

2016

# PRACTICE PLAN 2016 BLASTBALL DIVISION



## Blastball Coaches

Thank you for taking on this important role. At Coquitlam Little League it is our mission to provide the children of Coquitlam with the opportunity to play recreational baseball in a safe, enjoyable and challenging environment. It should be your mission to provide a positive experience for your players by showing patience, fairness and enthusiasm. We are not only producing athletes but building character that will benefit the players in any activity they pursue. Keep in mind, their experiences this year could be the difference as to whether or not they continue to enjoy and/or play baseball or years to come.

The players are to:

- 1) Have fun, have fun, have fun
- 2) Always hustle. That means running on and off the field – no walking.

## Blastball Goals

The goals to Blastball are as follows:

1. To have fun!
2. To teach good sportsmanship and team spirit.
3. To teach how to hit from a tee.
4. To teach how to throw a ball.
5. To teach how to catch a ball.

Blastball is a fast and fun introduction to baseball for players league age 4 and 5 year olds. Blastball introduces some basic concepts of baseball and teamwork. The program requires parent participation as this provides further encouragement for the young players. Quantity of players per team is kept low and every player gets an opportunity to hit the ball each inning. In Blastball there are a maximum of 3 innings played and an inning is complete when each player has had a turn at bat. That means games and competition, while still important, are not the focus. We want to prepare the kids for the next levels by concentrating on four aspects of the game in the following order.

Offensive players use a bat to hit a Blastball (foam baseball) off the tee and then run to our Blastball HONK base. Defensive players field the batted ball and attempt to tag the offensive runner or throw to our Blastball HONK base/first base.

It is also just a ton of fun with fast and continuous action and simple rules.

## Running a practice

Always have a plan for the practice. There is nothing worse than having the kids stand around while the coach is trying to figure out what to do next. Keep kids engaged in specific drills no longer than 10-15 minutes per drill.

All practices should involve running, throwing/catching, infield/outfield drills, hitting and game situations/scrimmage. This may seem a lot, but with proper preparation and cooperation from the players and parents helpers, you should be able to cover all the bases.

Insist that the parents and players get to the park on time.

### 1. Use stations during practice

Practices work best when kids are kept moving and engaged – to minimize standing around time, one idea that has worked fairly well in the past is to split the kids up into 3 or 4 groups during practice time

- a. Have players rotate through various stations where a coach or two can work on a specific drill/skill(s) with them – see some suggested drills below
- b. Stations can include the basics – throwing, fielding and hitting – also can occasionally mix in baserunning, etc.
- c. If you have 2 or 3 stations and spend 10-15 min at each, that's a great 30-45 minute practice!
- d. You can also bring the team together for a drill or two – see suggested group drills below
- e. Please try to avoid having one kid hitting and the rest of the team standing around in the field waiting for him/her to hit it – this gets old fast for kids and coaches alike

### 2. Assistant coaches are key!

Coquitlam Little League encourages all parents at the Blastball level to be actively involved on the field for all practice drills! Being able to conduct these sorts of drills (and to keep things moving generally) is one of the reasons that we suggest the more the better in terms of “assistant coaches”. Ideally you would have at least 4 parents (including yourself) helping at each practice/game.

### 3. End every practice / game with a base relay race

**Set Up:** Pair up with another team. One lined up at home plate and the other at second. First runner has a ball in his hand.

**The Game:** The players make one run around the bases with the ball in hand. The first side to have each player complete one run around the bases is the winner.

**Secret Lesson:** Hopefully the players will be running the bases as taught – for Blastball that means in order!

## Practice Drills

### THROWING

#### GRIP, STANCE AND STEP

GRIP: Call players to the pitcher's mound and have them make a circle. While kneeling inside of the circle, talk about holding a baseball / softball the correct way to make good throws. The coach should make sure players understand which hand to use to throw. It will be known as their "favorite hand" and is usually the one used to write or color. The coach should demonstrate the proper grip on the ball with fingers on top and the thumb underneath. The ball should be held in the fingers if possible and with the same pressure the players hold a tube of toothpaste. They should control the ball but not squeeze it.

