats and balls

Variations and progression:

A Standard t-ball



Key points:

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Group 3

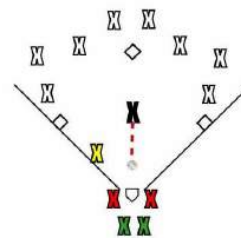
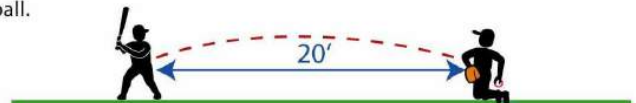
Exercise "Drill with Pitcher"

Description: With a coach located at 20 feet in front of the player, toss the ball with both knees on the ground while asking the hitter to hit the ball.

Equipment: Balls and bats

- Players are usually set up as follows:

- 2 players hitting
- 2 players catching behind the hitters
- 1 player feeding balls to the coach
- rest of players in the field (gathering balls)



Variations and progression:

- A** One player per parent/coach using plastic bats and wiffle balls.
- B** Baseball bats, small balls.

- Players rotate (in pairs) from the field, to catching behind the hitters, to hitting, and finally back to the field.

- After coach has thrown a ball to one hitter, he/she immediately throws the next pitch to the other hitter.

Players rotate after each group has had 10-15 quality swings.

Key points

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Practice 5-4

Minutes 60-75

4 Minutes per
Station

3 equal groups of
players

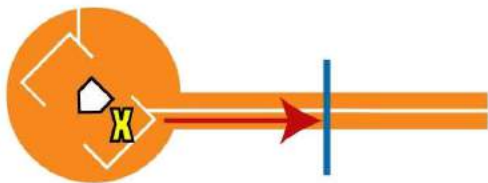
1 instructor per group

Group 1

Exercise "The Gazelle"

Description: Player takes a swing with a bat. Player must leave the box using the right foot. Player takes some quick steps towards 1st base and stops at ¼ of the distance.

Equipment: - Two bases minimum
- 1 bat minimum and 1 ball



Variations and progression:

- A** Simulate a swing with a foam or aluminum bat.
- B** Hit a badminton birdie.

Key points:

- Players use their batting stance and take a swing.
- Don't look at the ball after it is hit.
- Never throw the bat
- Right-handed batters' first step is with the right foot and left-handed batters' first step is with the left foot.

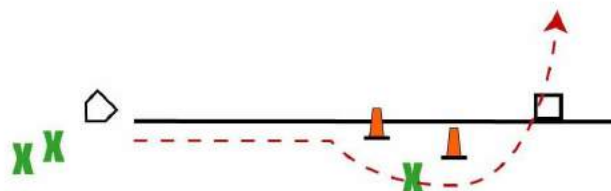
Group 2

Exercise "Kill the Mosquito"

Description: Put bases down in proper locations on diamond, with 3 players at each one. Pretend there is a mosquito on the INSIDE corner of each base.

Players, in turn, take a swing at an imaginary ball, drop the bat, run as fast as possible to the next base, stepping on the "mosquito" as they round the base. Players then wait their turn at the base they just rounded.

Equipment: 4 bases and 4 cones



Key points:

- Remind players it will be easier to step on the "mosquito" if they run a little to the outside of the base line as they approach the base.
- It would be helpful to put some markers down for them to go around as shown in the diagram.

Group 3

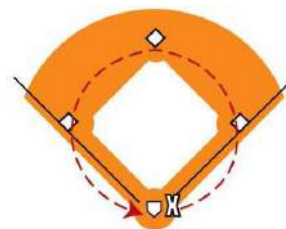
Exercise "The Relay"

Description: All players are at home plate. At their turn (after player in front has reached 1st base), players round the bases. Between each base, there is a challenge to perform.

Equipment: Set of bases (minimum of 4), various items for challenges

Challenge examples:

- A** Backpedal
- B** Rounding cones
- C** Roll
- D** Jump between sticks
- E** Pass under a stick on 2 cones
- F** Jump over a partner
- G** Shuffle steps or other running drills
- H** T-ball
- I** Field a ball, throw to the coach
- J** Etc ... (be creative)

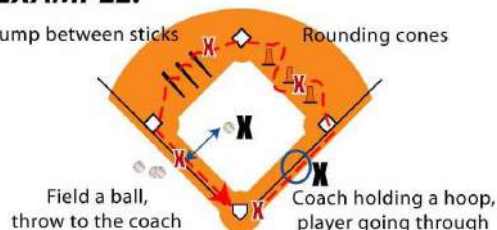


Key points:

- More than one ability can be incorporated.
BE CREATIVE !!!!!

EXAMPLE:

Jump between sticks Rounding cones



Group 1 The Gazelle
Use the foul territory for
this practice

**Group 2 Kill The
Mosquito (Banana
Hook)**

Use the infield for this
practice

Group 3 The Relay

Use the outfield for this
practice

Practice 5-5

Group 1

Exercise "Tag Baseball"

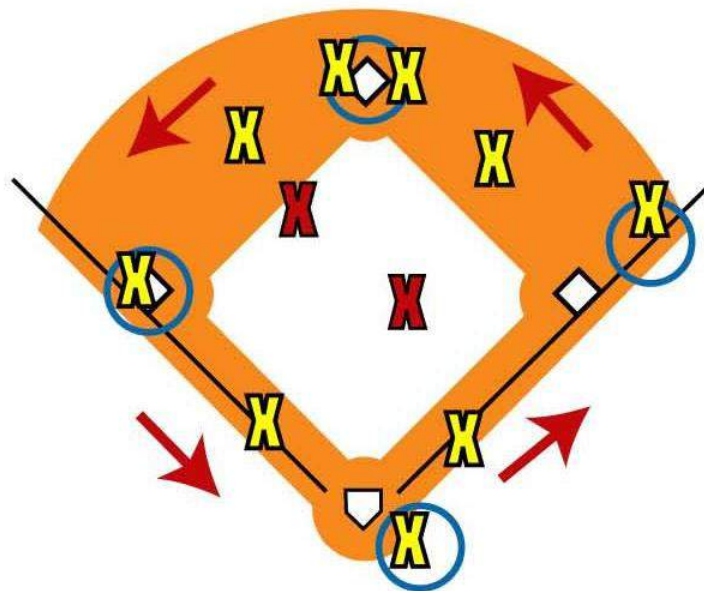
Minutes 75-85

For all players

Description: Install hoops behind 1st base and home plate. Install hoops on 2nd and 3rd base. One or some players have the tag. Players have to reach the next base while following the base paths. Player with the tag must leave the mound to touch players.

Equipment: Set of bases (4) and hoops (4)

Variations and progression: **A**



Key points:

- Possibility to pass 1st base and home plate.
- Make sure to avoid too many players at each base

Practice

5-6

Minutes 85-90

For all players

Review

Exercise "Out"

Goal: Teach and explain to players how to make an out.

Description: Play a game and instruct players to touch the runners to make an out.

Variations and progression:

- Make a couple of teams and play mini-games using only one base.
- Play mini-game using 4 bases.
- Rotate the teams to change match-ups.



Key points:

- Touch the runner with the ball before the runner touches the base.

Exercise "Names & Numbers"

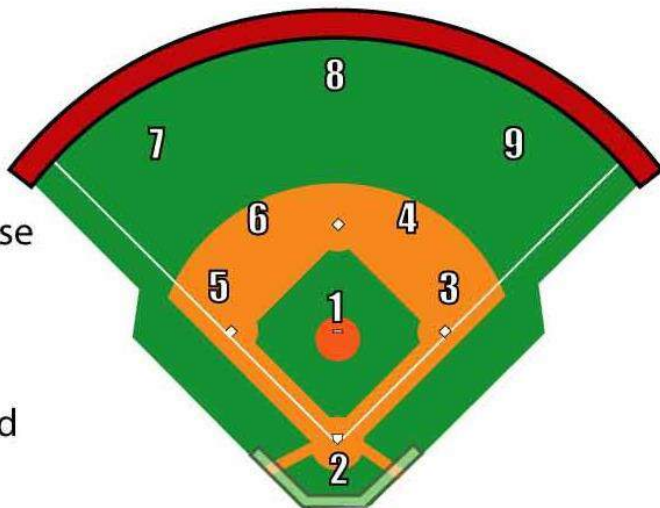
Description: Name each position and their number. Give each player a position name and instruct them to go to that position.

Equipment: Ball (baseball), bag

Variations and progression:

- Start them off the pitching mound
- Write position numbers on balls, place the balls in a bag; have players draw a ball and take it to the corresponding position.

- 1 = pitcher
- 2 = catcher
- 3 = first base
- 4 = second base
- 5 = third base
- 6 = shortstop
- 7 = left-field
- 8 = center-field
- 9 = right-field



Practice Group 1

6-1

Minutes 10-25

4 Minutes per Station

3 equal groups of players

1 instructor per group

Group 1 Handcuffs

Group 2 The Wheel

Group 3 Space Shuttle

Throwing and receiving:

Exercise "Handcuffs"

Description: Players pair up with each other or with a parent. At a signal, players take a proper grip on the ball.

