



**SOMBA**

**SOUTH OKANAGAN MINOR BASEBALL ASSOCIATION**

Providing a Positive Baseball Experience for the Youth of the South Okanagan

## **9U Practice Plan Template (90min)**

Created: March 2024

***PRIOR:** Take a safety walk around the field to make sure it is a safe environment for all players*

### **Attendance & Explain Plan**

#### **10 MIN: Warmup**

- » Dynamic movements
- » Static stretching
- » Active game

#### **10-15 MIN: Play Catch**

- » Partner or parent/coach
- » Focused on proper throwing & catching technique

#### **5-10 MIN: Review Skills**

- » Players go through proper movements without baseballs
- » Parents/coaches help correct technique
- » Try thinking of goofy/silly names or ideas for technique cues (e.g., alligator trap)

#### **30-45 MIN: Stations (throwing, catching, baserunning, hitting, pitching)**

- » Work on skills that were demonstrated in the skill review part of practice
- » Incorporate baseballs and use progressions as skills develop
- » Can combine stations to work on multiple skills at once

#### **10-15 MIN: Fun game**

- » Knock it off
- » Clear the yard
- » California kickball
- » Dragon race
- » Beat the ball (MOJO)
- » The name game (MOJO)
- » Over Under (MOJO)
- » Selfies (MOJO)
- » Bullseye (MOJO)

## **Key Learning Points:**

Always give positive reinforcement, then correction, then encouragement

### **A) Throwing**

Use a four-seam grip on the ball:

1. Inside of foot pointing at target
2. Point glove palm out, at target
3. 90\* elbow up, balanced with shoulder
4. Belly button pointing towards target, chest up
5. Back of shoulder pointing to target after release

Progressions:

1. Throw underhand close
2. Throw from sitting
3. Throw from kneeling
4. Throw from standing
5. Throw with a step
6. Throw long with the crow hop

### **B) Catching**

Keep the ball centred on your body to make the catch

- Low catch: when the ball is coming below the belt line, turn the glove down
- High catch: when the ball is coming above the belt line, turn your glove up

Progressions:

1. Catch soft toss with two barehands
2. Basket catches with glove
3. Pop ups to self
4. Catching with glove up
5. Begin to slowly add distance to catching
6. Pop flies and grounders

### **C) Hitting**

Always wear a helmet!

7 steps to hitting Joe Madden:

1. Set up good position in the batter's box the same every time
  - Square in the box and feet a little wider than shoulder length apart. (As wide as your bat)
  - Have the knee be little narrower than straight over the ankle for movement in the hips
2. Top hand should be shoulder height and close to arm pit when loaded
3. Stride that you choose same every time but always be 45-60\* open when you land
4. Swing shaft to shoulder with good body angle over the plate, tilt over the plate
5. Contact point in front of the plate with your power arm out and top arm inline with the bat
6. Extend and roll wrist after contact

7. Follow through with two hands unless it's pulling batter too far over then let go to one hand

Progressions:

1. Free swinging
2. Hit off a tee
3. Soft toss underhand pitch
4. Soft toss overhand pitch
5. Can judge pitches and avoids plunks
6. Hits off a machine pitch
7. Hits off a pitcher

## D) Base running

Slide feet first only ever. Tag ups can be dive-backs.

Lead offs: left, right, shuffle, shuffle...

- 1st base lead off from inside of base
- 3rd base lead off foul side of baseline

## E) Pitching

Pitchers only need a fast pitch and a changeup pitch. Wider fingers, slower pitch  
-4seam fastball, -2 seam fastball, change-up

Pitching Movements should be repeatable, consistent, and the same every time.

1. **Starting Position** – shoulder length apart, shoulder in line with home plate
2. **Pivot and Balance** – lift knee to get balance over planted leg, keep head still over raised knee hands should be together in the middle of the body at the balance point.
3. **Stride and power position** – take a long stride keeping back leg straight with a slight bend in the stride knee and planting front foot in line with the centre of the plate, in a slightly closed position. Stride should be 90% of the height of the athlete.
4. **Follow through and defensive ready** – all energy is moving towards the plate. Bring back foot forward so it ends parallel and shoulder width apart putting the athlete in a defensive ready position.

## F) Catcher

1. Be quick to retrieve pass balls, turn and throw towards plate when runner on 3<sup>rd</sup>.
2. When blocking, lead with your glove. Drop to your knees a little wider than shoulder length apart. Hide hand behind glove and roll shoulders like a bowl.
3. Throwing to second- transfer ball as taking a fab step towards second base and then stride, align glove-side shoulder with second and throwing side elbow is shoulder high with the hand behind the ball and throw low to the base.

## **Infield Drills:**

1. Half on first and half on SS
  - grounders to SS and then throw to first and then home. Swap positions halfway thru.
2. One on each position all take grounders and throw to first. Cover each other.
3. One on each position all take grounders and play 2nd and 1st outs. Cover each other.
4. Full infield plays all bases. Cover each other and communicate what runners are doing.

End every infield with an around the horn drill.

## **Outfield Drills:**

1. Pop flies that challenge each player individually.
2. Running in and out on fly balls. Start to position for the catch when begins it's descent.
3. Calling the ball and covering other fielders
4. Cutoffs and how to align the throw with them and a base and how to communicate with each other.

## **Batting Drills:**

1. Soft toss whiffles
2. Soft toss mini balls
3. Soft toss into fence baseballs
4. Coach pitches from a net for batting practice
5. Pitching machine or batting cages

## **Catchers Drills:**

1. Running for past balls and then flipping to the pitcher at the plate
2. Blocking balls to keep them in front.