STANCE AND STEP: Demonstrate the proper throwing stance: legs apart, foot on throwing arm side behind the body, throwing arm back and up and front shoulder toward the target, holding the ball in the favorite hand and then stepping with the other foot toward the target. are finishing up, set out the bases in the infield if not done already. Put kids on the baseline and have them throw one at a time to a coach (catching skills seem to lag at this age) – goal here is to work on proper throwing mechanics

#### Basic throwing mechanics

- Start facing sideways with throwing hand away from target, and with hands in ready position, feet shoulder width apart, front hip pointing at target (ball in throwing hand with proper grip ready to throw, throwing hand in glove)
- Break hands from ready position - throwing hand comes up and back with ball facing away from target, and extend glove hand simultaneously toward target) toward target and throw ball, extending throwing arm out and down in front of thrower to extend and follow through

## **THROWING DRILLS**

### **FOR ALL DRILLS:**

1. Emphasize throwing only when the receiver is giving a proper “target” – ie looking at the thrower with both hands up, and ready to catch the throw - “don’t throw to people who aren’t looking!”
2. We suggest working on throwing at every practice – if each kid can learn the basics of throwing (namely proper mechanics), that’s a successful season of learning!

**Throwing Drill 1:** Start with kids sitting down with legs together and extended straight in front of them, drag ball along ground with throwing hand to proper release position, and then throw and release

**Throwing Drill 2:** Start with kids kneeling on one knee (kneel on knee on your throwing side) – work on hip rotation (first backwards to coil, then uncoil and open hips ending up with throwing hip pointing at target as you release) –goal here is to add power and accuracy through hip rotation

**Target Throwing:** Just about any throwing drill can be made into a contest by adding a target. You can set up a painted, taped or drawn target on a fence, wall or screen. Hold up a hula hoop and have the kids try to throw the ball through the hoop. Or you can have them try to knock off a ball off of a batting tee or a cone off a dugout roof. Just about anything that forces the player to concentrate and make throws that stress accuracy is good. Always stress proper mechanics – four-seam grip, elbow above the shoulder, point the front shoulder and step toward the target.

**Target Throwing Drill #1 Hit the Helmet:** Set up batting tees with a players batting helmet on the tee. Have a coach / parent stand beside the tee and roll a baseball to the player. Once the player fields the ball have them make a solid throw to hit the helmet. The helmet is used because it gives the player a small target at their level which helps with their accuracy. If not enough tees are available, have the players line up behind each other and take turns. Have parents / coaches assist in retrieving the balls that miss the helmet.

**Target Throwing Drill #2 Hit the Bucket:** All players make a large circle around a bucket. Each player takes a turn and tosses a plastic ball that they have at the bucket, trying to get the ball inside the bucket. If a player hits the bucket with ball it counts as an out. IF a player gets their ball inside the bucket it counts as three outs for the team and the round is over. The team is trying to get three outs.

## **HITTING – SKILL DEVELOPMENT**

***FOR ALL HITTING DRILLS BATTING HELMETS MUST BE WORN BY ALL PLAYERS! NO EXCEPTIONS.***

### **Skill Development: Hitting Basics Step 1**

- Call players in and have them sit in the grass. Talk about swinging a bat. Before teaching, discuss safety rules. They must always have their batting helmet on, keep two hands on the bat, never throw it and stay in their spots so that there are no accidents. Demonstrate a swing using cues. (Which is your favorite hand/your throwing hand? That hand goes on top, the other below, bend knees, stand “sideways”, eyes on the ball.) Stress that the bat should be held in the fingers and pads of fingers – not in their palms. Have them put their index finger of one hand into the palm of their other hand. They should close the hand over the finger as tight as possible. Once the hand is closed, have the players try to get their index finger out. Do this again with the index finger being placed where the fingers meet the hand the second time. Again have them grip down hard and try to take their finger out of their hand. It should be much more difficult to free their finger the second time. This should demonstrate to the players that using the fingers is a stronger grip than using the palms. Once they have a proper grip, have players spread their feet slightly wider than their shoulders in an athletic position with knees slightly flexed. Their feet and shoulders should be in line with the pitcher’s mound. Have them take a swing trying to have the bat stay level to the ground. Encourage them to swing hard while staying balanced.

### **Skill Development: Hitting Basics Step 2**

- Feet shoulder width apart
- Emphasize good hand position
- Don’t overgrip bat (ie hold it lightly, don’t squeeze it)
- Line up second set of knuckles (ie the ones just above a ring, if you were wearing a ring) in hitting stance – many kids at this age overrotate their top hand (so that their first set of knuckles are lined up, ie the ones where your fingers start) – a proper grip is key for bringing the bat through the hitting zone properly
- Work on bat coming through hitting zone on a level plane, and with a snap of the wrists (think about hammering a nail into a wall at about waist height – that’s the action you want as the bat comes through the hitting zone)
- Some kids can start adding in a small step to start their swing – doesn’t need to be a big step at this age which will just throw their swing off
- Follow through – wrists flip over after contact, and bat finishes on front shoulder/tricep (ie don’t let swing stop out in front of you as with a forehand in tennis – flipping wrists over after contact and bringing bat around to front shoulder/tricep will add power)
- Most important thing at this and any age really – especially in the games – remind them to watch the ball!

