

WEEKLY OVERVIEW



Below is a proposed Baseball5 outline. This can be done in one week or spread out between 5 weeks (1 skill per week).

MONDAY

Day 1: Throwing and catching
Warm up by practicing throwing back and forth – put them into pairs and have them throw to each other from one metre away. Once they catch five in a row, they can take one step back. Do this until they feel comfortable and confident with these fundamental movement skills.

Drill #1 - Catch, Throw & Run

Drill #6 - Throw & Follow

TUESDAY

Similar to the the Day 1 warm up, pair them together and have them practice their hitting/swing to each other. Assure that the arm remains lower than the shoulders to avoid a volleyball swing.

Drill #2 - Batting Relay

Drill #4 - "Squash"

WEDNESDAY

Warm up by playing “Simon Says run to first”. This is as easy as it sounds - have the students start at home base and play Simon Says, while including terms like “Simon Says run to second” or “Simon Says stay on first”.

Drill #3 - Baserunning Relay
Drill #7 - Hit & Run

THURSDAY

Day 4 will be an advanced throwing and catching to improve the skills prior to game play. You can use the same warm-up as day 1.

Drill #9 - The Bridge
Drill #5 - Five Passes

FRIDAY

GAME PLAY