PRACTICE STRUCTURE:

* Requirements: this practice plan is designed for 12 players. Equipment must be adjusted if number of players is different.

Practice length: 1h25

Required equipment:

Balls (1 per player), various balls (tennis, «wiffle», incrediball), bats (4), T-balls (2), bases (4), home plates (4), protective helmets (4), cones (2), board (1), buckets (2).

WARM-UP

A — **15 minutes** *(all players are together)*

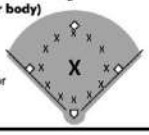
Activities:

- The shuttle **5 minutes**
- Activating the upper body **5 minutes**
- The small hand + The catapult **5 minutes**

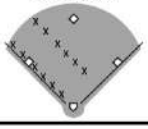
Organization:

(The Shuttle and Activating the upper body)

Use infield if possible. If not, exercises can be done in right field or left field.



(The small hand and The catapult)



WORKSHOPS DEFENSE (1) + OFFENSE (2)

B — **30 minutes** *(rotating workshops)*

* Coaches stay at their workshop. Players will be making rotations.

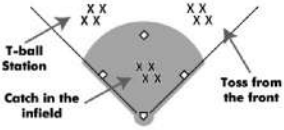
Activities:

Catch in the infield **10 minutes**

T-ball Station **10 minutes**

Toss from the front **10 minutes**

Organization:



TEAM DEFENSIVE

C — **15 minutes** *(all players are together)*

Activity:

- Fungo + **15 minutes**

Organization:

All players are placed at various infield positions. Coaches (1 or 2) are located at home plate.

BASE RUNNING

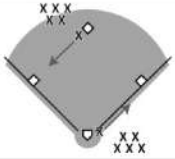
D — **10 minutes** *(all players are together)*

Activity:

- Beep Beep **10 minutes**

Organization:

Make two teams. One is located at home base, the other one at second base. Second base represents a home plate.



CHALLENGE

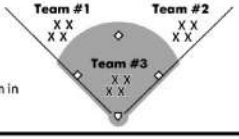
E — **10 minutes** *(all players are together)*

Activity:

- Challenge#1 **10 minutes**

Organization:

Make three teams of 4 players. One team is in the infield, one team is in left field and one team in right field.



CONCLUSION AND REMINDER OF THE OBJECTIVES: **5 minutes**

1A

WARM-UP - 5 minutes

WARM-UP — THE SHUTTLE

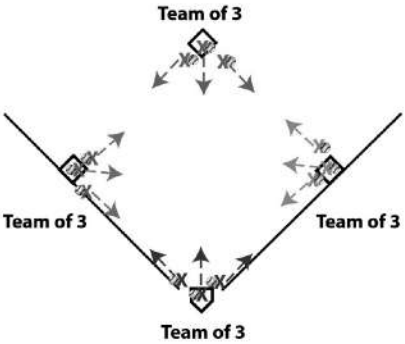
OBJECTIVE: Activate the body.

SKILLS: Run, agility, cooperation.

EQUIPMENT: 1 ball for each player.

ORGANIZATION: Four teams of 3 players located at each of the four bases. Each team has three balls placed on the ground. Determine a specific duration for the game, ex.: 2-3 minutes.

DESCRIPTION OF THE ACTIVITY: At the signal, each player picks up a ball and runs to place it on the base of one of the three other teams. While at such base, they can also pick up a ball and runs to place it on the corner of one of the other two teams. The objective is to have the least number of balls on your base when time expires. Players can take balls on their base and place them on the base of another team. A player may only move one ball at a time.



VARIATIONS:

i)	Greater distance between bases.
ii)	A player in possession of a ball who is tagged by a player of an opposing team must return to his home base before going on.

WARM-UP - 5 minutes

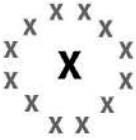
ARTICULAR WARM-UP — ACTIVATING THE UPPER BODY

OBJECTIVE: Activate the area of the shoulder muscles.

SKILLS: Warming-up the shoulder and the upper body.

EQUIPMENT: None

ORGANIZATION: Place the players in a big circle, at least one arm's length away from their teammates. Players hold their arms up at shoulder height. The Coach is in the centre and performs the series described hereunder along with the players.