## **HITTING - DRILLS**

### **Hit off tee or traffic cone**

- You can do this into a backstop or tall fence to get more reps, or can have the other members of the group fielding and throwing batted balls toward a bucket or coach at the pitchers mound – remember to avoid having all kids standing around in the field while one kid is batting

### **Soft toss**

- Coach is kneeling and faces batter about 5 feet away and directly in front of batter, “soft toss” ball underhanded toward and out in front of batter, who is in stance and in ready hitting position, to swing at ball and hit it into fence or into the field. If no fence is being used, have other players collect the balls that are hit.

### **Swing and Run**

- Have players line up at home plate. Have each player take a practice swing and run to first base.
  - Optional: have players stay on the base and advance. Simulates game play.

### **Hit and Run**

- Have players line up at home plate. Set up a tee with a wiffle ball. Have each player hit the wiffleball and run to first base.
  - Optional: have players stay on the base and advance. Simulates game play.

## **FIELDING – SKILL DEVELOPMENT**

**The Ready Position:** feet shoulder width apart, hands out in front at waist level with palms up (not on ground to start), slight bend in knees and at waist.

***Catching: Catching is perhaps the most difficult skill for these young players to learn. Begin with no glove and allow players to catch a plastic ball in a basket catch method with fingers facing the coach. Gradually move to catching the plastic ball above the head with the fingers up. Once the player has a comfort level with catching the plastic ball, graduate to foam or tennis ball and have the players use their glove. Stress two hands by having the players cover the ball with their bare hand each time it goes into the glove. Nerf footballs are a great way for kids to learn how to catch. No gloves and kids need two hands to catch a football!***

### **FIELDING DRILLS**

**Ground Balls Drill #1**—Separate players into 3 groups and have them line up behind each other. Coaches then roll balls and have the kids through it back to them. Rotate through the line up. As an option, make a game of it and assign points for accurate throws. First group to “#” wins and the other group(s) has to complete an exercise (5 star jumps)

**Ground Balls Drill #2:** Field ground balls at second base position and throw to first. Have the kids lineup at second base and take turns. Have two first basemen and rotate every throw.

**Ground Balls Drill #3:** Field ground balls at shortstop position and throw to first. Have the kids lineup at shortstop and take turns. Have two first basemen and rotate every throw.

**Ground Balls Drill #4:** Have a line of kids at second base position and another line at shortstop. Roll the ground ball to either one and have the other cover second for a force out at second. Allows fielder to field the ball and then make a proper easy underhand or short overhand flip (work on making it catchable)

**Pop Flies Drill #1:** Have players get their gloves (or use bare hands) and find a personal space. Give each player a tennis or whiffle ball. Have each player “challenge” himself or herself and toss the ball (not too high) into the air and squeeze it in their glove/hands. Stress watching the ball the whole time and covering the ball with the bare hand after the ball hits the glove. When players have practiced for a few minutes, ask them to see how many catches they can make in a row.

**Pop Flies Drill #2:** Separate players into groups for fly balls. Have each group stand in a semi circle facing a coach and spread out so they are not able to touch each other. The coach should begin with a small tosses to each player when the player is ready. Eyes on the ball and the success of the catch is what we are striving for in this segment.



**Pop flies Drill #3:** This is a tough drill for many kids at the blastball age. Use tennis balls and either throw or hit them with a tennis racket, which helps get them started to judge balls hit into the air and reduces the fear/injury factor.

#### **Fielding – Offense and Defense Progression 1**

- Players begin the drill in the infield positions. The coach then rolls the ball to any position. The player at the specific position must field the ball and then run it to the player at first base. The first basemen then drops the ball into the bucket beside him/her and it counts as an “out”.

#### **Fielding – Offense and Defense Progression 2**

- Send players to positions in the infield. Set out cones to mark positions so players know where to stand. Talk about taking turns and that at practice we can take turns at each position, but in a game one person will be in charge of that area. Have one coach at home plate rolling balls to players and another coach stands at the pitchers plate / mound. Have the kids throw the balls to the coach at the pitchers plate.

#### **Fielding – Offense and Defense Progression 3**

- Players begin the drill in the infield positions. The coach then rolls the ball to any position. The player at the specific position must field the ball and then throw it to the player at first base. The first basemen then drops the ball into the bucket beside him/her and it counts as an “out”.

