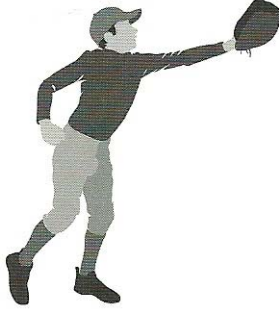
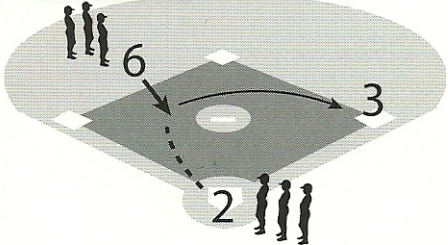
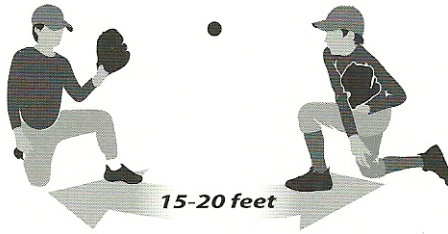
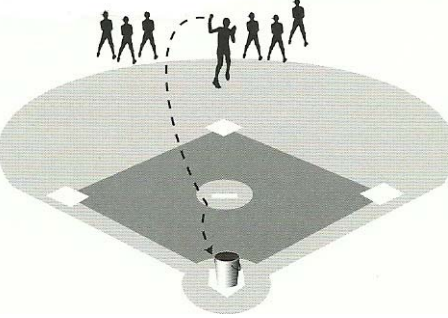
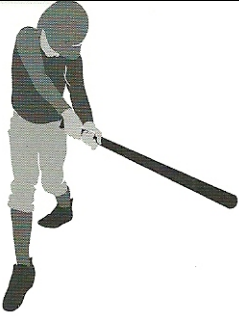
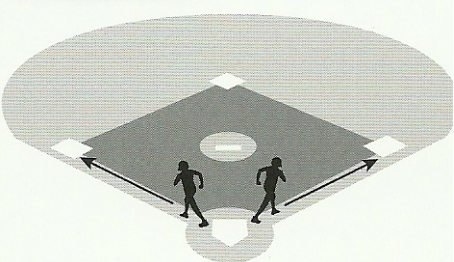


Needham Baseball Practice Plan #4

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	
	Receiver Drill (1/2 of the players). <ul style="list-style-type: none"> - Line up players in the outfield. - On "Go", first player runs 10 yards out and cuts right. - Coach throws ball out ahead, like a quarterback throwing to a receiver. 	<ul style="list-style-type: none"> - Keep fast paced. As soon as ball is thrown next in line is running. - Make some throws short and some over fielders heads etc - Have them run and cut left also.
	Slow Rollers (1/2 of the players) <ul style="list-style-type: none"> - Line up some players at SS, one at 1B and the rest at home. - Players at home each have a ball. - They roll a slow grounder to the fielder who charges ball and throws to first. - After throwing to first SS follows throw and becomes 1B. Runner goes to SS. 1B becomes a runner 	<ul style="list-style-type: none"> - Mover fielders from SS to 3B and 2B. - Make into a competition by dividing players into teams and keeping track of outs.
:40 to 1:10	Two stations. Switch after 15 minutes.	
	Kneel Throw (1/2 of the players) <ul style="list-style-type: none"> - Line up players in the outfield with partners 15-20 feet apart to start. - Players kneel with glove-side knee up. - Play catch using only upper body. 	<ul style="list-style-type: none"> - The player will rotate his shoulder toward his throwing partner, bring his arm back with his hand on top of the baseball, use a good circular arm motion, and throw the ball, making sure the pitcher bends his elbow and finishes throwing elbow past the opposite knee. - Increase distance to get to 50 feet.
	Strike at home (1/2 of the players) <ul style="list-style-type: none"> - Players in a line in centerfield. - Place a bucket at home plate. - Players take turns trying to hit the bucket. 	<ul style="list-style-type: none"> - Players should be using crow hop. - When front foot is planted for throw it should be in line with the bucket and make sure a good follow through. - One, or two bounce throws are more effective than trying to carry the entire distance in the air. - Make into a competition by keeping track of the number of hits.

: 1:10 to 1:30	Two stations. Switch after 15 minutes.	
	Home Run Derby (15 minutes) - Let players hit from second base or outfield grass.	- Players should use good form and not over swing - Make into a competition by keeping track of the number of home runs.
	Runaway (5 minutes) - Line players up behind home plate - One player runs to third base the other runs to first - Coach says go and player run to their respective bases.	- Players should overrun base to maximize speed. - make it a game by creating 2 teams and see which team wins most races. - Add a coach to 1B to practice turns.
	Locate Wild Pitch (10 minutes) - Pitcher on the mound. - Catcher behind plate with eyes closed in the catching position. - remaining players at 3B. - Coach is on the side of the mound with a bucket of balls. - Coach throws ball past the catcher on either side of the plate to simulate a passed ball. - When ball goes by catcher, pitcher yells "Now!" and then instructs the catcher to move left or right for the ball. - Catcher locates the ball and throws to pitcher covering the plate. - Rotate positions.	- Catcher does not need to wear gear other than mask so they can learn to remove it quickly. - Runners cannot leave 3B until ball is by the plate.

Coach's Notes: _____