DESCRIPTION OF THE ACTIVITY:

Six circles forward around an imaginary golf ball.
Six circles forward around an imaginary baseball.
Six circles forward around an imaginary basketball.
Six circles forward around an imaginary beach ball.
Six circles forward around an imaginary truck tire.

Short pause lasting 15 to 20 seconds.

Six circles backward around an imaginary golf ball.
Six circles backward around an imaginary baseball.
Six circles backward around an imaginary basketball.
Six circles backward around an imaginary beach ball.
Six circles backward around an imaginary truck tire.

VARIATIONS:

i)	Repeat the sequence twice.
ii)	Repeat the sequence four times.
iii)	Repeat the sequence five times.

KEY POINTS:

1) Arms extended at shoulder height.
2) Knees slightly bent.

WARM-UP - 5 minutes

THROW - CATCH

OBJECTIVE: Show the player how to grip the ball.

SKILLS: Warm-up the upper body, throwing technique, grip the ball.

EQUIPMENT: One ball for each player (12)

ORGANIZATION: Players are paired. At the signal, players use the proper grip on the ball.

DESCRIPTION OF THE ACTIVITY:

A Players are seated and show the ball to the coach who is walking around.

THE SMALL HAND

VARIATIONS:

i)	Use eight-inch balls for the smallest players.
ii)	Use foam balls or Incrediballs.

Make sure the grip is appropriate

Wrong grip

KEY POINTS:

1) Place two or three fingers on the ball.
2) Hold the ball with the fingers, not in the palm of the hand.
3) Place the fingers on the 'C'.
4) The fingertips cover the seams.

THROW - CATCH

OBJECTIVE: Foster proper arm action with the players.

SKILL: Throwing technique.

ORGANIZATION: In pairs, players throw the ball to each other using the proper arm action.

VARIATIONS:

i)	The type of ball.
ii)	Have a player throw with a parent.

KEY POINTS:

For the first command:

1) Hands together in front of the chest.

For the second command:

1) Thumbs rotate pointing downward (bicycle wheel).
2) Shoulders are in a straight line with their partner.
3) Prior to the throw, arms are at shoulder height.
4) The thumb on the ball is pointing to the back.
5) The glove or the forearm points to the partner.

For the third command:

1) The foot of the glove hand moves towards the partner.
2) The head moves towards the partner and the throwing hand follows through to end behind the thigh on the opposite side.
3) The back leg advances to join or go ahead in front of the foot on the side of the glove.

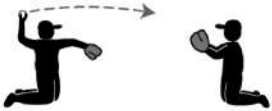
THE CATAPULT

EQUIPMENT: One ball for each player (12)

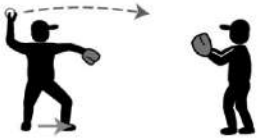
DESCRIPTION OF THE ACTIVITY:

A Players are on their knees and follow the coach's commands without throwing the ball.
- First command: Hands together.
- Second command: Hands separate.
- Third command: Throw.

B Players are on their knees and on the coach's commend, throw the ball to their partner.



D Standing up, foot of the glove side forward, they throw the ball to their partner.



DEFENSE WORKSHOP - 10 minutes

CATCH

OBJECTIVE: The player will be able to catch a grounder.

SKILLS: Proper use and positioning of the glove to catch a grounder.

ORGANIZATION: One adult for each two to four players. Each group makes up parallel lines 5 to 10 feet apart.

VARIATIONS:

Beginner	●	Roll bigger balls or tennis balls.
Intermediate	■	Modify the height of bounces of the ball.
Advanced	◆	Hit the ball.

KEY POINTS:

(1) ***First phase:***
1) Body weight is on the ball of the foot.
2) Knees are slightly bent;
3) Both hands are held belt high.

(2) ***Second phase:***
1) Feet are wider than the shoulders;
2) Knees are deeply bent;
3) The glove is on the ground;
4) The position of the glove and that of the feet form a triangle.

(3) ***Third phase:***
1) The eyes are close to the glove;
2) As much as possible, the eyes are at the same level as the bounces of the ball.

