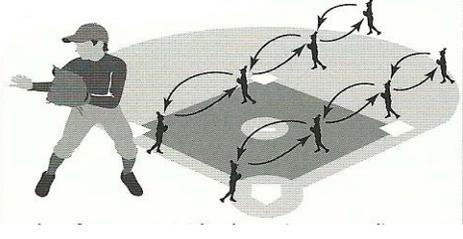
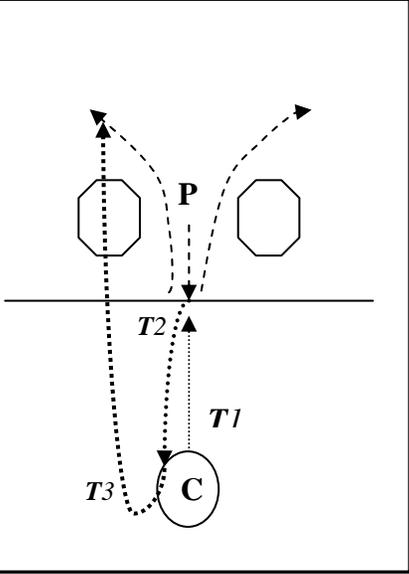
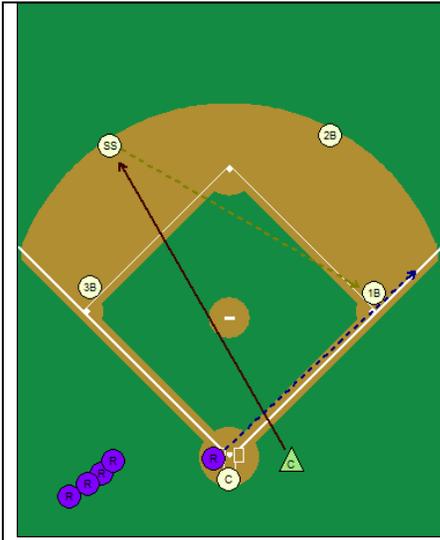


Needham Baseball Practice Plan #3

Time	Drill	Coaching Tips
:00 to :10	Warm ups	Have your team run through its standard warm up protocol.
:10 to ::40	Two stations. Switch stations after 15 minutes	
	Relay Drill (1/2 of the players). <ul style="list-style-type: none"> - Line up players in two lines and spread out so it takes a long throw to catch reach the nearest player. - Show players how they should receive the throw (see picture). 	<ul style="list-style-type: none"> - Explain that the throws should always be made to the player's glove side. - Make into a competition by racing between lines - Do this across the outfield so infield can be used for the other stations.
	Turnaround (after Relay Drill) <ul style="list-style-type: none"> - Line up players in the outfield. - First player steps forward and turns back toward coach. - Coach throws high fly ball and says, "Turnaround". - Players must spin around and locate the ball to make the catch. 	<ul style="list-style-type: none"> - Can also be done with grounders. - Make into a competition by dividing players into teams and keeping track of catches.
	Fielding on the Run. (1/2 of the players) <ul style="list-style-type: none"> - Place two cones approximately 6 feet apart and 10 feet behind a line on the field. The player (P) stands in ready position between the cones. - The Coach (C) says ready and the player gets in the ready fielding position. - The coach throws a line drive (T1) at the Player. - Player charges the line drive and catches it near the line. - Player throws the ball back to the coach (T2). - Coach throws a fly ball (T3) behind one of the helmets. - Player runs back and catches the fly ball, throws the ball back to the coach and goes to the end of the line. - Next player takes a turn in the drill. 	<ul style="list-style-type: none"> - Infielders need to be ready to move when the ball is hit: Make sure the player is in the ready position when you say "Ready". - Catch the ball out in front of the body: The player should extend the glove in front of their body to catch the line drive. The throwing hand should be near the glove (catching with two hands). - Pivot and throw: The player's first step after the catch should be a short step forward with the throwing foot placing it perpendicular to the throwing target. This will force the next step to be a pivot that properly lines up their body with the target. They are now ready to spread and throw. - Proper line on a fly ball: The players first step should be to pivot and run back. The first step should not be lateral move. The cones will force the player to start straight back and then move laterally. - Players should run to the ball: Once the player has pivoted they should <i>run</i> to the ball. Make sure the player does not shuffle back or run backwards. The glove should also be down while running under control, the head should stay on the same plane and not bounce up and down. The player should not raise their glove until they are ready to catch the ball. - Catch the ball away from the body: The player should extend their arm and catch the ball (with two hands if possible) away from the body. - Shuffle step and throw: The throw from the outfield requires a shuffle step that lands with the throwing foot behind the body and perpendicular to the target once players has made the catch and sets their feet.