Equipment: 1 "Incrediball" for each player

Variations and progression:

A Players are seated, pick the ball off the ground and show it to a partner (or parent)



C Players are seated, pick the ball off the ground and throw it to a partner (or parent)



Make sure the grip is appropriate

Group 2

Throwing and receiving:

Exercise "The Wheel"

Description: In pairs, the players play catch using the proper mechanics.

Equipment: 1 "Incrediball" for each player

Variations and progression:

E Players are executing on command:

1) throwing arm goes down



2) reach back



3) lift arm to shoulder height



Appropriate arm action

Group 3

Exercise "Space Shuttle"

Description: 1 adult and 1 ball (space shuttle) for every 2 players; 1 marker for each player; try to assign partners as close in ability as possible.

Partners stand behind a line and see how far they can throw (send the ball into space). The adult leader can be in the area of the throw to mark the spot.



Competition can be introduced by seeing if they can throw farther each time and by competing against each other.

Equipment: 1 ball for every 2 players

Variations and progression:

Use different types of balls (tennis, incredible, baseball, wiffle)

Practice 6-2

Minutes 25-40

4 Minutes per
Station

3 equal groups of
players

1 instructor per group

Group 1 The Guardian

Group 2 Sky Ball Toss

Toss the ball 20 feet in
the air. Encourage
players to catch with 2
hands

Group 3 Infield Grounders

Players take a position
on the infield, receive
grounder and throw to
1st base, players rotate
through each position.

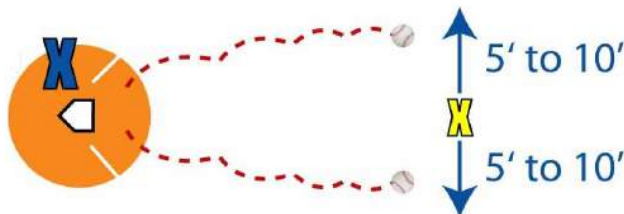
Group 1

Exercise "The Guardian"

Goal: Teach players a safe way to field a ground ball.

Description: In pairs or with an adult, players practice fielding the ball (one knee down).

Equipment: Balls



Variations and progression:

- Same with a stationary ball.
- The coach rolls a ball and the players field the ball.
- The coach rolls the ball, the players field and throw the ball.

Key points:

- Put one knee on the ground
- Upper body must be behind the ball
- Always face the ball

Group 2

Exercise "Sky Ball"

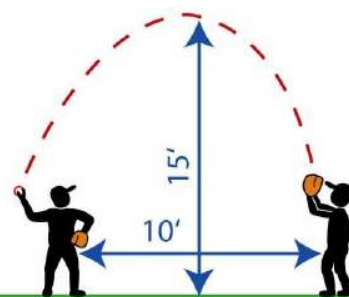
Description: 1 adult for every 2 players. Players will practice using high tosses from an adult. Self-competition can be included by:

- 1) Catching a higher ball each time
- 2) Number of consecutive catches

Equipment: 1 badminton birdie and 1 ball per player

Variations and progression:

- B** Standing alone, players toss a badminton birdie and catch it with their hat.
- C** Standing alone, players toss a ball in the air and try to catch it bare handed.



Key points:

- Hands together slightly above forehead

Group 3

Water Break!

Practice Group 1 6-3

Minutes 45-60

4 Minutes per Station

3 equal groups of players

1 instructor per group

Group 1 Light Toss

Group 2 T-Ball

Ensure batter can hit more than 10 feet off a tee, 5 attempts per player

Group 3 Drill With Pitcher

Group 1

Exercise "Light Toss"

Description: Players can do this in pairs or in groups of three (each group needs 6-10 baseballs). With a partner or a coach located at 45 degrees beside the batter, simply ask the player to hit the ball tossed underhand.

Get one player to kneel in front and to the side of the hitter and toss a ball with little or no arc in front of them. After the hitter has had 10-15 quality swings, get the players to switch. The pitcher should keep the delivery consistent so that hitters can find their timing.

Equipment: Various bats and balls



Key points:

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Group 2

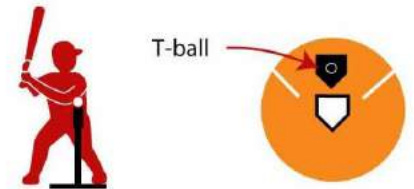
Exercise "T-Ball"

Description: With a partner or a coach located to the side of the player, ask player to hit the ball from a tee. Ensure the tee is placed in front of home plate and NOT on it. Others pick up the baseballs.

Equipment: T-ball, various bats and balls

Variations and progression:

A Standard t-ball



Key points:

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Group 3

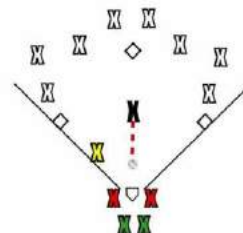
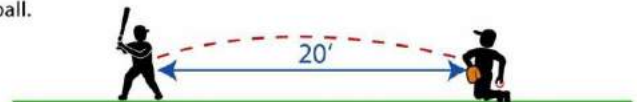
Exercise "Drill with Pitcher"

Description: With a coach located at 20 feet in front of the player, toss the ball with both knees on the ground while asking the hitter to hit the ball.

Equipment: Balls and bats

- Players are usually set up as follows:

- 2 players hitting
- 2 players catching behind the hitters
- 1 player feeding balls to the coach
- rest of players in the field (gathering balls)



Variations and progression:

A One player per parent/coach using plastic bats and wiffle balls.

B Baseball bats, small balls.

- Players rotate (in pairs) from the field, to catching behind the hitters, to hitting, and finally back to the field.

- After coach has thrown a ball to one hitter, he/she immediately throws the next pitch to the other hitter.

Players rotate after each group has had 10-15 quality swings.

Key points:

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Practice 6-4

Minutes 60-75

4 Minutes per
Station

3 equal groups of
players

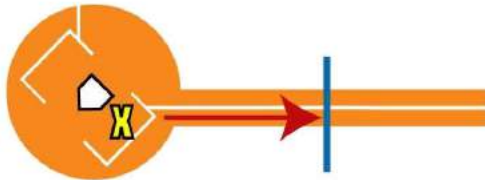
1 instructor per group

Group 1

Exercise "The Gazelle"

Description: Player takes a swing with a bat. Player must leave the box using the right foot. Player takes some quick steps towards 1st base and stops at ¼ of the distance.

Equipment: - Two bases minimum
- 1 bat minimum and 1 ball



Variations and progression:

- A** Simulate a swing with a foam or aluminum bat.
- B** Hit a badminton birdie.

Key points:

- Players use their batting stance and take a swing.
- Don't look at the ball after it is hit.
- Never throw the bat
- Right-handed batters' first step is with the right foot and left-handed batters' first step is with the left foot.

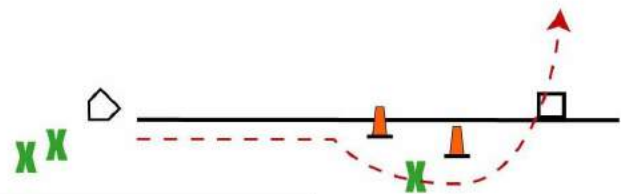
Group 2

Exercise "Kill the Mosquito"

Description: Put bases down in proper locations on diamond, with 3 players at each one. Pretend there is a mosquito on the INSIDE corner of each base.

Players, in turn, take a swing at an imaginary ball, drop the bat, run as fast as possible to the next base, stepping on the "mosquito" as they round the base. Players then wait their turn at the base they just rounded.

Equipment: 4 bases and 4 cones



Key points:

- Remind players it will be easier to step on the "mosquito" if they run a little to the outside of the base line as they approach the base.
- It would be helpful to put some markers down for them to go around as shown in the diagram.

Group 3

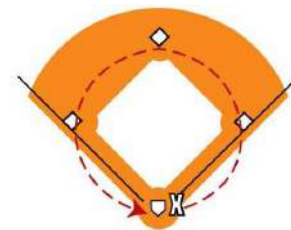
Exercise "The Relay"

Description: All players are at home plate. At their turn (after player in front has reached 1st base), players round the bases. Between each base, there is a challenge to perform.

Equipment: Set of bases (minimum of 4), various items for challenges

Challenge examples:

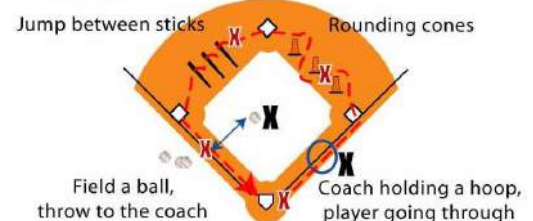
- A** Backpedal
- B** Rounding cones
- C** Roll
- D** Jump between sticks
- E** Pass under a stick on 2 cones
- F** Jump over a partner
- G** Shuffle steps or other running drills
- H** T-ball
- I** Field a ball, throw to the coach
- J** Etc ... (be creative)



Key points:

- More than one ability can be incorporated.
BE CREATIVE !!!!!