#### **Fielding – Offense and Defense Progression 4**

- Team vs Team OR players are divided into two teams. Get lots of help from assistant coaches! One at each tee to help put the balls on the tee and multiple behind the cone line with each player. One team must go behind the line of cones in the field and the other team is near home plate with a tee and balls (wiffle balls or foam balls). On “go” coaches the players at the tees all swing and hit their plastic balls into the field. The players in the field stay behind the cone line to field the balls and run to place them in the bucket that is also behind the cone line in the field. The game is continuous and teams should switch sides after a specific time or until all of the balls are gone. All players are moving at all times.

## GROUP ACTIVITIES

**GROUP ACTIVITIES CAN BE DONE AS INDIVIDUAL TEAMS AND OR WITH THE OTHER TEAM. DUE TO EQUIPMENT QUANTITY LIMITATIONS SOME ACTIVITIES WILL BE BEST DONE WITH BOTH TEAMS AND ALL COACHES!**

- **Statues:** Explain the game to players while they are still gathered from the welcome. While explaining, demonstrate how they will be tagged and how to freeze like a statue. Keep explanation brief as players will learn by trying. Have players find a spot to stand in the infield (personal space) and on “go” players run anywhere in the infield/outfield. When the coach says, “freeze like \_\_\_\_\_,” they must freeze like a statue of whatever the coach calls out. The coach then says, “go,” and the players run again. Things to call out: like your favorite superhero, like an animal, like a race car driver, like you are throwing a ball, like you just hit a homerun... Repeat. This time play that the coach tags the players. They freeze like a \_\_\_\_\_, whatever the coach calls.
- **Run the bases:** starting at home plate, everyone jogs to first, second, third and home in a line following the coach calling out the bases as they go. On round 2, start the line at home plate, on “go” the first player runs to first and stays on first. On the next “go”, the player on first advances to second and the new runner goes to first. Repeat with all players running and all advancing until each player scores at home plate. One coach needs to be at home plate letting players leave and keeping them aware (encouraging teammates), and have a coach at each base in the field directing.
- **Wiffleball Tag – Infield / Fair Territory:** Explain the game to players while they are still gathered at the start of practice. While explaining, demonstrate how they will be tagged and how to freeze. Keep the explanation brief, players will learn by trying. Have players find a spot to stand in the infield of a baseball diamond (personal space) and on “go” the players are to run around the infield but don’t worry about whether they are in fair or foul territory. Each coach will have a wiffleball in hand and tag players. If a player is tagged, they have to freeze. They can unfreeze and run again when they are tagged by a teammate. 4-5 minutes. Repeat the game this time using fair territory. Spread cones along the first and third base foul lines (if there are no chalk lines). Players must stay within the cones boundaries and in the dirt (grass outfield is out of bounds). 4-5 mins. Repeat game for a third time, as players freeze they must freeze like a baseball / softball hitter. Demonstrate what a player looks like holding an imaginary bat. 4-5 minutes.
- **Wiffleball freeze tag – Base to Base:** Explain the game to players while they are still gathered at the start of practice. While explaining, demonstrate how they will be tagged and how to freeze. Keep the explanation brief, players will learn by trying. Have players find a spot to stand near first base and on “GO” the players are to run to second base but have to stay in “FAIR” territory in the infield. Each coach will have a plastic ball in hand and tag players. If a player is tagged, they have to freeze. They can unfreeze when a teammate tags them. Once all players have reached second base, the process starts again with players running from second base to third base. Final stage is players running from third base to home plate. Game is over once a run is scored.

