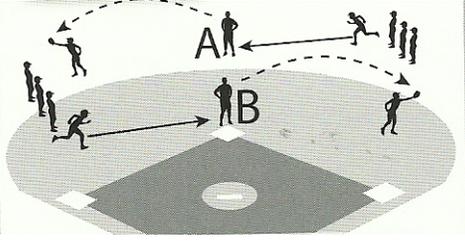
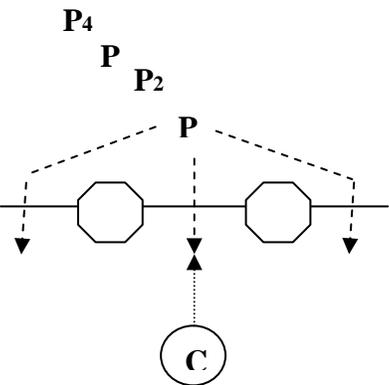
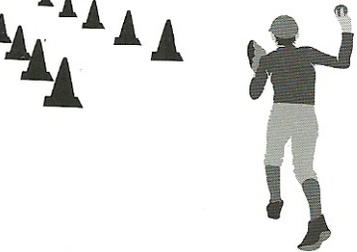
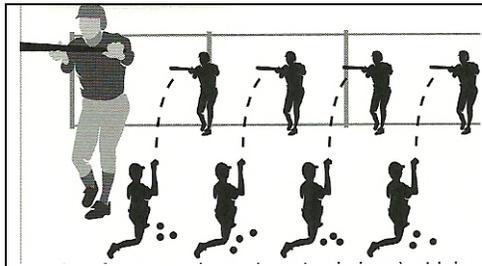


## Needham Baseball Practice Plan #2

Time	Drill	Coaching Tips
:00 to :10	<b>Warm ups</b>	Have your team run through its standard warm up protocol.
:10 to ::40	<b>Two stations. Switch stations after 15 minutes</b>	
	<p><b>Outfield Fly-By(1/2 of the players):</b></p> <ul style="list-style-type: none"> <li>- One line in left field, one line in right. Two coaches (A and B) in center.</li> <li>- Players take turns running toward coach and toss him a ball. Coach turns and throws fly ball out ahead of player who must catch it on the run.</li> <li>- Players then hands ball off to next player in line.</li> </ul>	<ul style="list-style-type: none"> <li>- Drill is fast paced. Next in line should begin running as soon as coach catches toss from previous player.</li> <li>- Make into a competition by keeping track of their catches. First team to X wins.</li> </ul>
	<p><b>Ground Balls. (1/2 of the players)</b></p> <ul style="list-style-type: none"> <li>- Place two cones approximately 10 feet apart on a line. Player (P) stands in ready position 10 feet behind the line.</li> <li>- The coach says ready and the player takes two hops forward as if the pitch is being thrown.</li> <li>- The coach then throws a ground ball to the left, middle or right of the cones.</li> <li>- Player moves to position in front of the ground ball, picks it up and throws in to the coach.</li> <li>- Player then goes to the end of the line and P2 steps in.</li> <li>- Continue through the line until each player has had a chance to field the balls in all three positions.</li> </ul>	<ul style="list-style-type: none"> <li>- The coach should have a bucket of balls so they don't have to stop the drill if a throw is wild.</li> <li>- Infielders need to be ready to move when the ball is hit: Make sure the player gets in a good fielding position after you say ready.</li> <li>- Taking the right line to a ground ball: The player should not take a straight line to the ground ball. They should move slightly lateral and then come straight to the ground ball so they are facing their target when they field the ball. The cones force them to do this.</li> <li>- Charging ground balls: Make sure the ground ball is fielded in front of the line.</li> <li>- Proper position for fielding ground balls: The player should be facing target (coach) with foot opposite throwing hand slightly ahead of other foot. Knees bent, back parallel to ground.</li> <li>- Field ground balls out in front of your body: The players' glove should be extended with palm facing up and throwing hand on top of glove with palm facing down.</li> <li>- Step and throw: After fielding a ground ball the player should stay low and their first step should be to move their throwing foot forward and plant it perpendicular to the target so they are ready to stride and throw.</li> </ul>
:40 to 1:10	<b>Two stations. Switch after 15 minutes.</b>	
	<p><b>Pitching.</b></p> <ul style="list-style-type: none"> <li>- Line up players in two lines facing each other 46 feet apart and have them pitch to each other.</li> </ul> <p><b>Distance Throw</b></p> <ul style="list-style-type: none"> <li>- Line the players up in the outfield behind the right field line.</li> <li>- Place cones forming a lane about 10 yards wide.</li> <li>- Players take turns throwing their farthest. Ball must land within the boundaries.</li> </ul>	<ul style="list-style-type: none"> <li>- Coach should instill the concept that every throw should be made as if they are pitching.</li> <li>- Have players work on proper mechanics and while not trying to throw at top speed.</li> <li>- Receiver does not get into the catching position but gives the thrower a target to aim for.</li> </ul> <ul style="list-style-type: none"> <li>- Have players work on proper mechanics and use of crow hop and good arm angles. Players should not over throw.</li> <li>- Accuracy is important - the balls should be landing in the lanes.</li> <li>- Keep the number of long distance throws limited.</li> </ul>



**Bunt with Partner**

- Line up 1/2 of the players who are not taking live pitching. Each batter has a partner 15 feet away with several balls .
- Kneeling players pitch to batters. Batter bunts pitched balls. Every two minutes the batter and pitcher switch.

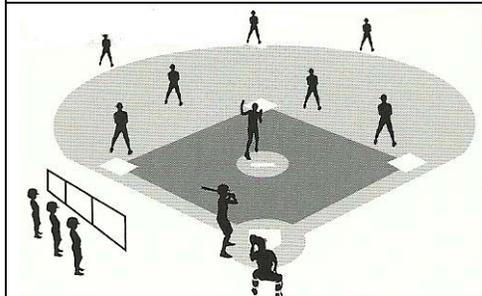
**Live Pitching**

- Coach pitching in batting cages

- Pitchers should throw strikes and not throw too hard.
- Batter use proper form: back leg stays behind front leg, batter "catches" pitch with the bat and hits at a downward angle.

*If you do not have a cage move batting practice may be conducted at home plate.*

**1:10 to 1:30**



**Entire Team**

**Three Team Game.**

- Split players into three teams - A, B and C.
- Use a coach pitcher and coach catcher.
- No walks.
- Team B and C in the field.
- Team A bats until either three outs are made or team bats around twice.
- After two outs Team B bats and Team A goes to the field.
- Keep track of runs equal groups with 1/2 team starts at second base other 1/2 starts at home plate.

- Keep track of runs like a real game. Have losing teams pick up equipment or run an additional lap around the bases.
- Players need to remember who made last out so next in order leads off in the following inning.
- Stop game to instruct when necessary.
- 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.

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

\_\_\_\_\_