EXAMPLE:



Group 1 The Gazelle
Use the foul territory for
this practice

**Group 2 Kill The
Mosquito (Banana
Hook)**

Use the infield for this
practice

Group 3 The Relay

Use the outfield for this
practice

Practice 6-5

Group 1

Exercise "Bucket Ball" (28)

Minutes 75-85

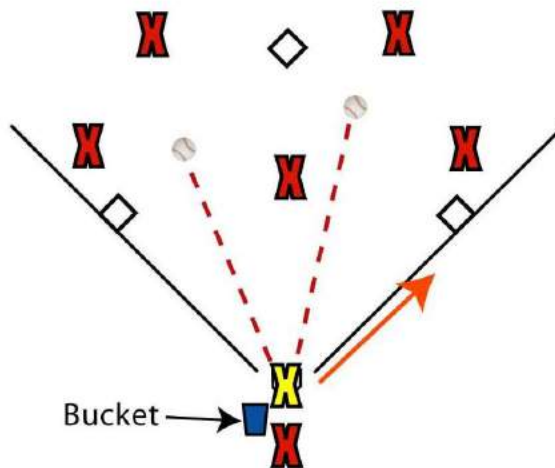
For all players

Goal: Throwing, fielding, base running, cooperation, and teamwork.

Equipment: 2 balls, 4 bases, helmet, pail or bag

Description: 2 teams of 6 - one on offence - one on defense. The defensive team has a catcher at home plate and the other players at appropriate locations. The offensive team has 1 player to THROW from home plate and the other players awaiting their turn from a safe distance.

Activity: Offensive "batter" throws out 2 balls, at one time in quick succession and runs around the bases trying to make it home before the fielding team gets both balls in a pail.



If the ball is caught, the "batter" is out.

Fielders may NOT run with the ball. It must be thrown Home. Relay the ball if necessary.

Remind players to make sure the catcher is looking; An adult may have to help at home.

Variations and progression: **A** Batter throws 2 balls **B** Batter hits 2 balls

Practice 6-6

Minutes 85-90

For all players

Review

Exercise "Out"

Goal: Teach and explain to players how to make an out.

Description: Play a game and instruct players to touch the runners to make an out.

Variations and progression:

- Make a couple of teams and play mini-games using only one base.
- Play mini-game using 4 bases.
- Rotate the teams to change match-ups.



Key points:

- Touch the runner with the ball before the runner touches the base.

Exercise "Names & Numbers"

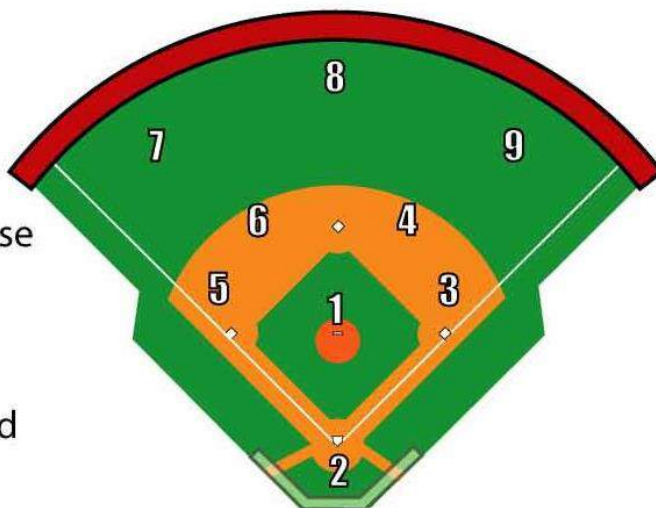
Description: Name each position and their number. Give each player a position name and instruct them to go to that position.

Equipment: Ball (baseball), bag

Variations and progression:

- Start them off the pitching mound
- Write position numbers on balls, place the balls in a bag; have players draw a ball and take it to the corresponding position.

- 1 = pitcher
- 2 = catcher
- 3 = first base
- 4 = second base
- 5 = third base
- 6 = shortstop
- 7 = left-field
- 8 = center-field
- 9 = right-field



Practice Group 1

7-1

Minutes 10-25

4 Minutes per Station

3 equal groups of players

1 instructor per group

Group 1 Handcuffs

Group 2 The Wheel

Group 3 Space Shuttle

Throwing and receiving:

Exercise "Handcuffs"

Description: Players pair up with each other or with a parent. At a signal, players take a proper grip on the ball.

Equipment: 1 "Incrediball" for each player

Variations and progression:

A Players are seated, pick the ball off the ground and show it to a partner (or parent)



C Players are seated, pick the ball off the ground and throw it to a partner (or parent)



Make sure the grip is appropriate

Group 2

Throwing and receiving:

Exercise "The Wheel"

Description: In pairs, the players play catch using the proper mechanics.

Equipment: 1 "Incrediball" for each player

Variations and progression:

E Players are executing on command:

1) throwing arm goes down



2) reach back



3) lift arm to shoulder height



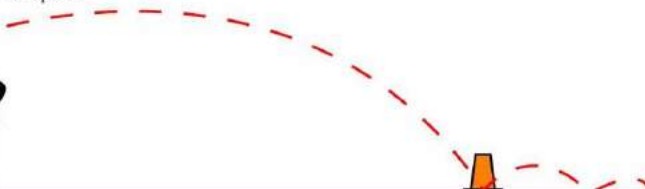
Appropriate arm action

Group 3

Exercise "Space Shuttle"

Description: 1 adult and 1 ball (space shuttle) for every 2 players; 1 marker for each player; try to assign partners as close in ability as possible.

Partners stand behind a line and see how far they can throw (send the ball into space). The adult leader can be in the area of the throw to mark the spot.



Competition can be introduced by seeing if they can throw farther each time and by competing against each other.

Equipment: 1 ball for every 2 players

Variations and progression:

Use different types of balls (tennis, incredible, baseball, wiffle)

Practice 7-2

Minutes 25-40

4 Minutes per
Station

3 equal groups of
players

1 instructor per group

Group 1 The Guardian

Group 2 Sky Ball Toss
Toss the ball 20 feet in
the air. Encourage
players to catch with 2
hands

Group 3 Around The Horn

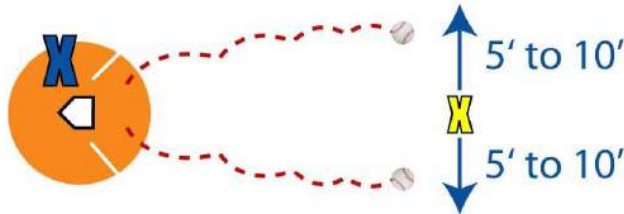
Group 1

Exercise "The Guardian"

Goal: Teach players a safe way to field a ground ball.

Description: In pairs or with an adult, players practice fielding the ball (one knee down).

Equipment: Balls



Variations and progression:

- Same with a stationary ball.
- The coach rolls a ball and the players field the ball.
- The coach rolls the ball, the players field and throw the ball.

Key points:

- Put one knee on the ground
- Upper body must be behind the ball
- Always face the ball

Group 2

Exercise "Sky Ball"

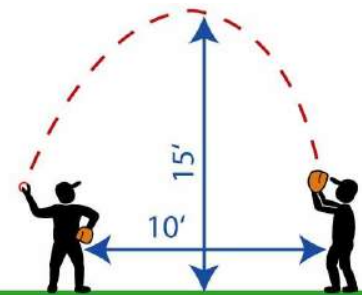
Description: 1 adult for every 2 players. Players will practice using high tosses from an adult. Self-competition can be included by:

- 1) Catching a higher ball each time
- 2) Number of consecutive catches

Equipment: 1 badminton birdie and 1 ball per player

Variations and progression:

- B** Standing alone, players toss a badminton birdie and catch it with their hat.
- C** Standing alone, players toss a ball in the air and try to catch it bare handed.



Key points:

- Hands together slightly above forehead

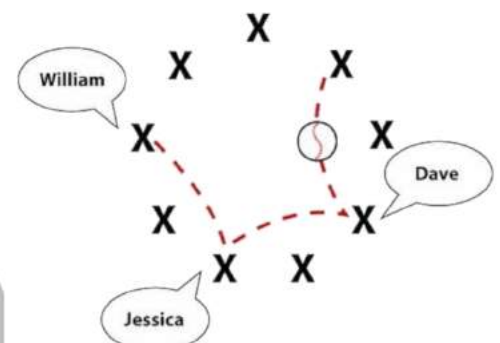
Group 3

Exercise "Around the Horn"

Description: Have the players stand in a circle. Use an odd number of players if necessary. The coach gives a ball to one player. At the start signal, the player throws the ball underhand to the second player to his right. While throwing the ball, he must say the name of the player catching the ball.

Equipment: Ball (baseball)

Once the players become comfortable with 1 ball, the coach can add a second, third and fourth ball. See how many balls the players can handle at the same time.



Water Break!

Practice Group 1 7-3

Minutes 45-60

4 Minutes per Station

3 equal groups of players

1 instructor per group

Group 1 Light Toss

Group 2 T-Ball

Ensure batter can hit more than 10 feet off a tee, 5 attempts per player

Group 3 Drill With Pitcher

Group 1

Exercise "Light Toss"

Description: Players can do this in pairs or in groups of three (each group needs 6-10 baseballs). With a partner or a coach located at 45 degrees beside the batter, simply ask the player to hit the ball tossed underhand.

Get one player to kneel in front and to the side of the hitter and toss a ball with little or no arc in front of them. After the hitter has had 10-15 quality swings, get the players to switch. The pitcher should keep the delivery consistent so that hitters can find their timing.

