Baseball Practice Plan Fall 1

Aug 24, 2023 Fall 7-8 BLUE

75 minutes 6-715 pm

1. Introduction 5 minutes
2. Dynamic Warmup / Stretching 5 minutes 605-610

High Knees	Shuffles
Butt Kicks	Lunges
Arm Circles, Arm stretch, truck rotations	Sprint

3. Throwing and Catching 20 minutes 610-630
    a. Progressions, Warm Up
    b. Line Drill—Explain and show proper throwing and catching technique
        i. Can do this with or without gloves. underhand or overhand. tennis balls or soft/hard balls. If cannot catch and throw at a distance, make it easier. If can, make it harder.
        ii. 2 opposite lines of players, across from each other like throwing normally 20/30 feet apart. Say the player's name across from you, throw the ball to them and run to the opposite line. Repeat.

4. Fielding 20 minutes 630-650
    a. Explain and show Proper Technique—--Right, Left, Ready
    b. players split equally at P, 1B, 2B, SS, 3B. Show where to play at each position. Kids in a ready position.
        i. As many lines as you have coaches
        ii. coaches roll/throw groundballs, popups
        iii. players throw back to coach
        iv. Rotate lines around field to each position

5. Hitting ---- 20 minutes 650-710
    a. Defensive Players in the field. 5 players
    b. Bunting station. Coach front toss pitches to player to bunt. 2 players
    c. Soft toss into net before hitting live. 2 players
    d. Live hitting at home plate off tee and run bases. 2 players
        i. Rotate positions OF to 3b to ss and so on.
        ii. Player P goes to bunting. bunting to soft toss. soft toss to live hit. live hit to OF.
6. Base Race 5 minutes 710-715