



3.2 PHASE 1 – PRACTICE OBJECTIVES AND PRACTICE PLANS

	Practice Objectives	Skill Focus	Required
Practice #1	<p>Practice #1 Objectives:</p> <ul style="list-style-type: none"> ○ To enhance team bonding. ○ To establish warm-up and practice routines. ○ To conduct fundamental skills assessment. ○ To teach overhand throwing mechanics. ○ To teach ready position, ground ball, and fly ball fielding techniques. 	<ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Speed ■ Agility ■ Strength ○ Overhand throwing ○ Fielding (ground ball and fly ball): <ul style="list-style-type: none"> ■ Ready position ■ Footwork ○ Baserunning 	<ul style="list-style-type: none"> ○ Cones ○ Bases ○ Batting Helmets ○ Bats ○ Balls (regular and tennis or softie balls) ○ Ball Bucket
Practice #2	<p>Practice #2 Objectives:</p> <ul style="list-style-type: none"> ○ To enhance team bonding. ○ To review and teach dynamic warm-up and practice routines. ○ To assess and teach fundamental skills (throwing/receiving, fielding, hitting, and baserunning). 	<ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Speed ■ Agility ■ Strength ○ Overhand throwing ○ Fielding (ground ball and fly ball): <ul style="list-style-type: none"> ■ Shuffle step ○ Hitting mechanics ○ Baserunning 	<ul style="list-style-type: none"> ○ Cones ○ Bats (Regular and Wooden Dowel or Broomstick Bats) ○ Bean Bags ○ Bases ○ Balls ○ Batting Helmets ○ Batting Tees
Practice #3	<p>Practice #3 Objectives:</p> <ul style="list-style-type: none"> ○ To enhance team bonding and leadership opportunities. ○ To refine individual fundamental skills. ○ To teach sacrifice bunt technique. ○ To review and teach backhand fielding and footwork to field ground balls (shuffle and cross-over step). ○ To teach team defensive positioning and defensive principles. ○ To introduce fundamental catching skills and pitching practice routines. 	<ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Speed ■ Agility ■ Strength ○ Overhand throwing ○ Fielding (ground ball and fly ball): <ul style="list-style-type: none"> ■ Cross-over step ■ Forehand / Backhand ○ Pitching mechanics ○ Catching mechanics: <ul style="list-style-type: none"> ■ Receiving ■ Blocking balls ■ Pop-ups ■ Fielding bunts ○ Sacrifice bunt ○ Baserunning 	<ul style="list-style-type: none"> ○ Cones ○ Bases ○ Balls ○ Bats ○ Folding Camping Chairs or 5 Gallon Buckets ○ Batting Helmets ○ Home Plates



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Practice #4	<p>Practice #4 Objectives:</p> <ul style="list-style-type: none">○ To refine warm-up routines.○ To continue team bonding and encouraging leadership development.○ To teach/refine infield and outfield fielding techniques.○ To teach the bent leg slide.○ To teach underhand and backhand tosses.○ To review infielder defensive positioning.○ To review pitching mechanics.	<ul style="list-style-type: none">○ Athletic Abilities:<ul style="list-style-type: none">■ Speed■ Agility■ Strength○ Overhand throwing○ Fielding (ground ball and fly ball):<ul style="list-style-type: none">■ Footwork/pivots■ Forehand / Backhand○ Bent leg slide○ Pitching mechanics	<ul style="list-style-type: none">○ Balls○ Cones○ Bats (Regular and Wooden Dowel or Broomstick Bats)○ Batting Helmets○ Bases○ Fence○ Paper Targets○ Home Plates
Practice #5	<p>Practice #5 Objectives:</p> <ul style="list-style-type: none">○ This practice plan is purposely left blank to allow the coach to design their own practice plan. This will allow the coach to work on skills or concepts to meet the individual needs of their respective team and players.		