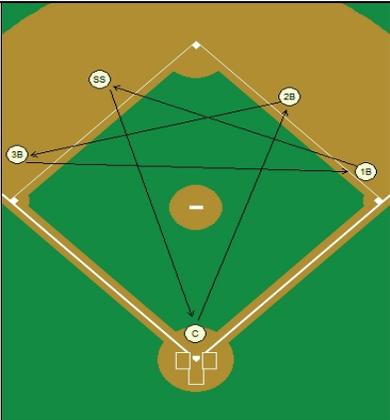
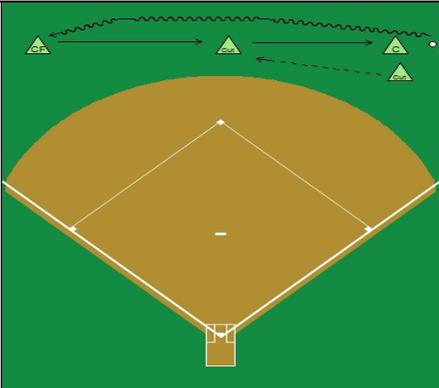
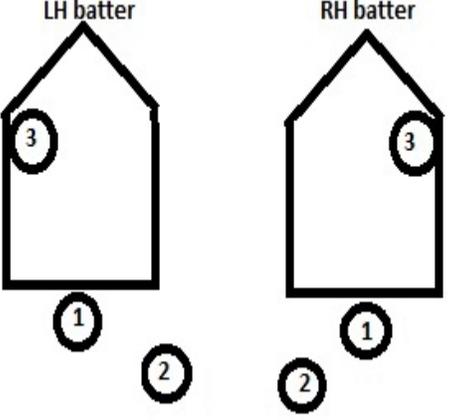
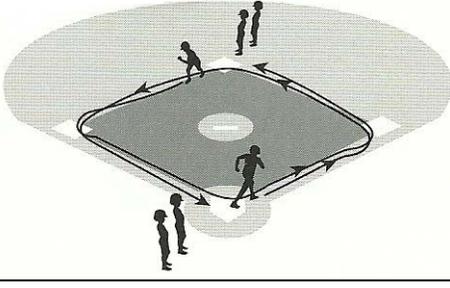


Needham Baseball Practice Plan #1

Time	Drill	Coaching Tips
:00 to :10	Warm ups	Have your team run through its standard warm up protocol.
:10 to :40	<p>Two stations. Switch stations after 15 minutes</p> <p>Star Drill (1/2 of the players): - The catcher starts with the ball and throws in a star pattern.</p> <p>Infield - After five minutes of the Star Drill, conduct standard infield practice.</p>	<ul style="list-style-type: none"> - Have players focus on catching with two hands, quick release, proper mechanics for throw – turn, point, and throw. - Make more difficult by adding a second ball. - Make into a competition by adding a runner at first base who must score before ball gets back to catcher. - Rotate players through all positions. Practice backing up.
	<p>Fly balls/cutoffs. (1/2 of the players) - Coach takes two players and sets up down the right field line. The rest of the players go to center field. - The first player in center field (CF) will receive the fly ball. - When the coach hits the fly ball one of the players with him runs out to be the cut off man. - The remaining player receives the cut off throw. - The cutoff man goes to center field. - The center fielder joins the coach and will receive the next cutoff throw. - The player who received the cutoff throw will be the cutoff man on the next fly ball.</p>	<ul style="list-style-type: none"> - Cut off man needs to sprint to a point half way between the CF and the C and be lined up in a straight line with the CF and C. - Cut off man should be slightly turned when receiving the throw. <div style="text-align: center;">  </div>
	<p>Pitching/Catching Station and Hitting Stations: Switch stations after 15 minutes</p> <p>Pitching. (3 players) - Pitcher, Catcher, SS/2B. After each pitch, Catcher throws to second base to practice throwing out runners. Rotate pitcher, catcher and fielder every 20 pitches. Fielder should take 10 throws from the 2B and 10 throws from SS.</p> <p>Catcher Bounce Drills (2-3 players) - The drill teaches catchers how to block pitches that bounce in the dirt in front of them. - Set up cones on either side of the catcher. The coach stands about 30 feet away from the catcher. - The coach begins throwing pitches towards the catcher, varying between pitches that bounce in the dirt and regular pitches to help the catcher work on their ability to read the pitches that come their way.</p>	<p><i>If you do not have a cage move Pitching and Bounce Drill to the outfield or another open space so Station 2 can be conducted at home plate.</i></p> <ul style="list-style-type: none"> - Proper technique: drop to knees; bring hands together with free hand behind the mitt; push mitt all the way to the ground - straight down; keep your body square to the ball and hunch shoulders forward; let ball hit off of you and rebound towards the plate. - For balls to either side: drive side to side by pushing far leg and get around ball to contain it and direct back towards the plate. - Use wiffle/tennis balls so players do not have to spend time getting in and out of gear. - Have catcher try drill without a glove using just his chest to block balls. - You can make this a contest by counting each time a pitch passes through the goal without being stopped by the catcher, it counts as a point. After 10 throws, count the number of points.
:40 to 1:20		

	<p>Soft Toss</p> <ul style="list-style-type: none"> - Have the player stand approx. 6-10 feet from a backstop. Have coach kneel at the fence at a 45-degree angle in front of the batter. The batter should start with their head facing the normal pitchers throwing zone. As they see the soft toss starting (from the corner of their eye) they can bring their head to the hitting zone and begin their swing. 	<ul style="list-style-type: none"> - Make sure the grip, stance, and swing, are correct. If a player is having trouble making contact have them take extra soft toss. - Have the player begin every swing by first looking out where the pitcher would normally be standing. Then they can bring their head down to the ball in the hitting zone. - This drill can be enhanced by using either drawing dots on some balls and having the player recognize which balls have dots. - This drill can also be enhanced by using golf ball sized wiffle balls.
	<p>Hit off tee</p> <ul style="list-style-type: none"> - Practice with the Tee in three different places. - Start with the Tee in the middle of the front edge of the plate. This is where a pitch straight down the middle should be hit (#1). - Next move the tee approximately. 6 inches in front of the inside corner of the plate where an inside pitch should be hit (#2). - Then move the tee on the back edge of the outside corner of the plate where an outside pitch should be hit (#3). <p>Live Pitching</p> <ul style="list-style-type: none"> - Coach pitching in batting cages 	<p><i>If you do not have a cage move Pitching and Bounce Drill to the outfield or another open space so Station 2 can be conducted at home plate.</i></p>
<p>1:20 to 1:30</p>	<p>Entire Team</p>	
	<p>Relay race.</p> <ul style="list-style-type: none"> - Split the team into two equal groups with 1/2 team starts at second base other 1/2 starts at home plate. 	<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: _____
