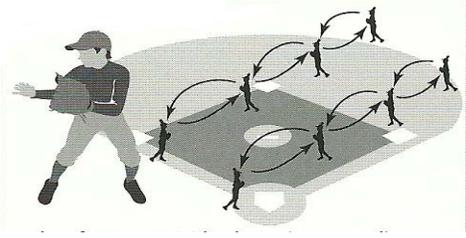
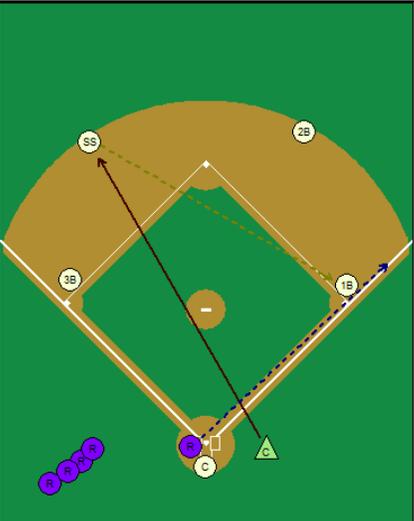
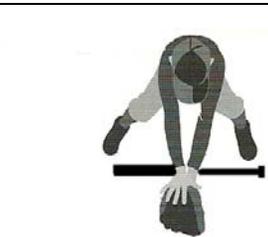
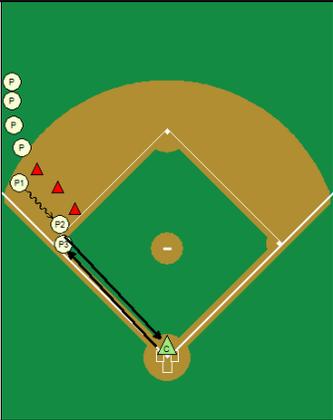
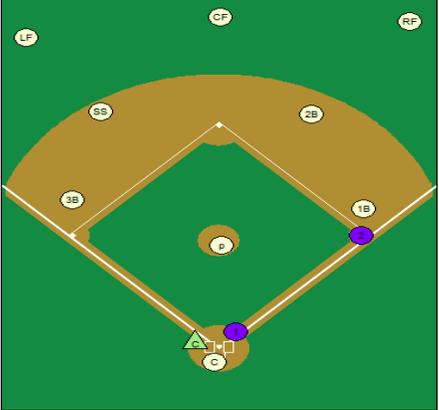
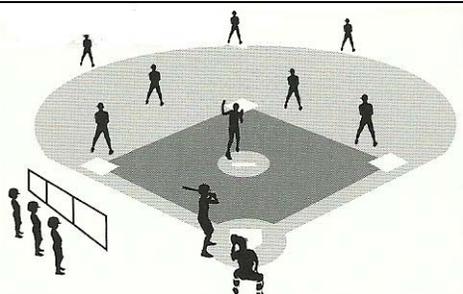