- **Position Fitness – Infield/Outfield:** Great warm up drill. Station a parent at each base and at the pitchers mound. Players follow along with coach during the activity. Go around the field beginning at the catcher position, announce what the position it is, have the player repeat the position. Then the parent at the position needs to do an exercise and the kids are to copy it. Exercise ideas include squats, arm circles, high & low reaches, windmills, star jumps, running in place, push ups. Repeat 2-3 times.
- **Pickle** (both individual and whole team at one time – kids love this – you can tag kids out and get them down to one “survivor”). 2-4 coaches / parents are designated as “its” and need to tag players with a wiffleball
  - **Pickle Rules**
  - Select two-four players to be “it” to start the game on the pitchers mound / area. The rest of the players stand on one of the bases to start the game
  - Players run from one base to another in proper sequence and try not to get tagged
  - Players may rest on a base for five seconds and then they must go to the next base.
  - If they are tagged, they go to the pickle jar (center circle/pitchers mound) Players get out of the pickle jar when another player grabs their hand and gets them to a base without getting tagged
  - There are “free walkbacks” when a player is freed from the pickle jar if both players raise their hands and return together to a base.
  - Play continues for 1:30 -2:00 minutes, then new “its” are picked.
- **Position Fitness – Left Field, Center Field, Right Field:** Great warm up drill. Take players into the outfield to explain / demonstrate the game. Have a cone set in right, center, and left field. All players stand in left field. When the coach yells “center field” the players have to run to that cone trying not to be last. When the coach yells “left field” they have to go back. The coach can call out either field while the players are on their way and they must change direction to go back. Repeat using center field and right field. Try to “trick” the players by calling the position quickly (agility).
- **Red Light Green Light:** explain game to players and have them line up on the foul line or on a mock line in between two cones. A coach stands a distance across from the players. When the coach yells, “green light,” they run, and when the coach yells, “red light,” they must stop as quickly as they can. Repeat until the players arrive at the coach. The first player is the “winner” of that round. Turn players around and repeat game back to the starting point.
- **Position Fitness – Infield:** Station a parent at each base and at the pitchers mound. Players follow along with coach during the activity. Go around the field beginning at the catcher position, announce what the position it is, have the player repeat the position. Then the parent at the position needs to do an exercise and the kids are to copy it. Exercise ideas include squats, arm circles, high & low reaches, windmills, star jumps, running in place, push ups. Repeat 2-3 times.

- **Messy backyard:** split kids into 2 groups (or one team versus another), one on each side of a line – have the groups start with an equal number of balls on each side, give them 30 seconds or a minute to throw the balls back and forth as fast as possible and see which team ends up with less balls on their side (object is to keep your “backyard” clean)
  
- **Hit the bucket:** All players make a large circle around a bucket. Each player takes a turn and tosses a plastic ball that they have at the bucket, trying to get the ball inside the bucket. If a player hits the bucket with their ball, it counts as an out for the team. If a player gets their ball inside the bucket, it counts as three outs for the team and the round is over. The team is trying to get three outs.
  - Optional: The drill may progress to see how many balls the team can toss inside the bucket during a specific time period.
  - Optional: Make it a Team vs Team competition. Play three (3) rounds of hit the bucket. After each round have the losing team perform an exercise.
  
- **The Great Baseball:** Split the players into four groups (or both teams participate). Send each group to a side of the field (between home and first, between first and second, between second and third and between third and home). Name each side, examples: “The Baseballs”, “The Bats”, “The Gloves”, “The Bases” . Coaches stand in the middle of the square. When the coach calls a specific group, they have to try and make it to the other side of the square without getting tagged by the coaches. If they get tagged they must sit down at that spot. They can now tag players as well from the SEATED position. Repeat.
  
- **Races:** Team vs Team or split team in half. Create two lines of players side by side. Make sure players stay in their “lane” (demonstrate). On “GO” the first two players race to the coach and then walk back to the end. Repeat quickly calling out “GO” for the next two players. Don’t focus on winning, just racing. Repeat. Set up obstacles (pylons, cones, helmets etc) that the players must zig zag around for the next race. As an option station a coach at each obstacle and have the kids perform an exercise at the obstacle before proceeding. Another option is to have the kids jump over the obstacle or to set up a tee with a ball on it and when the player reaches the tee they take the ball and throw it as far as they can.

# WEEK 1

## Week 1: Practice 1

6:00pm – 6:10pm	Introductions	Welcome players Review names (players & coaches – parents to parents) Focus on why we are here: Have fun, Try hard, Be a good sport. Let Kids throw wiffleballs around if they want. NO BATS / SWINGING
6:10pm – 6:15pm	Group Activity	<b>Statues</b>
<b>WATER BREAK</b>		
6:20pm – 6:25pm	Demo • Field layout	Call players in and collect wiffleballs (if not already done). Ask if anyone knows where home plate is? Call on a player and then ask that player to run to home plate (if they know). Once they are there, ask the other players to follow. Create a line at home plate. Talk about the bases being in a giant square (1st, 2nd, 3rd and home)
6:25pm – 6:35pm	Group Activity	<b>Run the bases</b>
<b>WATER BREAK – have assistant coaches set up bases on the field if not already done</b>		
6:40pm – 6:55pm	Throwing	Teach GRIP, STANCE and STEP and then have kids practicing throw with parents.
6:55pm – 7:00pm	BASE RELAY RACE	<b>Team vs Team Base Relay Race: Refer to Coaches Manual for instruction if necessary.</b>