CATCH IN THE INFIELD

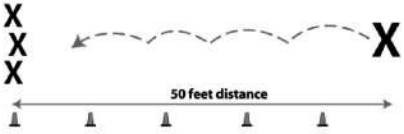
EQUIPMENT: Different types of balls.

DESCRIPTION OF THE ACTIVITY:

A Players are kneeling and form a half-moon in front of the coach. The latter explain the following three phases:

B Players are standing up in a half-moon in front of the coach. The players react to the coach's commands: First, second and third phase.

C Players are in teams of two to four with a coach. Players are 40 feet away from the coach and pylons are placed ten feet apart between the players and the coach. The coach will roll balls to players located 50 feet away. The player completing a catch may advance ten feet.



OFFENSE WORKSHOP - 10 minutes

BATTING

OBJECTIVE: Give players an occasion to work on specific aspects of their swing.

SKILLS: Proper grip of the bat and swing.

EQUIPMENT: One bat per player (4), T-balls (2), "wiffle" balls, one plate per tee (2).

ORGANIZATION: One adult responsible for two to four players. One to four T-ball stations each with three wiffle balls and one or two players at each station. Place the tee **IN FRONT** of the plate.

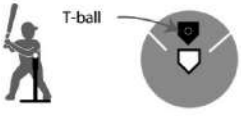
VARIATIONS:

i)	The type of ball used will depend on the space available to you.
ii)	The height of the T-ball.

Beginner	●	Do exercise A
Intermediate	■	Do exercise A
Advanced	◆	Do exercises A & B

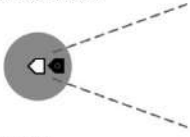
T-BALL STATION

DESCRIPTION OF THE ACTIVITY:



A One or two players hit the ball.

B One or two players hit the ball in a corridor shaped as a cone, similar to a field in front of them.



KEY POINTS:

1) Place the tee in front of the plate.
2) For other key points, refer to the following drills: ***The ventilator, Charge I, The weight and the grip and Mr. Middle.***

BATTING - 10 minutes

BATTING

OBJECTIVE: Give players the opportunity to work on specific aspects of their swing.

SKILL: Batting

ORGANIZATION: Players may participate in this drill in pairs or groups of three (the coach may toss the balls). With a kneeling partner or coach at 15 to 20 feet in front of the player, simply ask the batter to hit the ball that is pitched overhand onto the protective screen or in an open area.

After 7 to 10 quality swings, complete a rotation.

To ensure safety in this drill, ask the pitcher to protect himself after the pitch. If you use balls other than plastic, you must plan for a protective screen for pitchers.

VARIATIONS:

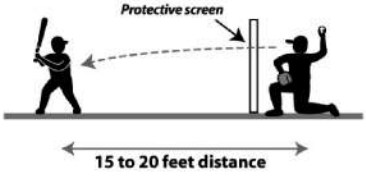
i)	Balls can be batted to an open area.
ii)	Use markers to determine the distance covered by the ball.
iii)	Balls are tossed underhand by the pitcher.

TOSS FROM THE FRONT

EQUIPMENT: «Wiffle» balls, bats (1 or 2), helmets (1 ou 2), home plate (1), protective screen (1).

DESCRIPTION OF THE ACTIVITY:

A Pitch «wiffle» balls.



KEY POINTS:

In accordance with technical points covered previously.

TEAM DEFENSIVE - 15 minutes

TEAM DEFENSIVE

OBJECTIVES: Give players an opportunity to improve their ability to catch a ball and to follow with a throw.

SKILL: Team defense in the infield.

ORGANIZATION: One, two or three players at each of the infield defensive positions. Two or four coaches will roll or hit the balls to players at each positions.

DESCRIPTION OF THE ACTIVITY:

A Coach regroups all his players. With his board, he explains all defensive positions and also the knowledge of an infield out.

B Players must catch the ball. After catching the ball, they put it down into a bucket close to them. Players are rotating to catch the ball.

C When a player catches the ball, he throws it to an adult located near the coach. Players are rotating to catch the ball.

