



3.3 PHASE 2 – PRACTICE OBJECTIVES AND PRACTICE PLANS

	Practice Objectives:	Skill Focus	Required
Practice #6	<p>Practice #6 Objectives:</p> <ul style="list-style-type: none"> ○ To refine warm-up and CRASH routines. ○ To teach outfielder positional skills: <ul style="list-style-type: none"> ■ Ball hit over head ■ Dead ball ■ Long throws (crow hop) ○ To develop hitting technique in game simulations. ○ To review defensive tactics/strategies using game simulations. ○ To continue to encourage team bonding and leadership development within practice. 	<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"> ■ Pivots ■ Drop step ■ Crow hop ○ Hitting mechanics ○ Defensive tactics/strategies 	<ul style="list-style-type: none"> ○ Bats (Regular and Wooden Dowel or Broomstick Bats) ○ Bases ○ Pool Noodles ○ Balls ○ Batting Helmets
Practice #7	<p>Practice #7 Objectives:</p> <ul style="list-style-type: none"> ○ To develop fundamental skills. ○ To teach baserunning do's and don'ts. ○ To review and teach bunt defense and fielding bunt techniques. ○ To teach double play turns with middle infielders. ○ To develop hitting mechanics. ○ To encourage team bonding activities within practice. 	<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 ■ Drop step ■ Backhand ○ Hitting mechanics ○ Defensive tactics/strategies: <ul style="list-style-type: none"> ■ Double play ■ Bunt defense ○ Baserunning 	<ul style="list-style-type: none"> ○ Bats (Regular and Wooden Dowel or Broomstick Bats) ○ Cones ○ Balls (Regular and Whiffle Balls or Rolled Up Socks) ○ Nerf Footballs ○ Ball Bucket ○ Bases
Practice #8	<p>Practice #8 Objectives:</p> <ul style="list-style-type: none"> ○ To develop individual fundamental skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Fielding ■ Baserunning ■ Hitting ○ To develop positional skills and responsibilities. ○ To develop team defensive tactics and strategies. ○ To encourage team bonding, leadership development and balancing having fun and working hard. 	<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 ■ Drop step ■ Backhand ○ Hitting mechanics ○ Defensive tactics/strategies ○ Game simulations ○ Baserunning 	<ul style="list-style-type: none"> ○ Bats (Regular and Wooden Dowel or Broomstick Bats) ○ Balls ○ Cones ○ Bean Bags ○ Batting Helmets ○ Bases (Regular and Throw Down Bases)



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Practice #9	<p>Practice #9 Objectives:</p> <ul style="list-style-type: none"> ○ To develop individual fundamental skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Fielding ■ Baserunning ■ Hitting ○ To develop positional skills and tactics: <ul style="list-style-type: none"> ■ Infield ■ Outfield ■ Pitcher ■ Catcher ○ To develop team defensive tactics and strategies. 	<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) ○ Hitting mechanics & pitch recognition ○ Catcher mechanics ○ Pitcher mechanics ○ Game simulations <ul style="list-style-type: none"> ■ Defensive tactics / strategies ■ Baserunning ■ Hitting 	<ul style="list-style-type: none"> ○ Bats (Regular, Light Bats or Wooden Dowel or Broomstick Bats, and Heavy Bats) ○ Balls (Regular, Whiffle Golf Balls, Numbered Balls, Tennis Balls) ○ Cones ○ Bases ○ Ball Bucket ○ Batting Helmets
Practice #10	<p>Practice #10 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. 		