Equipment: Various bats and balls



Key points:

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Group 2

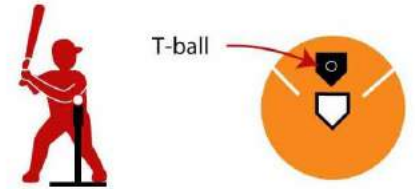
Exercise "T-Ball"

Description: With a partner or a coach located to the side of the player, ask player to hit the ball from a tee. Ensure the tee is placed in front of home plate and NOT on it. Others pick up the baseballs.

Equipment: T-ball, various bats and balls

Variations and progression:

A Standard t-ball



Key points:

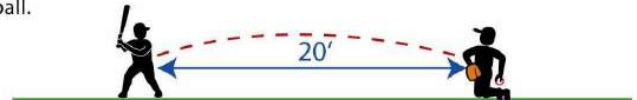
- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Group 3

Exercise "Drill with Pitcher"

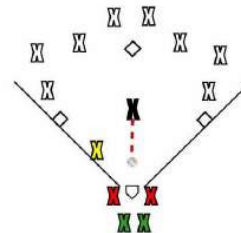
Description: With a coach located at 20 feet in front of the player, toss the ball with both knees on the ground while asking the hitter to hit the ball.

Equipment: Balls and bats



- Players are usually set up as follows:

- 2 players hitting
- 2 players catching behind the hitters
- 1 player feeding balls to the coach
- rest of players in the field (gathering balls)



Variations and progression:

A One player per parent/coach using plastic bats and wiffle balls.

B Baseball bats, small balls.

- Players rotate (in pairs) from the field, to catching behind the hitters, to hitting, and finally back to the field.

- After coach has thrown a ball to one hitter, he/she immediately throws the next pitch to the other hitter.

Players rotate after each group has had 10-15 quality swings.

Key points:

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Practice 7-4

Minutes 60-75

4 Minutes per
Station

3 equal groups of
players

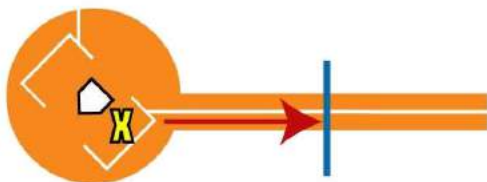
1 instructor per group

Group 1

Exercise "The Gazelle"

Description: Player takes a swing with a bat. Player must leave the box using the right foot. Player takes some quick steps towards 1st base and stops at $\frac{1}{4}$ of the distance.

Equipment: - Two bases minimum
- 1 bat minimum and 1 ball



Variations and progression:

- A** Simulate a swing with a foam or aluminum bat.
- B** Hit a badminton birdie.

Key points:

- Players use their batting stance and take a swing.
- Don't look at the ball after it is hit.
- Never throw the bat
- Right-handed batters' first step is with the right foot and left-handed batters' first step is with the left foot.

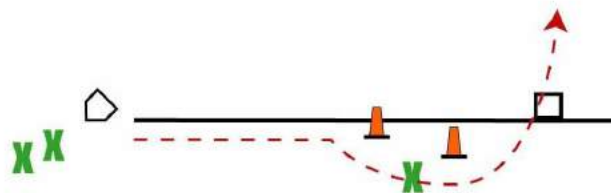
Group 2

Exercise "Kill the Mosquito"

Description: Put bases down in proper locations on diamond, with 3 players at each one. Pretend there is a mosquito on the INSIDE corner of each base.

Players, in turn, take a swing at an imaginary ball, drop the bat, run as fast as possible to the next base, stepping on the "mosquito" as they round the base. Players then wait their turn at the base they just rounded.

Equipment: 4 bases and 4 cones



Key points:

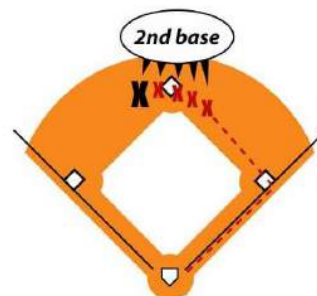
- Remind players it will be easier to step on the "mosquito" if they run a little to the outside of the base line as they approach the base.
- It would be helpful to put some markers down for them to go around as shown in the diagram.

Group 3

Exercise "The Train"

Description: Starting from home plate, players form a line and walk around the bases, saying the name of the base as they touch it. Parents can join in this activity.

Equipment: Set of bases (minimum of 4)



Variations and progression:

- A** Coach leads the line
- B** Individually, done while jogging
- D** Have players start at different bases
- E** Individually done by running, player goes around the bases (same as Hit Run and Throw)

Key points:

- Player must learn to run on the right side...



Group 1 The Gazelle
Use the foul territory for
this practice

**Group 2 Kill The
Mosquito (Banana
Hook)**

Use the infield for this
practice

Group 3 The Train

Use the outfield for this
practice

Practice 7-5

Group 1

Exercise "Tag Baseball"

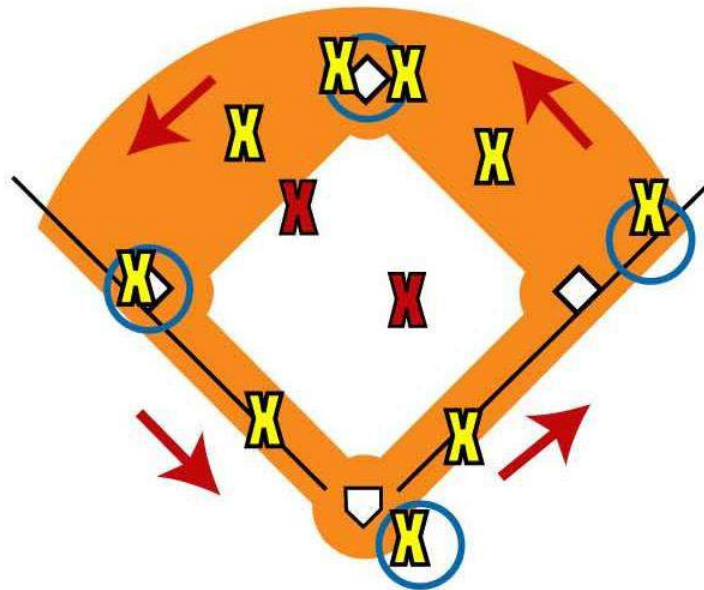
Minutes 75-85

For all players

Description: Install hoops behind 1st base and home plate. Install hoops on 2nd and 3rd base. One or some players have the tag. Players have to reach the next base while following the base paths. Player with the tag must leave the mound to touch players.

Equipment: Set of bases (4) and hoops (4)

Variations and progression: **A**



Key points:

- Possibility to pass 1st base and home plate.
- Make sure to avoid too many players at each base

Practice 7-6

Minutes 85-90

For all players

Review

Exercise "Out"

Goal: Teach and explain to players how to make an out.

Description: Play a game and instruct players to touch the runners to make an out.

Variations and progression:

- Make a couple of teams and play mini-games using only one base.
- Play mini-game using 4 bases.
- Rotate the teams to change match-ups.



Key points:

- Touch the runner with the ball before the runner touches the base.

Exercise "Names & Numbers"

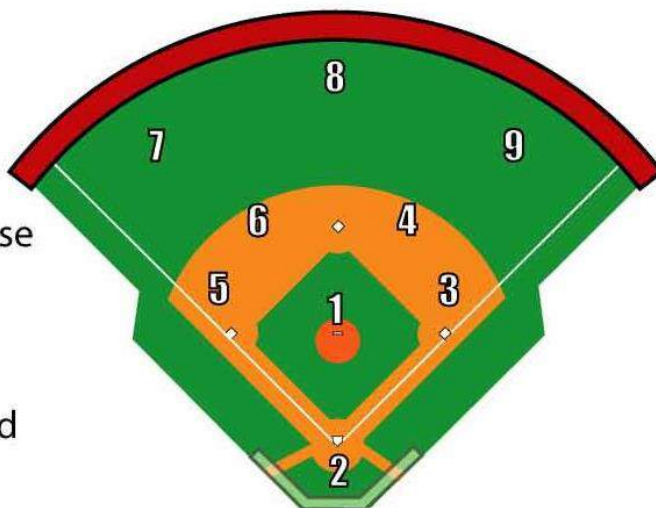
Description: Name each position and their number. Give each player a position name and instruct them to go to that position.

Equipment: Ball (baseball), bag

Variations and progression:

- Start them off the pitching mound
- Write position numbers on balls, place the balls in a bag; have players draw a ball and take it to the corresponding position.

- 1 = pitcher
- 2 = catcher
- 3 = first base
- 4 = second base
- 5 = third base
- 6 = shortstop
- 7 = left-field
- 8 = center-field
- 9 = right-field



Practice Group 1

8-1

Minutes 10-25

4 Minutes per Station

3 equal groups of players

1 instructor per group

Group 1 Handcuffs

Group 2 The Wheel

Group 3 Space Shuttle

Throwing and receiving:

Exercise "Handcuffs"

Description: Players pair up with each other or with a parent. At a signal, players take a proper grip on the ball.