## Week 1: Practice 2

6:00pm – 6:05pm	Introductions   Review	Welcome players   Review names (players, coaches, parents)   Review Week 1 Practice 1 Field layout and base locations.
6:05pm – 6:10pm	Group Activity	<b>Wiffleball Tag – Infield / Fair Territory</b>
<b>WATER BREAK</b>		
6:10pm – 6:15pm	HITTING	Hitting Basics Step 1.
6:15pm – 6:25pm	HITTING	Hit WIFFLEBALLS / YELLOW Foam balls only off Tee or Cone or coach soft toss. ½ kids hitting and ½ kids fielding and collecting the wiffle balls. Switch frequently.
<b>WATER BREAK – have assistant coaches set up bases on the field if not already done</b>		
6:30pm – 6:55pm	Game	<b>Team vs Team Game.</b> 1-2 innings. Have assistant coaches of defensive team on the field with the kids and taking them to positions. Have assistant coaches of offensive team helping with the batting lineup and as base coaches. REFER TO COACHES MANUAL SECTION 4.0 GAME AND FIELD RULES
6:55pm – 7:00pm	BASE RELAY RACE	<b>Team vs Team Base Relay Race.</b> Refer to Coaches Manual for instruction if necessary.

# WEEK 2

## Week 2: Practice 1

6:00pm – 6:05pm	Re-Introductions & review	Welcome players   Review names (players & coaches)   Review Week 1 Practice 1 & 2
6:05pm – 6:15pm	<b>Group Activity</b>	<b>Wiffleball freeze tag – Base to Base</b>
<b>WATER BREAK</b>		
6:20pm – 6:30pm	Skill Practice: THROWING	Players line up on base line with parents/coaches opposite 10'-15' apart and throw to each other.
<b>WATER BREAK – have assistant coaches set up bases on the field if not already done</b>		
6:35pm – 6:45pm	FIELDING - CATCHING	Pop Flies Drill #1
6:45pm - 6:55pm	Group Activity	<b>Position Fitness Infield / Outfield</b>
6:55pm – 7:00pm	BASE RELAY RACE	<b>Team vs Team Base Relay Race.</b> Refer to Coaches Manual for instruction if necessary.

## Week 2: Practice 2

6:00pm – 6:05pm	Introductions   Review	Welcome players   Review names (players & coaches)   Stretching & Warmup
6:05pm – 6:10pm	HITTING	Hitting Basics Step 1.
6:10pm – 6:25pm	HITTING	Hit WIFFLEBALLS / YELLOW Foam balls only off Tee or Cone or coach soft toss. ½ kids hitting and ½ kids fielding and collecting the wiffle balls. Switch frequently.
<b>WATER BREAK – have assistant coaches set up bases on the field if not already done</b>		
6:30pm – 6:55pm	Game	<b>Team vs Team Game.</b> 2-3 innings. Have assistant coaches (parents) of defensive team on the field with the kids. Have assistant coaches (parents) of offensive team helping with the batting lineup and as base coaches. REFER TO COACHES MANUAL SECTION 4.0 GAME AND FIELD RULES
6:55pm – 7:00pm	BASE RELAY RACE	<b>Team vs Team Base Relay Race.</b> Refer to Coaches Manual for instruction if necessary.

## WEEK 3

### Week 3: Practice 1

6:00pm – 6:05pm	Re-Introductions & review	Welcome players   Review names (players & coaches)   Stretching & Warmup
6:05pm – 6:15pm	<b>Group Activity</b>	<b>PICKLE</b>
<b>WATER BREAK</b>		
6:20pm – 6:35pm	FIELDING	Ground Balls Drill #1
<b>WATER BREAK – During the water break, have coaches set up batting tees with a players batting helmet on the tee.</b>		
6:40pm – 6:45pm	THROWING	Throwing Drill #1
6:45pm – 6:55pm	THROWING	Throwing Drill #2
6:55pm – 7:00pm	BASE RELAY RACE	<b>Team vs Team Base Relay Race.</b> Refer to Coaches Manual for instruction if necessary.

