

Needham Baseball K - A Practice Plan #2

Time	Drill	Coaching Tips
:00 to :10	Warm ups	Have your team run through its standard warm up protocol.
:10: to :20	<p>Bounce to the Bucket. Learning accuracy.</p> <p>What you need – Set up a bucket or box at the first base. You can set up more than one station for this drill. Line up kids at each station about 10 feet away to start.</p> <p>How this drill works – The first thrower steps up and tries to get the ball into the box or bucket – and they get 10 points. If they hit the side of the bucket they will get 5 points. The closest ball to the bucket will get 2 points.</p>	<ul style="list-style-type: none"> - You can increase the difficulty of the drill by increasing the distance that the players have to throw. - Don't sacrifice the distance for the accuracy. Once the kids gain the accuracy, then in time they will build the strength to throw the ball a greater distance. - The players will begin to develop a sense of how to get the ball to their intended target by aiming at the box or bucket.
:20 to :30	<p>Count the Catches. Helps players strive toward making good catches.</p> <p>What you need – You can either do this as a group drill, or you can make it a drill that has players paired up with each other.</p> <p>How this drill works – if you do this as a group, you can get two stations going in order to compete against each other, and have a coach or parent volunteer at each station. With a group, the coach will underhand toss the ball to the player in the line and they must make the catch. Everyone yells out, "one!" Then, another toss and "two!" And so on. Each side goes on until a player in the line drops the ball. Then they start at one again.</p>	<ul style="list-style-type: none"> - You can run this drill in pairs, with the players trying to catch the ball between each other.
:30 to :40	<p>Fast Fingers. Charging the ball to get to it quickly is a great skill to learn in baseball.</p> <p>What you need – Line the players up in four single file lines along the first or third baseline. The coach will stand out in front of them about 15 or 20 feet away.</p> <p>How this drill works – All of the players will be in their lines and the coach will be in front of them. The coach will point to one of the lines and then roll or hit the ball to them with a slow grounder.</p> <p>The player needs to run up to pick up the ball and then settle themselves down to throw back to the coach. The object for the kids is going to be to pick up the ball, remember their proper throwing action and make a nice throw back to the coach. Once the coach tosses the ball, he or she counts out 1001, 1002, 1003... and then stops when the ball gets back to the coach. The object of the game is to have the players get the ball back to the coach as quickly and accurately as possible. The quickest pick up and throw is the fastest fingers player.</p>	<ul style="list-style-type: none"> - Make sure players are using proper form and not rushing. - Players will learn to get the ball to the coach quicker by charging it, picking it up, and then making a good throw.
:40 to :60	<p>Kiss and Swing. Sometimes a visual mark will help a player understand where they need to make contact with the ball.</p> <p>What you need – Place a ball upon the tee, and have a batter with a helmet and bat standing in the proper position to hit the ball. You can have two or more stations for this drill with a parent helper or assistant coach at each station.</p> <p>How this drill works – Coaches will help the batter assume the correct stance in the batter's box. The rest of the drill is up to the batter. Sometimes, taking a swing in slow motion so a player can visualize where they want to hit the ball is valuable in building memory.</p> <p>Before the batter takes a swing, they need to slowly go through the batting motion and stop the bat right where they want to hit the ball. This is the 'kiss' the bat will give the ball. The player then brings the bat back up and then takes a normal swing at the ball.</p>	<ul style="list-style-type: none"> - Emphasize proper form. - Focusing on the spot they want to hit (the kiss) is a fun way for kids to learn what motion they need to hit the ball where they want. - Your players will begin to develop the muscle memory and coordination to make consistent contact with the ball.
	<p>Relay race.</p> <p>- Split the team into two equal groups with ½ team starts at second base other ½ starts at home plate</p>	<ul style="list-style-type: none"> - Make this a competition and have losing team pick up equipment or run an additional lap around the bases.

Coach's Notes: _____