Equipment: 1 "Incrediball" for each player

Variations and progression:

A Players are seated, pick the ball off the ground and show it to a partner (or parent)



C Players are seated, pick the ball off the ground and throw it to a partner (or parent)



Make sure the grip is appropriate

Group 2

Throwing and receiving:

Exercise "The Wheel"

Description: In pairs, the players play catch using the proper mechanics.

Equipment: 1 "Incrediball" for each player

Variations and progression:

E Players are executing on command:

1) throwing arm goes down



2) reach back



3) lift arm to shoulder height



Appropriate arm action

Group 3

Exercise "Space Shuttle"

Description: 1 adult and 1 ball (space shuttle) for every 2 players; 1 marker for each player; try to assign partners as close in ability as possible.

Partners stand behind a line and see how far they can throw (send the ball into space). The adult leader can be in the area of the throw to mark the spot.



Competition can be introduced by seeing if they can throw farther each time and by competing against each other.

Equipment: 1 ball for every 2 players

Variations and progression:

Use different types of balls (tennis, incredible, baseball, wiffle)

Practice 8-2

Minutes 25-40

4 Minutes per
Station

3 equal groups of
players

1 instructor per group

Group 1 The Guardian

Group 2 Sky Ball Toss

Toss the ball 20 feet in the air. Encourage players to catch with 2 hands

Group 3 Infield Grounders

Players take a position on the infield, receive grounder and throw to 1st base, players rotate through each position.

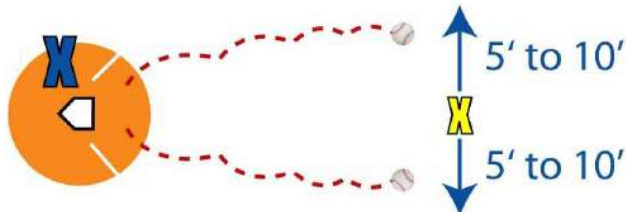
Group 1

Exercise "The Guardian"

Goal: Teach players a safe way to field a ground ball.

Description: In pairs or with an adult, players practice fielding the ball (one knee down).

Equipment: Balls



Variations and progression:

- Same with a stationary ball.
- The coach rolls a ball and the players field the ball.
- The coach rolls the ball, the players field and throw the ball.

Key points:

- Put one knee on the ground
- Upper body must be behind the ball
- Always face the ball

Group 2

Exercise "Sky Ball"

Description: 1 adult for every 2 players. Players will practice using high tosses from an adult. Self-competition can be included by:

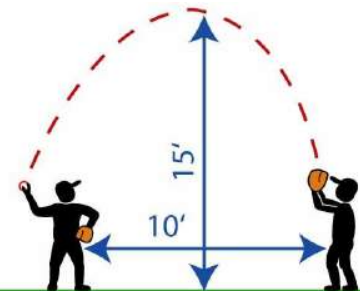
- 1) Catching a higher ball each time
- 2) Number of consecutive catches

Equipment: 1 badminton birdie and 1 ball per player

Variations and progression:

B Standing alone, players toss a badminton birdie and catch it with their hat.

C Standing alone, players toss a ball in the air and try to catch it bare handed.



Key points:

- Hands together slightly above forehead

Group 3

Water Break!

Practice Group 1 8-3

Minutes 45-60

4 Minutes per Station

3 equal groups of players

1 instructor per group

Group 1 Light Toss

Group 2 T-Ball

Ensure batter can hit more than 10 feet off a tee, 5 attempts per player

Group 3 Drill With Pitcher

Group 1

Exercise "Light Toss"

Description: Players can do this in pairs or in groups of three (each group needs 6-10 baseballs). With a partner or a coach located at 45 degrees beside the batter, simply ask the player to hit the ball tossed underhand.

Get one player to kneel in front and to the side of the hitter and toss a ball with little or no arc in front of them. After the hitter has had 10-15 quality swings, get the players to switch. The pitcher should keep the delivery consistent so that hitters can find their timing.

Equipment: Various bats and balls



Key points:

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Group 2

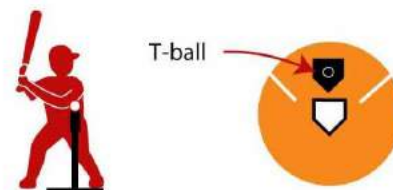
Exercise "T-Ball"

Description: With a partner or a coach located to the side of the player, ask player to hit the ball from a tee. Ensure the tee is placed in front of home plate and NOT on it. Others pick up the baseballs.

Equipment: T-ball, various bats and balls

Variations and progression:

A Standard t-ball



Key points:

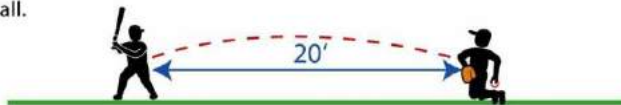
- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Group 3

Exercise "Drill with Pitcher"

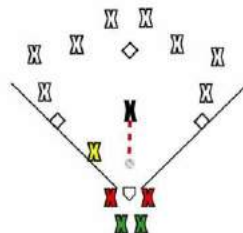
Description: With a coach located at 20 feet in front of the player, toss the ball with both knees on the ground while asking the hitter to hit the ball.

Equipment: Balls and bats



- Players are usually set up as follows:

- ➔ - 2 players hitting
- 2 players catching behind the hitters
- 1 player feeding balls to the coach
- rest of players in the field (gathering balls)



Variations and progression:

- A** One player per parent/coach using plastic bats and wiffle balls.
- B** Baseball bats, small balls.

- Players rotate (in pairs) from the field, to catching behind the hitters, to hitting, and finally back to the field.

- After coach has thrown a ball to one hitter, he/she immediately throws the next pitch to the other hitter.

Players rotate after each group has had 10-15 quality swings.

➔ Key points

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Practice 8-4

Minutes 60-75

4 Minutes per Station

3 equal groups of players

1 instructor per group

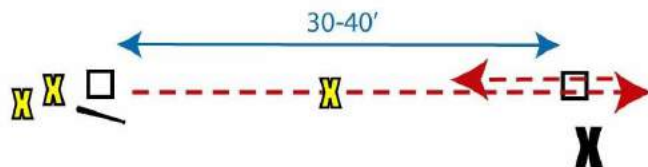
Bases in the infield and a base set up in the outfield mirrors the infield exactly, one home plate and one base in foul territory

Group 1

Exercise "Gimme 5"

Description: Place bases 30'-40' from players; 4 groups of 3. Players, in turn, take a swing at an imaginary ball, drop bat, run as fast as possible past their base, give the coach "high 5," return to base as if running to 2B.

Equipment: Set of bases (4), bats (2)



Variations and progression:

- A** Simulate a swing with a plastic or aluminum bat.
- C** Hit a wiffle ball tossed.

➔ Key points:

- Make sure players are running full speed across the bag, slowing down only after touching it.

Group 2

Group 1 Gimme 5

Use the foul territory on the field

Group 2 Kill The

Mosquito (Banana Hook)

Use the infield for this practice

Group 3 The Train

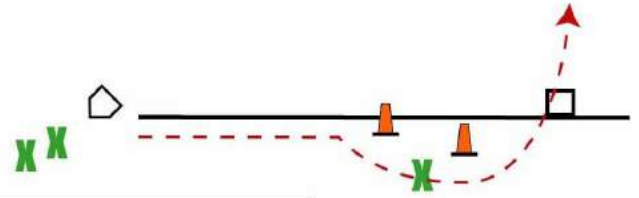
Use the outfield for this practice

Exercise "Kill the Mosquito"

Description: Put bases down in proper locations on diamond, with 3 players at each one. Pretend there is a mosquito on the INSIDE corner of each base.

Players, in turn, take a swing at an imaginary ball, drop the bat, run as fast as possible to the next base, stepping on the "mosquito" as they round the base. Players then wait their turn at the base they just rounded.

Equipment: 4 bases and 4 cones



→ Key points:

- Remind players it will be easier to step on the "mosquito" if they run a little to the outside of the base line as they approach the base.
- It would be helpful to put some markers down for them to go around as shown in the diagram.

Group 3

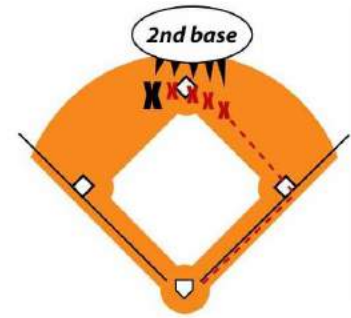
Exercise "The Train"

Description: Starting from home plate, players form a line and walk around the bases, saying the name of the base as they touch it. Parents can join in this activity.

Equipment: Set of bases (minimum of 4)

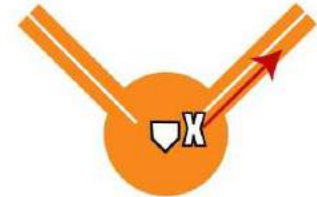
Variations and progression:

- A** Coach leads the line
- B** Individually, done while jogging
- D** Have players start at different bases
- E** Individually done by running, player goes around the bases (same as Hit Run and Throw)



→ Key points:

- Player must learn to run on the right side...