# Needham Baseball Practice Plan # 10

## Coaching Solo!

Time	Drill	Coaching Tips
:00 to 0:10	Warm Ups	Run through your standard warm up
0:10 to 0:25	<b>Pair Throwing</b>	
	<p><b>All Players</b></p> <ul style="list-style-type: none"> <li>- As players arrive have them pair off and do their warm up throws.</li> <li>- Start at a shorter distance and move back after every 10 tosses.</li> <li>- Have them crow hop on longer throws.</li> </ul> <p><b>Relay throw drill:</b></p> <ul style="list-style-type: none"> <li>- Divide players into 2 or 3 lines, spread out so throws are long.</li> <li>- First team to make it down and back twice wins.</li> <li>- Drops start over.</li> </ul>	<p>Always emphasize proper mechanics:</p> <ul style="list-style-type: none"> <li>- Front shoulder points at target.</li> <li>- Stride towards target (not an open stride).</li> <li>- Back shoulder replaces front at finish.</li> </ul> <p>- Players should receive throw with glove shoulder pointing at throwing target.</p>
0:25 to 0:40	<b>Throw Them Out</b>	
	<p><b>All Players</b></p> <ul style="list-style-type: none"> <li>- Line up players at all infield position</li> <li>- Remaining players are runners</li> <li>- Coach hits balls to infielders who must throw out runners</li> <li>- Rotate players to different positions</li> </ul>	<ul style="list-style-type: none"> <li>- Emphasize proper footwork, throwing while under pressure</li> <li>- Make into a competition by dividing into 2 teams and keeping track of number of outs and safe runners.</li> </ul>
0:40 to 0:55	<b>Infield</b>	
	<p><b>2 stations switch after 7 minutes</b></p> <p><b>Ground ball with Bat</b></p> <ul style="list-style-type: none"> <li>- Line up 1/2 players at SS, one at first base.</li> <li>- Place bat on ground 6 feet in front of SS.</li> <li>- Have player act as coach and stand 10 feet from the bat and rolls grounder towards the bat.</li> <li>- Player must approach the ball, get into a strong fielding position behind the bat and field ball with hands in front of the bat.</li> <li>- SS makes strong throw to first base (rotate first basemen after a few rounds).</li> </ul>	<ul style="list-style-type: none"> <li>- Butt/knees down, not bending over with back.</li> <li>- Get glove down early, don't drop glove late.</li> <li>- Be aggressive to the ball.</li> <li>- Glove palm is facing up.</li> </ul>

	<p><b>Low to Throw – remaining players</b></p> <ul style="list-style-type: none"> <li>- Set up 3 cones 4 feet apart running along 3<sup>rd</sup> base infield dirt.</li> <li>- Player starts at first cone with ball in glove in but down knees bent position as if they have just fielded a ground ball.</li> <li>- Player stays low, square to target, shuffles and makes a good stride past the first cone as he throws to coach positioned in front of home,</li> <li>- Player's momentum should continue past the 3<sup>rd</sup> cone where he gets a return throw from coach, returns to line</li> </ul>	<ul style="list-style-type: none"> <li>- Stay low! Don't stand up to throw!</li> <li>- Momentum always moving towards target, do not stop or go backwards after the throw.</li> </ul>
<p><b>0:55 to 1:15</b></p>	<p><b>All Field –Situations</b></p>	
	<p><b>Players set up fielding all positions. Remaining players serve as runners.</b></p> <ul style="list-style-type: none"> <li>- Hit balls to various fielders, play like a live game. Call out situations before play "runner on first one out".</li> <li>- Rotate positions and runners.</li> </ul>	<ul style="list-style-type: none"> <li>- Emphasize all players should be moving on each play – whether to catch ball, cover base, serve as cutoff or backup.</li> <li>- Review after plays to remind them where they should have moved or thrown.</li> <li>- Keep it lively, don't bog down with long explanations.</li> </ul>
<p><b>1:10 to 1:30</b></p> 	<p><b>3 Team Scrimmage</b></p> <ul style="list-style-type: none"> <li>- Split players into three teams - A, B and C.</li> <li>- Use a coach pitcher and coach catcher.</li> <li>- No walks.</li> <li>- Team B and C in the field.</li> <li>- Team A bats until either three outs are made or team bats around twice.</li> <li>- After two outs Team B bats and Team A goes to the field.</li> <li>- Keep track of runs equal groups with 1/2 team starts at second base other 1/2 starts at home plate</li> </ul>	<ul style="list-style-type: none"> <li>- Keep track of runs like a real game. Have losing teams pick up equipment or run an additional lap around the bases.</li> <li>- Players need to remember who made last out so next in order leads off in the following inning.</li> <li>- Stop game to instruct when necessary.</li> <li>- Hitting/Fielding teams should change positions in 15 seconds coach counts out loud, if player isn't up when coach finishes counting then count as one out.</li> </ul>

**Coach's Notes:** \_\_\_\_\_

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