Throw them out.

- Line up players in the infield and a line of runners at home.
- Coach hits balls to infielders who must throw out the runners.
- Rotate players through different positions.

- Have players work on proper mechanics while under pressure of throwing the runner out.
- Make into a competition by keeping track of the number of outs and safe runners.
- This drill can also be used with the whole team and make it into a competition by keeping track of outs.

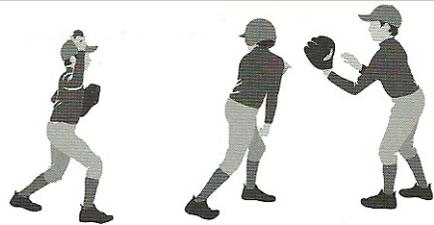
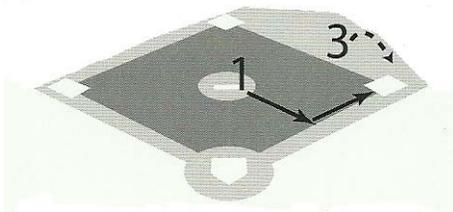
:40 to 1:10

Two stations. Switch after 15 minutes.

Pitching, Pitcher covers.

- Pitcher pitches to Coach.
- Coach throws a grounder to first baseman.
- Pitcher covers first base.
- Repeat with next pitcher and next first baseman. Then rotate pitchers and first basemen.

- Pitcher should be in a good fielding position after each pitch.
- Pitcher needs to take a good path - straight to first base line, then parallel with the line.
- First baseman leads the pitcher throwing to the bag.
- Pitcher needs to step on bag.
- Coach should mix in line drive throws directly back to pitcher.
- Add runners



Pickle.

- Have players set up as P, 2B, SS the other at 3B. (Note, have P set up on third base side of the mound and out of the way of the other drill).
- Coach in Right Field.
- Runners start at a spot between first and second base.
- Coach has ball and says "Go".
- 2B comes to right field as the cutoff and throws to SS who is covering 2B.
- P backs up 3B.
- Runner rounds second and goes 1/2 way to third and gets caught in pickle.

- Teach fielder to "Follow your throw" - after throw back up the person you threw it to.
- Run at base runner before throwing.
- Keep ball in throwing hand and in a throwing position when chasing the runner.

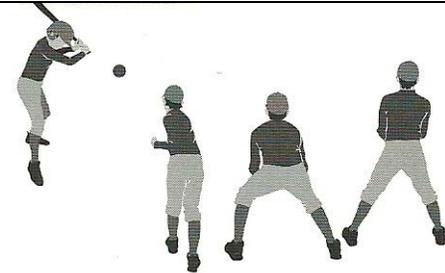
1:10 to 1:25

Two stations.

Pepper

- Line up 3 fielders about 12-15 feet from each batter.
- Fielders throw an easy pitch that the batter can hit.
- Batter tries to hit soft ground balls back to fielders who field ball and pitch again.

- Coach should supervise closely. Use tennis balls unless batter is advanced.
- Emphasize soft swings and ground balls.

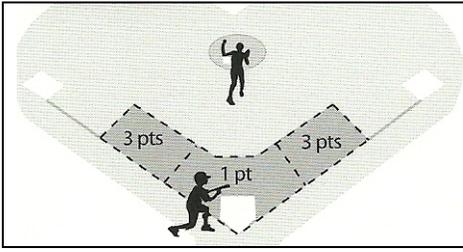


Live Pitching

- Coach pitching in batting cages

1:25 to 1:30

Entire team



Bunt Zone

- Set up zone for players to bunt.
- Keep track how many point they get with 5 pitches.

- Bunted balls must come to rest in the zone.
- Reward winner

Coach's Notes: _____