Practice 8-5

Minutes 75-85

For all players

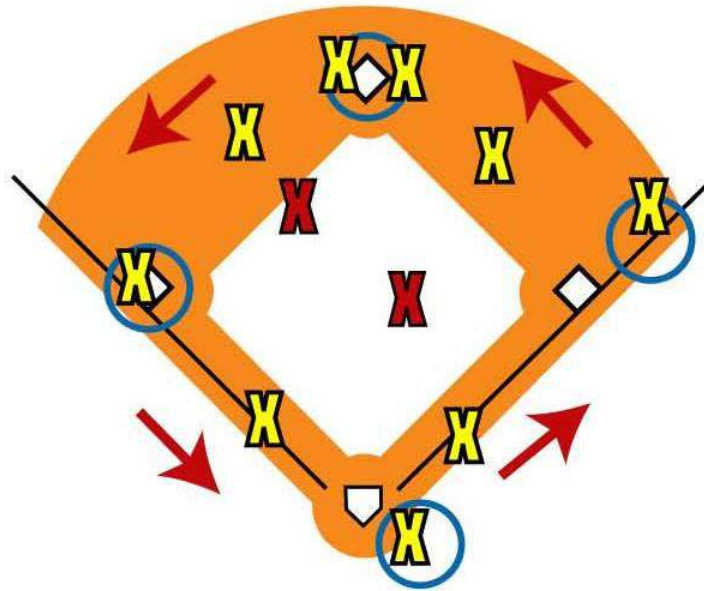
Group 1

Exercise "Tag Baseball"

Description: Install hoops behind 1st base and home plate. Install hoops on 2nd and 3rd base. One or some players have the tag. Players have to reach the next base while following the base paths. Player with the tag must leave the mound to touch players.

Equipment: Set of bases (4) and hoops (4)

Variations and progression: **A**



Key points:

- Possibility to pass 1st base and home plate.
- Make sure to avoid too many players at each base

Review

Practice

8-6

Minutes 85-90

For all players

Exercise "Out"

Goal: Teach and explain to players how to make an out.

Description: Play a game and instruct players to touch the runners to make an out.

Variations and progression:

- Make a couple of teams and play mini-games using only one base.
- Play mini-game using 4 bases.
- Rotate the teams to change match-ups.



Key points:

- Touch the runner with the ball before the runner touches the base.

Exercise "Names & Numbers"

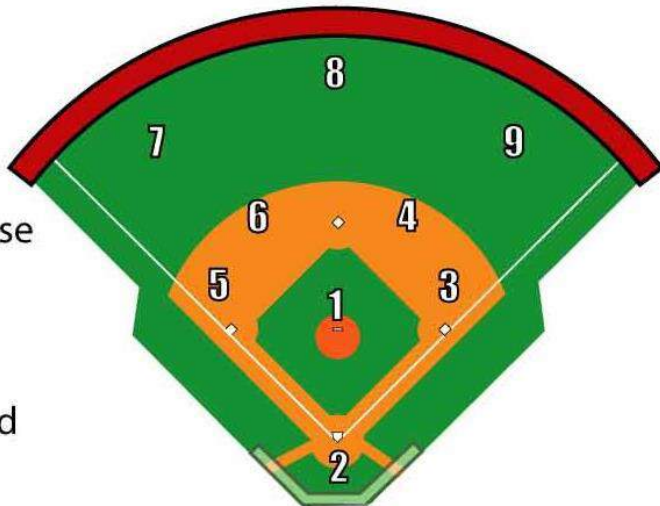
Description: Name each position and their number. Give each player a position name and instruct them to go to that position.

Equipment: Ball (baseball), bag

Variations and progression:

- Start them off the pitching mound
- Write position numbers on balls, place the balls in a bag; have players draw a ball and take it to the corresponding position.

- 1 = pitcher
- 2 = catcher
- 3 = first base
- 4 = second base
- 5 = third base
- 6 = shortstop
- 7 = left-field
- 8 = center-field
- 9 = right-field



Practice Group 1

9-1

Minutes 10-25

4 Minutes per Station

3 equal groups of players

1 instructor per group

Group 1 Handcuffs

Group 2 The Wheel

Group 3 Champ

» Throwing and receiving:

Exercise "Handcuffs"

Description: Players pair up with each other or with a parent. At a signal, players take a proper grip on the ball.

Equipment: 1 "Incrediball" for each player

Variations and progression:

A Players are seated, pick the ball off the ground and show it to a partner (or parent)



C Players are seated, pick the ball off the ground and throw it to a partner (or parent)



Make sure the grip is appropriate

Group 2

» Throwing and receiving:

Exercise "The Wheel"

Description: In pairs, the players play catch using the proper mechanics.

Equipment: 1 "Incrediball" for each player

Variations and progression:

E Players are executing on command:

1) throwing arm goes down



2) reach back



3) lift arm to shoulder height



Appropriate arm action

Group 3

Exercise "Champ"

Goal: Practice throwing and receiving.

Description: 1 adult for every 2 players or players in partners if they are capable of throwing and receiving the ball back and forth.



Every time a ball is caught by one of the two players, they get a letter from the word "CHAMP". Partners can compete against other partners to see which pair can spell "CHAMP" first.

Letters can be awarded for good throws back to the adult as well.

Variations and progression: Let players select their own words (e.g. Barney, elephant, etc.)

Equipment: 1 ball for every 2 players

Practice 9-2

Minutes 25-40

4 Minutes per
Station

3 equal groups of
players

1 instructor per group

Group 1 Fair and Foul
Balls

Group 2 Strikes and
Balls

Group 3 Single
Double Triple and
Homerun

Group 1

Exercise "Fair / Foul ball"

Together the infield and outfield make up what is known as "fair" territory. Batters want to hit the ball into this area as it allows them to start running the bases (and hopefully end up scoring a run for their team).

Straight lines drawn on the field from home plate to the outfield fence are known as foul lines and they separate fair territory from foul territory. If a batter hits a ball behind or outside of fair territory it is called a "foul" ball. A batter cannot start running the bases on a foul ball.



Group 2

Exercise "Ball / Strike"

Strike: A strike is when a batter swings and misses at a pitch or doesn't swing at a pitch that goes through the strike zone. It also counts as a strike if a batter hits a pitched ball into foul territory (see 'The Field'). This is called a foul ball.

Ball: A ball, the opposite of a strike, is a pitch that does not go through the strike zone, and the batter chooses not to swing at.

The strike zone is an imaginary area that is as wide as home plate and extends from the batter's chest to his knees.



To get a strikeout, the pitcher must throw 3 strikes to the batter before he throws 4 balls.

However, a batter can never strike out (be given a 3rd strike) on a foul ball.

If a batter gets 4 balls before he gets 3 strikes it is called a "walk" and the batter automatically goes to 1st base.

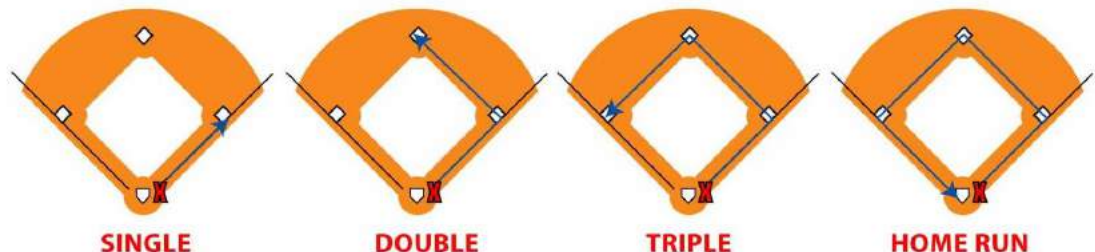
Group 3

Exercise "Single/Double/Triple/Home Run"

A hit that gets a batter to 1st base is called a "single." If the batter makes it to 2nd base safely on a hit it is called a "double." And, if he makes it to 3rd base safely it is called a "triple."

Doubles and triples usually make it past the outfielders, allowing the batter to advance around the bases more easily.

Sometimes, a batter makes it around all 3 bases and back to home plate in one attempt. Getting around all the bases with one hit is called a "home run."



Water Break!

Practice Group 1 9-3

Minutes 45-60

4 Minutes per Station

3 equal groups of players

1 instructor per group

Group 1 Light Toss

Group 2 T-Ball
Ensure batter can hit more than 10 feet off a tee, 5 attempts per player

Group 3 Drill With Pitcher

Group 1

Exercise "Light Toss"

Description: Players can do this in pairs or in groups of three (each group needs 6-10 baseballs). With a partner or a coach located at 45 degrees beside the batter, simply ask the player to hit the ball tossed underhand.

Get one player to kneel in front and to the side of the hitter and toss a ball with little or no arc in front of them. After the hitter has had 10-15 quality swings, get the players to switch. The pitcher should keep the delivery consistent so that hitters can find their timing.

Equipment: Various bats and balls



Key points:

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Group 2

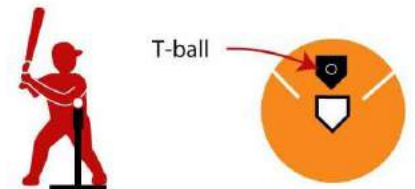
Exercise "T-Ball"

Description: With a partner or a coach located to the side of the player, ask player to hit the ball from a tee. Ensure the tee is placed in front of home plate and NOT on it. Others pick up the baseballs.