### Week 3: Practice 2

6:00pm – 6:05pm	STRETCHING	Group Stretching exercises / warm ups / Have assistant coaches set up batting tees and balls.
6:05pm – 6:15pm	HITTING	Hit WIFFLEBALLS only off Tee or Cone or coach soft toss. ½ kids hitting and ½ kids fielding and collecting the wiffle balls. Switch frequently.
<b>WATER BREAK – have assistant coaches set up bases on the field if not already done</b>		
6:20pm – 6:55pm	Game	<b>Team vs Team Game.</b> 2-3 innings. Have assistant coaches (parents) of defensive team on the field with the kids. Have assistant coaches (parents) of offensive team helping with the batting lineup and as base coaches. REFER TO COACHES MANUAL SECTION 4.0 GAME AND FIELD RULES
6:55pm – 7:00pm	BASE RELAY RACE	<b>Team vs Team Base Relay Race.</b> Refer to Coaches Manual for instruction if necessary.

## WEEK 4

### Week 4: Practice 1

6:00pm – 6:05pm	<b>Group Activity</b>	<b>Position Fitness - Left Field / Center Field / Right Field</b>
6:05pm – 6:10pm	<b>Group Activity</b>	<b>RED LIGHT GREEN LIGHT</b>
<b>WATER BREAK</b>		
6:15pm – 6:20pm	FIELDING	Pop Flies Drill #1
6:20pm – 6:30pm	THROWING	Target Throwing Drill #2 Hit the Helmet
<b>WATER BREAK</b>		
6:35pm – 6:55pm	HITTING	Hit WIFFLEBALLS only off Tee or Cone or coach soft toss. ½ kids hitting and ½ kids fielding and collecting the wiffle balls. Switch frequently.
6:55pm – 7:00pm	BASE RELAY RACE	<b>Team vs Team Base Relay Race.</b> Refer to Coaches Manual for instruction if necessary.

### Week 4: Practice 2

6:00pm – 6:05pm	<b>Group Activity</b>	<b>Position Fitness - Infield</b>
6:05pm – 6:15pm	<b>Group Activity</b>	<b>Messy Backyard (Team versus Team)</b>
<b>WATER BREAK – have assistant coaches set up bases on the field if not already done</b>		
6:20pm – 6:55pm	Game	<b>Team vs Team Game.</b> 2-3 innings. Have assistant coaches (parents) of defensive team on the field with the kids. Have assistant coaches (parents) of offensive team helping with the batting lineup and as base coaches. REFER TO COACHES MANUAL SECTION 4.0 GAME AND FIELD RULES
6:55pm – 7:00pm	BASE RELAY RACE	<b>Team vs Team Base Relay Race.</b> Refer to Coaches Manual for instruction if necessary.



## WEEK 5

### Week 5: Practice 1

6:00pm – 6:05pm	<b>Group Activity</b>	<b>Position Fitness - Left Field / Center Field / Right Field</b>
6:05pm – 6:15pm	<b>Group Activity</b>	<b>Wiffle Ball Tag</b>
<b>WATER BREAK</b>		
6:20pm – 6:30pm	FIELDING	GROUND BALLS
6:30pm – 6:40pm	THROWING	Target Throwing Drill #2 Hit the Bucket
<b>WATER BREAK</b>		
6:45pm – 6:55pm	HITTING	Swing and Run (1-2 turns each) Hit and Run
6:55pm – 7:00pm	BASE RELAY RACE	<b>Team vs Team Base Relay Race.</b> Refer to Coaches Manual for instruction if necessary.

### Week 5: Practice 2

6:00pm – 6:05pm	<b>Group Activity</b>	<b>Position Fitness – Infield/Outfield</b>
6:05pm – 6:10pm	Fielding	Fielding – Offense and Defense Progression 1
6:10pm – 6:15pm	Fielding	Fielding – Offense and Defense Progression 2
<b>WATER BREAK – have assistant coaches set up bases on the field if not already done</b>		
6:20pm – 6:55pm	Game	<b>Team vs Team Game.</b> 2-3 innings. Have assistant coaches (parents) of defensive team on the field with the kids. Have assistant coaches (parents) of offensive team helping with the batting lineup and as base coaches. REFER TO COACHES MANUAL SECTION 4.0 GAME AND FIELD RULES
6:55pm – 7:00pm	BASE RELAY RACE	<b>Team vs Team Base Relay Race.</b> Refer to Coaches Manual for instruction if necessary.

