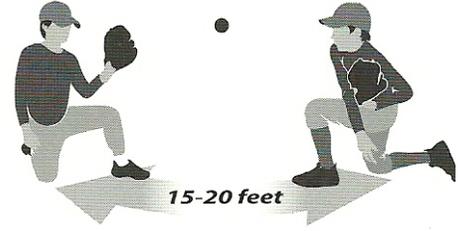
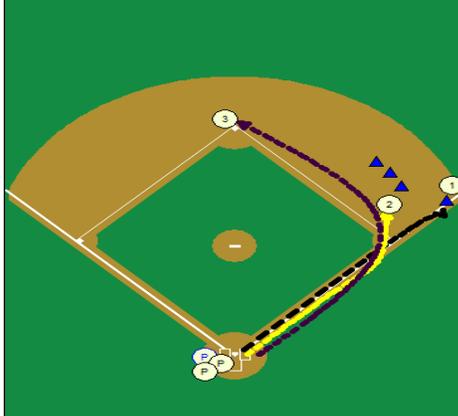
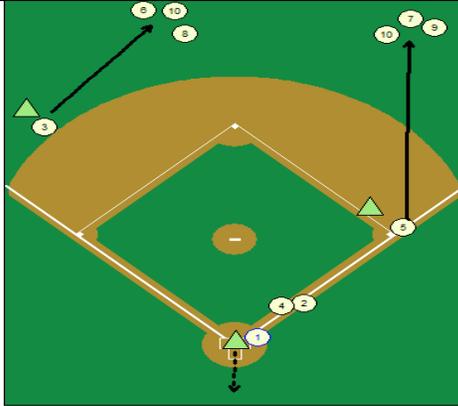
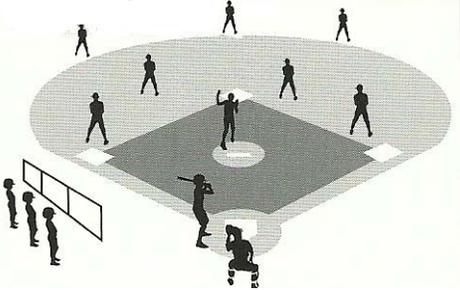


Needham Baseball Practice Plan #6

Time	Drill	Coaching Tips
0:00 to 0:10	Warm Ups	Run through your preferred Warm Up progression
<p data-bbox="53 310 164 331">0:10 to 0:30</p>  <p data-bbox="219 577 337 598">15-20 feet</p>	<p data-bbox="558 310 699 331">Pair Throwing</p> <p data-bbox="558 338 667 359">All Players</p> <p data-bbox="558 363 699 384">Pair Throwing</p> <ul style="list-style-type: none"> - As players arrive have them pair off and do their warm up throws. - Start at a shorter distance and move back after every 10 tosses. <p data-bbox="558 506 699 527">One Knee Drill</p> <ul style="list-style-type: none"> - Players remain in pairs, kneel on throwing side knee, glove side knee is in up position - Throw to partner using only upper body – forces player to rotate upper body - Start from 10 feet, move back to challenge players <p data-bbox="558 699 841 720">Short Hop Drill – Quick Glove</p> <ul style="list-style-type: none"> - From same position have players toss short hops to fore hand and backhand side. 	<p data-bbox="992 338 1317 359">Always emphasize proper mechanics:</p> <ul style="list-style-type: none"> - Front shoulder points at target - Stride towards target (not an open stride) back shoulder replaces front at finish - Front shoulder pointing at target. - Player must rotate their upper bodies. - Finish with back shoulder at target, throwing arm across knee. - Make sure head remains level - doesn't drop. - Remember to rotate torso and glove position - Stay low
<p data-bbox="53 884 164 905">0:30 to 0:45</p> 	<p data-bbox="558 884 688 905">Base Running</p> <p data-bbox="558 909 667 930">All Players</p> <p data-bbox="558 957 906 978">Player lines up in batter's box: hitting</p> <ul style="list-style-type: none"> - On "Go" player runs hard down through first base, turns in foul territory. - On "Go" player runs hard down line, takes a turn towards second base and stops. - On "Go" player runs hard down line, makes a tight turn and runs had to 2nd base. - Combine all three with first base coach making the verbal call and using hand signals. 	<ul style="list-style-type: none"> - Place a cone 10 feet past first base, have players run hard to the cones, make turn in foul territory. - Emphasize proper arc when approaching first on turn, hitting inside of base with foot. - Place 3 cones on infield past the base to limit arc of the turn. - "Run through" – past base down the line, "Take a turn" – make turn and hold, "Go 2" – go to 2nd
<p data-bbox="53 1360 164 1381">:45 to 1:15</p> 	<p data-bbox="558 1360 704 1381">Hitting Stations</p> <p data-bbox="558 1386 878 1407">3 Stations. Switch after 10 minutes.</p> <p data-bbox="558 1434 737 1455">Soft Toss (left field).</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. Coach kneels 5 feet to side of player, tosses level pitch, remaining players are fielders. <p data-bbox="558 1749 911 1822">Tee work –set up tee behind home plate. Move tee to simulate outside, inside pitch locations.</p> <p data-bbox="558 1871 964 1944">Live pitching in cage-coach pitches in cage. .If no cage access do soft toss in right field as well.</p>	<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. - Break downswing into, loading weight, stride, rotate and finish through the ball. Place 1/2 deflated kick ball on tee, have players hit through to emphasize completing swing. - Increase speed of throws to simulate game-like conditions.

1.15 to 1:30	3 Team Scrimmage	
	<p>- Three Team Game.</p> <ul style="list-style-type: none"> - 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 ½ team starts at second base other ½ starts at home plate. 	<ul style="list-style-type: none"> - 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: _____