Equipment: T-ball, various bats and balls

Variations and progression:

A Standard t-ball



Key points:

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Group 3

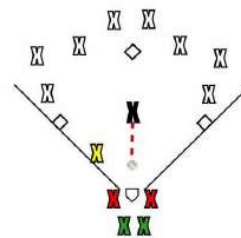
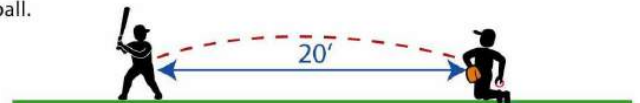
Exercise "Drill with Pitcher"

Description: With a coach located at 20 feet in front of the player, toss the ball with both knees on the ground while asking the hitter to hit the ball.

Equipment: Balls and bats

- Players are usually set up as follows:

- 2 players hitting
- 2 players catching behind the hitters
- 1 player feeding balls to the coach
- rest of players in the field (gathering balls)



Variations and progression:

A One player per parent/coach using plastic bats and wiffle balls.

B Baseball bats, small balls.

- Players rotate (in pairs) from the field, to catching behind the hitters, to hitting, and finally back to the field.

- After coach has thrown a ball to one hitter, he/she immediately throws the next pitch to the other hitter.

Players rotate after each group has had 10-15 quality swings.

Key points

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

Practice 9-4

Minutes 60-75

4 Minutes per
Station

3 equal groups of
players

1 instructor per group

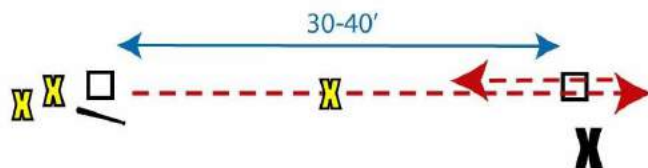
Bases in the infield and a base set up in the outfield mirrors the infield exactly, one home plate and one base in foul territory

Group 1

Exercise "Gimme 5"

Description: Place bases 30'-40' from players; 4 groups of 3. Players, in turn, take a swing at an imaginary ball, drop bat, run as fast as possible past their base, give the coach "high 5," return to base as if running to 2B.

Equipment: Set of bases (4), bats (2)



Variations and progression:

- A** Simulate a swing with a plastic or aluminum bat.
- C** Hit a wiffle ball tossed.

Key points:

- Make sure players are running full speed across the bag, slowing down only after touching it.

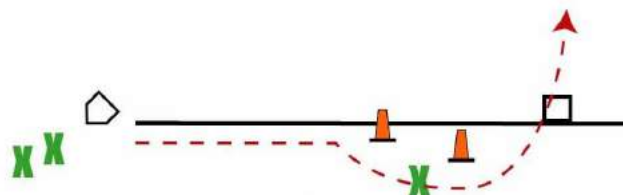
Group 2

Exercise "Kill the Mosquito"

Description: Put bases down in proper locations on diamond, with 3 players at each one. Pretend there is a mosquito on the INSIDE corner of each base.

Players, in turn, take a swing at an imaginary ball, drop the bat, run as fast as possible to the next base, stepping on the "mosquito" as they round the base. Players then wait their turn at the base they just rounded.

Equipment: 4 bases and 4 cones



Key points:

- Remind players it will be easier to step on the "mosquito" if they run a little to the outside of the base line as they approach the base.
- It would be helpful to put some markers down for them to go around as shown in the diagram.

Group 3

Exercise "Sliding"

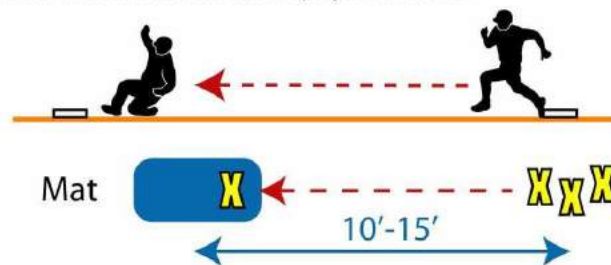
Description: Place the mat on an open field. Have players line up in single file approximately 10 to 15 feet away from the mat. Have players run and complete the slide into the mat, one player at a time.

For all sliding techniques, the coach can shorten the "run up" distance to slow the players down and focus on the technique of the slide, then slowly increase the speed of the players after they feel more comfortable.

Equipment: Mats (optional)

Variations and progression:

- C** Football slide



Key points:

- Bent Leg Slide.
- Make sure the players have their hands in the air to avoid injury.
- Stay low throughout the approach of the slide in order to decrease the amount of impact with the ground.

Group 1 Gimme 5
Use the foul territory on the field

Group 2 Kill The Mosquito (Banana Hook)

Use the infield for this practice

Group 3 Sliding

Use the outfield for this practice

Practice 9-5

Minutes 75-85

For all players

Group 1

Exercise "500"

Abilities: Hitting, receiving, throwing

Equipment: 2 bats, 4 balls

Description: 2 groups of 6 players having their own playing surface. 1 batter while the others field. The other group does exactly the same exercise.

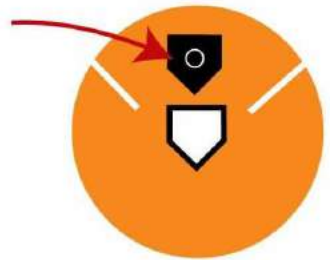
Activity:

- Batter will bat off a Tee or via adult-pitch.
- Each batter gets 10 swings or hits.
- Fielder can get points by fielding the ball, * 100 for caught fly, * 50 for one bouncer, * 25 for a grounder

100 points	for caught fly
50 points	for one bouncer
25 points	for a grounder



T-ball



Practice 9-6

Minutes 85-90

For all players

Review

Exercise "Out"

Goal: Teach and explain to players how to make an out.

Description: Play a game and instruct players to touch the runners to make an out.

Variations and progression:

- Make a couple of teams and play mini-games using only one base.
- Play mini-game using 4 bases.
- Rotate the teams to change match-ups.



Key points:

- Touch the runner with the ball before the runner touches the base.

Exercise "Names & Numbers"

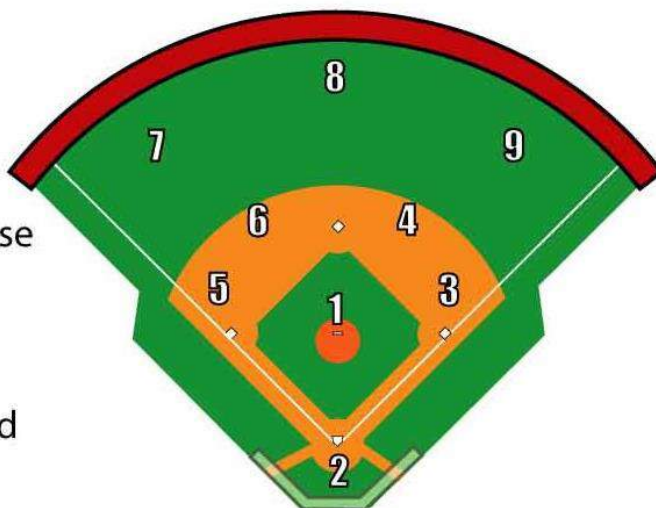
Description: Name each position and their number. Give each player a position name and instruct them to go to that position.

Equipment: Ball (baseball), bag

Variations and progression:

- Start them off the pitching mound
- Write position numbers on balls, place the balls in a bag; have players draw a ball and take it to the corresponding position.

- 1 = pitcher
- 2 = catcher
- 3 = first base
- 4 = second base
- 5 = third base
- 6 = shortstop
- 7 = left-field
- 8 = center-field
- 9 = right-field



Practice 10-1

Group 1

Minutes 10-25

4 Minutes per Station

3 equal groups of players

1 instructor per group

Group 1 Handcuffs

Group 2 The Wheel

Group 3 Champ

Throwing and receiving:

Exercise "Handcuffs"

Description: Players pair up with each other or with a parent. At a signal, players take a proper grip on the ball.

Equipment: 1 "Incrediball" for each player

Variations and progression:

A Players are seated, pick the ball off the ground and show it to a partner (or parent)



C Players are seated, pick the ball off the ground and throw it to a partner (or parent)



Make sure the grip is appropriate

Group 2

Throwing and receiving:

Exercise "The Wheel"

Description: In pairs, the players play catch using the proper mechanics.

Equipment: 1 "Incrediball" for each player

Variations and progression:

E Players are executing on command:

1) throwing arm goes down



2) reach back



3) lift arm to shoulder height



Appropriate arm action

Group 3

Exercise "Champ"

Goal: Practice throwing and receiving.

Description: 1 adult for every 2 players or players in partners if they are capable of throwing and receiving the ball back and forth.



Every time a ball is caught by one of the two players, they get a letter from the word "CHAMP". Partners can compete against other partners to see which pair can spell "CHAMP" first.

Letters can be awarded for good throws back to the adult as well.

Variations and progression: Let players select their own words (e.g. Barney, elephant, etc.)