## WEEK 6

### Week 6: Practice 1

6:00pm – 6:05pm	<b>Group Activity</b>	<b>Position Fitness - Left Field / Center Field / Right Field</b>
6:05pm – 6:15pm	<b>Group Activity</b>	<b>Wiffle Ball Tag</b>
<b>WATER BREAK</b>		
6:20pm – 6:30pm	FIELDING	GROUND BALLS
6:30pm – 6:40pm	THROWING	TARGET THROWING #1
<b>WATER BREAK</b>		
6:45pm – 6:55pm	HITTING	Hit WIFFLEBALLS only off Tee or Cone or coach soft toss. ½ kids hitting and ½ kids fielding and collecting the wiffle balls. Switch frequently.
6:55pm – 7:00pm	BASE RELAY RACE	<b>Team vs Team Base Relay Race.</b> Refer to Coaches Manual for instruction if necessary.

### Week 6: Practice 2

6:00pm – 6:05pm	<b>Group Activity</b>	<b>Position Fitness – Infield/Outfield</b>
6:05pm – 6:10pm	Fielding	Fielding – Offense and Defense Progression 2
6:10pm – 6:15pm	Fielding	Fielding – Offense and Defense Progression 3
<b>WATER BREAK – have assistant coaches set up bases on the field if not already done</b>		
6:20pm – 6:55pm	Game	<b>Team vs Team Game.</b> 2-3 innings. Have assistant coaches (parents) of defensive team on the field with the kids. Have assistant coaches (parents) of offensive team helping with the batting lineup and as base coaches. REFER TO COACHES MANUAL SECTION 4.0 GAME AND FIELD RULES
6:55pm – 7:00pm	BASE RELAY RACE	<b>Team vs Team Base Relay Race.</b> Refer to Coaches Manual for instruction if necessary.

## WEEK 7

### Week 7: Practice 1

6:00pm – 6:10pm	<b>Group Activity</b>	<b>Hit the Bucket</b>
6:10pm – 6:20pm	<b>Group Activity</b>	<b>The Great Baseball</b>
<b>WATER BREAK</b>		
6:25pm – 6:35pm	Fielding	Fielding – Offense and Defense Progression 4
6:35pm – 6:55pm	Hitting	Hit WIFFLEBALLS only off Tee or Cone or coach soft toss. ½ kids hitting and ½ kids fielding and collecting the wiffle balls. Switch frequently.
<b>WATER BREAK</b>		
6:55pm – 7:00pm	BASE RELAY RACE	<b>Team vs Team Base Relay Race.</b> Refer to Coaches Manual for instruction if necessary.

### Week 7: Practice 2

6:00pm – 6:15pm	<b>Group Activity</b>	<b>Races</b>
<b>WATER BREAK – have assistant coaches set up bases on the field if not already done</b>		
6:20pm – 6:55pm	Game	<b>Team vs Team Game.</b> 2-3 innings. Have assistant coaches (parents) of defensive team on the field with the kids. Have assistant coaches (parents) of offensive team helping with the batting lineup and as base coaches. REFER TO COACHES MANUAL SECTION 4.0 GAME AND FIELD RULES
6:55pm – 7:00pm	BASE RELAY RACE	<b>Team vs Team Base Relay Race.</b> Refer to Coaches Manual for instruction if necessary.

## WEEK 8

### Week 8: Practice 1

6:00pm – 6:15pm	<b>Group Activity</b>	<b>Kids Choice</b>
<b>WATER BREAK</b>		
6:20pm – 6:30pm	FIELDING	<b>Kids Choice – Play with their parent(s)</b>
6:30pm – 6:40pm	THROWING	<b>Kids Choice – Play with their parent(s)</b>
<b>WATER BREAK</b>		
6:45pm – 6:55pm	HITTING	Hit WIFFLEBALLS only off Tee or Cone or coach soft toss. ½ kids hitting and ½ kids fielding and collecting the wiffle balls. Switch frequently.
6:55pm – 7:00pm	BASE RELAY RACE	<b>Team vs Team Base Relay Race.</b> Refer to Coaches Manual for instruction if necessary.

### Week 8: Practice 2

6:00pm – 6:15pm	<b>Group Activity</b>	<b>KIDS CHOICE</b>
<b>WATER BREAK – have assistant coaches set up bases on the field if not already done</b>		
6:20pm – 6:55pm	Game	<b>Team vs Team Game.</b> 2-3 innings. Have assistant coaches (parents) of defensive team on the field with the kids. Have assistant coaches (parents) of offensive team helping with the batting lineup and as base coaches. REFER TO COACHES MANUAL SECTION 4.0 GAME AND FIELD RULES
6:55pm – 7:00pm	BASE RELAY RACE	<b>Team vs Team Base Relay Race.</b> Refer to Coaches Manual for instruction if necessary.

**THANKS FOR A GREAT SEASON! SEE YOU AT FOUNDERS DAY!**

**NEXT LEVEL is MINORS!**