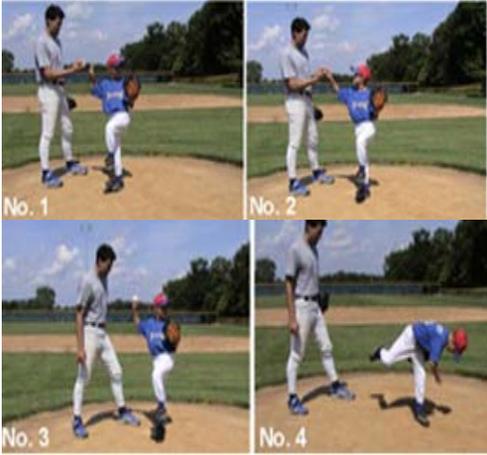
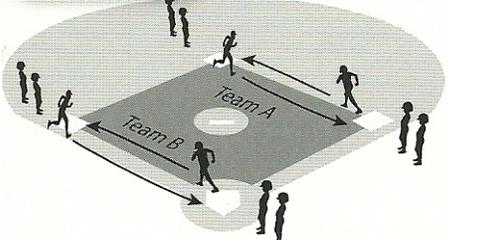
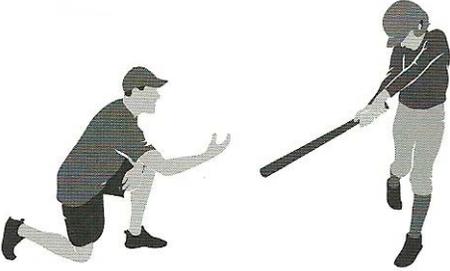


Needham Baseball Practice Plan #5

Time	Drill	Coaching Tips
:00 to :10	Warm ups	Have your team run through its standard warm up protocol.
:10 to :50	Two stations. Switch stations after 20 minutes	
	<p>Pause and Balance Drill (2 players)</p> <ul style="list-style-type: none"> - Pitcher will go through his full wind-up without the baseball. - When he gets to the balance position, the pitcher will stop, hold, turn his head and wait for the coach to hand him the baseball. - The coach should vary how quickly he hands his pitcher the ball from three- to five-seconds. - Once the pitcher has received the ball from his coach from the balance position, he will turn his head again and throw to his target emphasizing a good follow-through. 	<ul style="list-style-type: none"> - This drill is particularly effective for pitchers who "rush" their motion, fall forward too soon, have trouble getting "on top" of the baseball into a high-¾ arm slot, or are imbalanced in the balance position. - Have another coach behind the catcher. As soon as catcher is about to receive the pitch, the coach fires a ball back to pitcher so pitcher learns to get into a good fielding position and react to the a ball hit back at the pitcher.
:	<p>Double Play (1/2 of the players):</p> <ul style="list-style-type: none"> - Position 1/3 of the players at SS, 1/3 at 2B and 1/3 at 1B. - Coach alternates hitting grounders to SS and 2B who throw to the other player covering the bag, who then throws to 1B. 	<ul style="list-style-type: none"> - On balls to his left, SS needs to pivot to make throw to 2B and on balls hit to his left (up the middle), SS should make an underhand toss to 2B. SS follows through with the toss and keeps running with the path of the ball. - 2B should be on the outfield side of the bag in order to protect himself from the sliding runner. - 2B pivots on balls to his left and uses an underhand toss on balls to his right (up the middle). - Add runners to put pressure on the defense. - Add pitcher fielding the ground ball.
:50 to 1:20	Three Stations.	There are only 2 players at a time at the hitting stations.
	<p>Two Team Slide All players (5 minutes)</p> <ul style="list-style-type: none"> - Half of Team A at 1B the other half at 2B. - Half of Team B at home, the other half at 3B - Runners from 1B sprint to 2B. Runner from home sprint to 3B. - It is a relay race. Runner must slide into these bases. Teammates then sprints back also sliding. 	<ul style="list-style-type: none"> - Next runner cannot go until teammate slide into base. - Make is a competition first team with all players finished wins.
	<p>Beat 'em Home. 2/3 players not batting</p> <ul style="list-style-type: none"> - Line up the players at catcher, 3B, and LF. - Runner is at 3B. - Coach hits fly ball to left fielder. Runner at 3rd gets off base a few steps as ball is in the air. - If ball is caught, runner tags up and goes home. If ball is not caught runner goes straight home. - Fielder throws home trying to get the runner out. 	<ul style="list-style-type: none"> - Use a 3B coach to tell the runners when to Go! - Make it a competition by keeping track of runs scored.

	<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>Live Pitching</p> <ul style="list-style-type: none"> - Coach pitching in batting cages 	
<p>1:20 to 1:30</p> <p>P6 P5 P4 P3 P2</p> <p>P1</p> <p>P1 P6 P5 P4 P3</p> <p>P2</p>	<p>Entire Team</p> <p>Rapid fire.</p> <ul style="list-style-type: none"> - Split the team into two equal groups. - Put players in a straight line approximately 3 to 4 feet apart with the player at the far right (P2) holding a baseball. - Put 1 player (P1) facing the line approximately 15 feet away from the center player in the line . - The player facing the line also has a baseball. - Coach will say, "Go." P1 throws his ball to player 3 (P3). At the same time P2 throws his ball to P1. As soon as P3 catches the ball he throws it back to P1. As soon as P1 catches the ball from P2 he throws it to P4, and so on down the line. P1 works his way down the line to P8 and then back up the line to P2. - At this point P1 flips his ball to P3, P2 replaces P1 (P1 then goes to the end of the line) and everyone rotates up one spot and the drill starts over again. 	<ul style="list-style-type: none"> - There are two groups competing to see which can finish first. - This is an excellent drill for developing quick hands and quick feet. It forces the players to catch the ball with two hands. If he catches it with one hand he can't get rid of it in time before the next ball is coming at him. It also teaches players the importance of stepping at your target because you have to shift your feet in a different direction before throwing to the next person in line. A player who is lax or sloppy with his glove or feet is easily spotted in this drill.

Coach's Notes: _____