Equipment: 1 ball for every 2 players

Practice 10-2

Group 1

Exercise "Field 3"

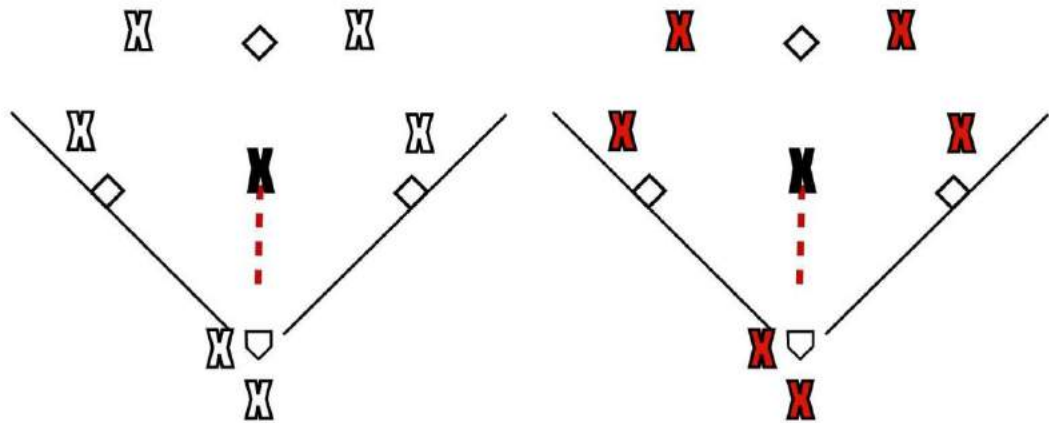
Minutes 25-40

For all players

Description: Form 2 teams of 6 - 1 batter, 1 catcher, the rest are fielders. Set up 2 separate activity areas at a safe distance apart. There will be 1 adult pitcher in each area for each group of 6. Set up bases on diamond.

Equipment:

- 2 bats
- 2 balls
- 2 sets of catcher's equipment
- 2 helmets
- 2 sets of bases



- One batter at a time bats off an adult pitcher, with one player in catching equipment.
- When a fielder has successfully fielded 3 groundballs or has caught 1 fly ball, they become the batter.



Players rotate positions.



Make sure all players get an opportunity to bat and catch

Water Break!

Practice 10-3

Minutes 45-60

For all players

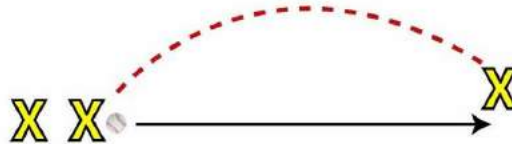
Group 1

Exercise "The Football Pass"

Goal: Throwing harder with accuracy while adding receiving.

Description: Split players into 2-3 groups (depending on total number of players). Each team forms a line. At a given signal, first player in line does a banana path. The following player in line throws a ball to the first player who attempts to catch it. The player then returns to his line and becomes the one who will throw the ball to his partner.

Equipment: - Several balls (1 minimum per player) of all kinds
- 2-3 small footballs



Variations and progression:

Change the distance depending on players' abilities (closer or farther away) and use several types of balls and maybe even a small football.

- A** The player catching is walking with his glove.
- B** The player catching is running with his glove.
- C** The player catching is running barehanded (softer balls).

Practice 10-4

Minutes 60-75

4 Minutes per
Station

3 equal groups of
players

1 instructor per group

Bases in the infield and a base set up in the outfield mirrors the infield exactly, one home plate and one base in foul territory

Group 1 Gimme 5

Use the foul territory on the field

Group 2 Kill The Mosquito (Banana Hook)

Use the infield for this practice

Group 3 Sliding

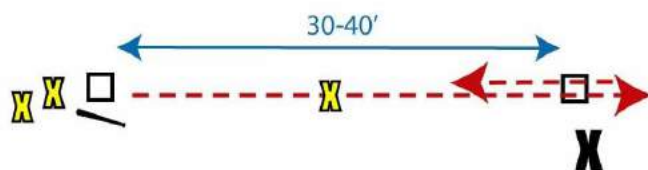
Use the outfield for this practice

Group 1

Exercise "Gimme 5"

Description: Place bases 30'-40' from players; 4 groups of 3. Players, in turn, take a swing at an imaginary ball, drop bat, run as fast as possible past their base, give the coach "high 5," return to base as if running to 2B.

Equipment: Set of bases (4), bats (2)



Variations and progression:

- A** Simulate a swing with a plastic or aluminum bat.
- C** Hit a wiffle ball tossed.

Key points:

- Make sure players are running full speed across the bag, slowing down only after touching it.

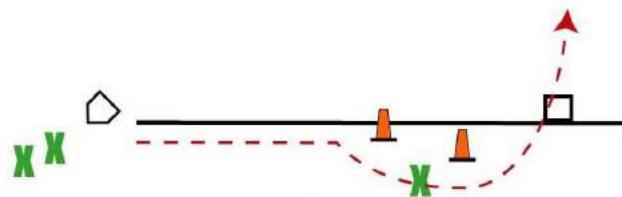
Group 2

Exercise "Kill the Mosquito"

Description: Put bases down in proper locations on diamond, with 3 players at each one. Pretend there is a mosquito on the INSIDE corner of each base.

Players, in turn, take a swing at an imaginary ball, drop the bat, run as fast as possible to the next base, stepping on the "mosquito" as they round the base. Players then wait their turn at the base they just rounded.

Equipment: 4 bases and 4 cones



Key points:

- Remind players it will be easier to step on the "mosquito" if they run a little to the outside of the base line as they approach the base.
- It would be helpful to put some markers down for them to go around as shown in the diagram.

Group 3

Exercise "Sliding"

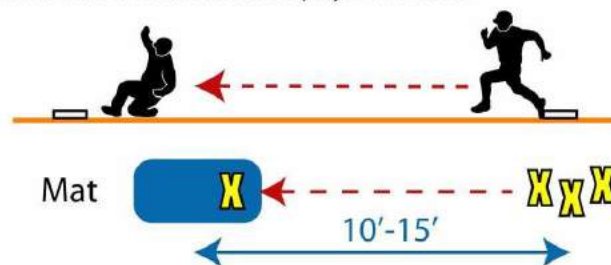
Description: Place the mat on an open field. Have players line up in single file approximately 10 to 15 feet away from the mat. Have players run and complete the slide into the mat, one player at a time.

For all sliding techniques, the coach can shorten the "run up" distance to slow the players down and focus on the technique of the slide, then slowly increase the speed of the players after they feel more comfortable.

Equipment: Mats (optional)

Variations and progression:

- C** Football slide



Key points:

- Bent Leg Slide.
- Make sure the players have their hands in the air to avoid injury.
- Stay low throughout the approach of the slide in order to decrease the amount of impact with the ground.

Practice 10-5

Group 1

Exercise "Bucket Ball" (28)

Minutes 75-85

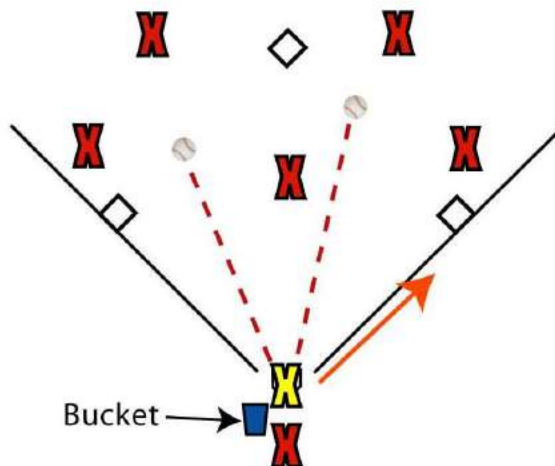
For all players

Goal: Throwing, fielding, base running, cooperation, and teamwork.

Equipment: 2 balls, 4 bases, helmet, pail or bag

Description: 2 teams of 6 - one on offence - one on defense. The defensive team has a catcher at home plate and the other players at appropriate locations. The offensive team has 1 player to THROW from home plate and the other players awaiting their turn from a safe distance.

Activity: Offensive "batter" throws out 2 balls, at one time in quick succession and runs around the bases trying to make it home before the fielding team gets both balls in a pail.



If the ball is caught, the "batter" is out.

Fielders may NOT run with the ball. It must be thrown Home. Relay the ball if necessary.

Remind players to make sure the catcher is looking; An adult may have to help at home.

Variations and progression: **A** Batter throws 2 balls **B** Batter hits 2 balls

Practice 10-6

Minutes 85-90

For all players

Review

Exercise "Out"

Goal: Teach and explain to players how to make an out.

Description: Play a game and instruct players to touch the runners to make an out.

Variations and progression:

- Make a couple of teams and play mini-games using only one base.
- Play mini-game using 4 bases.
- Rotate the teams to change match-ups.



Key points:

- Touch the runner with the ball before the runner touches the base.

Exercise "Names & Numbers"

Description: Name each position and their number. Give each player a position name and instruct them to go to that position.

Equipment: Ball (baseball), bag

Variations and progression:

- Start them off the pitching mound
- Write position numbers on balls, place the balls in a bag; have players draw a ball and take it to the corresponding position.

- 1 = pitcher
- 2 = catcher
- 3 = first base
- 4 = second base
- 5 = third base
- 6 = shortstop
- 7 = left-field
- 8 = center-field
- 9 = right-field