D Players at third base catch the ball and throw it to first base. Players at shortstop throw the ball to second base. Two coaches roll or hit balls. After three minutes, the coach makes a group rotation, which will give all players an opportunity to try each positions.

FUNGO +

EQUIPMENT: Various balls, bats (2), board (1) and buckets (2).

* No catcher needed for this exercise

VARIATIONS:

i)	Throw tennis balls.
ii)	Hit tennis balls.
iii)	Throw «Incrediball».
iv)	Hit «Incrediball».
v)	Increase the amount of requested success drills.
vi)	Ask your players to get 18 consecutive drills.

Beginner	●	Do exercises A-B-C
Intermediate	■	Do exercises A-B-C
Avanced	◆	Do exercises A-B-C-D

KEY POINTS: Use legs when making throw.

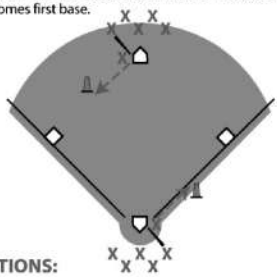
RUNNING THE BASES - 10 minutes

RUNNING THE BASES

OBJECTIVES: Teach the running technique to be used to run to first base following a batted ball to the infield also when such a betted ball goes through the infield.

SKILLS: Coming out of the batter's box and running to first base.

ORGANIZATION: The team is divided, one half at home plate, the other at first base. Second base represents a plate and the next base becomes first base.



VARIATIONS:

Beginner	●	Do exercises A-B-C
Intermediate	■	Do exercises A-B-C
Avanced	◆	Do exercises A-B-C-F

BEEP BEEP

EQUIPMENT: Home plates (4), «wiffle» balls, stop watch (1), cones (2), T-balls (2).

DESCRIPTION OF THE ACTIVITY:

A Players are kneeling in a half-moon in front of the coach. The latter explains the key points related to leaving the batter's box and running to first base when the ball is hit in the infield.

B The player positions himself as a batter, simulates a swing (no ball) and runs towards first base represented as a cone 15 feet in front of him.

C The player positions himself as a batter, simulates a swing (no ball) and runs towards first base. In this case, he imagines the ball being hit in the infield.

F The batter positions himself as a batter. He takes a simulated swing (no ball) then runs to first base. In this case, he imagines the ball being hit to the outfield.

KEY POINTS:

1) The player must remain low during his first steps.
2) The player's first three steps must be short.
3) The bat must be deposited on the ground by the lower hand holding the bat.
4) To get out of the batter's box, the back foot must take the first step.
5) When the ball is hit in the infield, the batter-runner stops some 10 to 15 feet after touching first base.

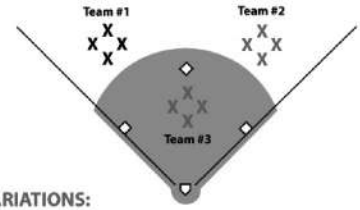
CHALLENGE - 10 minutes

CHALLENGE

OBJECTIVES: Give an opportunity to the player to bat, throw and run in a small amicable competition while introducing the notion of a "out".

SKILLS: Bat, catch, throw, run.

ORGANIZATION: Three teams of four players, one in each of the outfields and other one in the infield. In each group, determine one batter and three fielders. The three groups go through the activity at the same time. Position a base 35 feet away from the plate.



VARIATIONS:

Beginner	●	No variation
Intermediate	■	No variation
Avanced	◆	Use a T-ball, a pitching machine or a parent-pitcher.

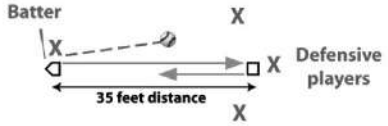
CHALLENGE #1

EQUIPMENT: Bats (3), balls (3), bases (3), home plate (3), protective helmets (3).

DESCRIPTION OF THE ACTIVITY: One batter at a time hits the ball. After batting the ball, the batter attemps to reach the base and return before defensive players can return the ball to the plate.

Defensive players may recover the ball and try to run to touch the plate themselves or may catch the ball and relay it to another player positioned at the plate.

Players tally their own runs. Each player bats alternately.



KEY POINTS: We are having fun.