

Needham Baseball K - A Practice Plan #5

Time	Drill	Coaching Tips
:00 to :10	Warm ups	Have your team run through its standard warm up protocol.
:10: to :20	<p>Coach Run Around. This is a base identification drill.</p> <p>What you need – Make sure all of the bases are intact and in their proper positions. The kids can watch from the middle of the diamond.</p> <p>How this drill works – At first, get all of the kids attention and go over which bases are which on the field. Then, the coach will stand at home plate in front of the tee and take an imaginary swing at an imaginary ball and then go towards first base. Tell them to yell out which base you are heading to each time. Once you get to first base, they yell ‘first’. Once you round the bag and get to second, they yell ‘second’. Etcetera.</p>	<ul style="list-style-type: none"> - After the coach does this a couple of times, run each player through the bases and have them yell out which base they are on, along with all of the other kids. - Base identification is important to learn at an early age. It is the fundamental for baserunning and should be something you work on regularly.
:20 to :30	<p>First Base Drill. This teaches the fundamentals of making an out.</p> <p>What you need – You can start with the players just in a couple of single file line in the infield, or you can put them at positions. You may want to start them in lines and have them closer to first base to build confidence. Have a coach at first base to start.</p> <p>How this drill works – This is a basic fielding drill for beginning players. The coach will softly hit or roll grounders to the players and they need to scoop the ball, set, and then make an accurate throw to the coach.</p>	<ul style="list-style-type: none"> - Coaches should focus on making sure the player gains good control of the ball, faces their target and then goes through a good throwing motion to get the ball to the coach on first base. - You can make the drill more challenging by putting players at the infield positions.
:30 to :40	<p>Field and Bounce to the Bucket. This puts together the basic idea of fielding a grounder and then throwing the ball to a spot on the field.</p> <p>What you need – You can set up several stations for this drill in order to increase the amount of repetition. You have a line of fielders and a box or bucket at a base.</p> <p>How this drill works – This puts the original drill of bouncing to the bucket together with fielding the ball. The coach will roll a grounder to the player and they pick it up and throw it to try to get it in the box.</p>	<ul style="list-style-type: none"> - The emphasis is for the player to knock down the ball, gain the proper grip, throwing motion and then aim it to the bucket. Players will get the same points as they would get in the bounce to the bucket drill. - Adding the extra element of fielding the ball may be difficult for some players, but it is an essential skill to master at this level. - This is a step above the basic skill of throwing to a target, by adding the fielding aspect to this drill.
:40 to :60	<p>Target Practice. Once players get the hang of hitting, you can attempt to begin teaching them the art of hitting to a spot.</p> <p>What you need – Set up a tee and when the batter addresses the ball, they are facing towards the backstop. The back stop should have certain squares set up, with each square being a number of points.</p> <p>How this drill works – This is an advanced T-ball hitting drill, but some of your more adept hitters should be able to understand what they have to do to hit the ball to certain areas. This drill will help them work through the understanding awarding points for hitting the squares with point values.</p> <p>Start by giving a hitter 5 chances to make 20 points (targets can be worth 10 points each). They have to hit selected targets as the coach chooses.</p>	<ul style="list-style-type: none"> - As the player becomes more skilled at hitting the targets the coach suggests, then they can increase the number of points needed to succeed in the game.
	<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: _____
