

Day 1 Practice Plan:

5-5:10: Dynamic Warm Up

5:10 – 5:30: Intro to throwing progression. Playing Catch (as a team)

- As a team, lineup on foul lines. Have cones or spots for them to stand on. Start closely. As the entire group gets better. Partners in field of play, pick up cones/spots, 2 steps back. Progress until players cannot successfully get the ball to their partners. Start slowly progressing in closer. Explain when its necessary to work at close and far ranges.

5:30-6:00

- Split the group up into three even teams. Station one group at second base position, one group at short stop position, one group at third base position.
- One coach for each group, stand back by home plate. Each coach rolls a ground ball within arms reach of the initial position, player scoops up ground ball, and tosses over to first base. Net will be stationed there. As each group is throwing at the same time.
- Once the player has made the play, go to back of the line quickly, and next player is up. Continue until we run out of baseballs. Fast paced. Lots of reps.
- When we run out of baseballs, all players help pick up – and we will rotate positions.

6:00-6:20

- Catching stations. Split all kids into 3 groups. 3 stations are as follows:
 - 3 minute rotations: get as many reps in as possible.
 - Coach should be about 5 feet away on a knee. Have the kids form a line at a cone (again, roughly 5 feet away).
 - Station 1: first kid steps up, coach tosses a ball slightly above the head of the kid on an arch – kid tries to catch the ball
 - Station 2: first kid up, coach tosses a ball softly right at the chest of the player. Kids tries to catch the ball – making adjustments to the baseball and where it is travelling.

- Station 3: First kid up, coach tosses ball softly on an arch below the waist and the player turns the hand, palm facing up, and tries to catch the ball.
 - After each attempt, rotate kids through quickly. Attempt made, run to the back of the line. And keep it moving. Rotate after three minutes.
- Repeat if time permits.

6:20-6:30

- Conditioning Fun Game
 - Organize even groups and space cones evenly down the length of the space being used. (roughly 10 feet apart). Start a ball at the first cone. On go, players will throw the ball accurately to the next person in line. And relay the ball all the way down to the last person. When the last person catches the ball, they sprint to the front of the line, and everyone else moves down a cone. This continues until all kids have a chance to run to front. Can repeat if time allows.

