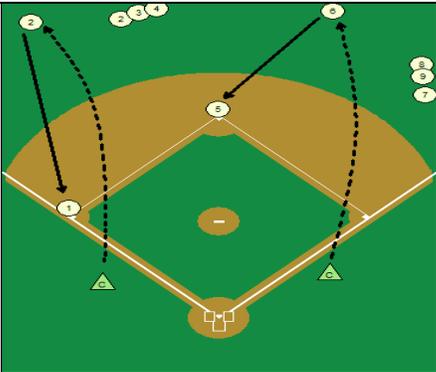
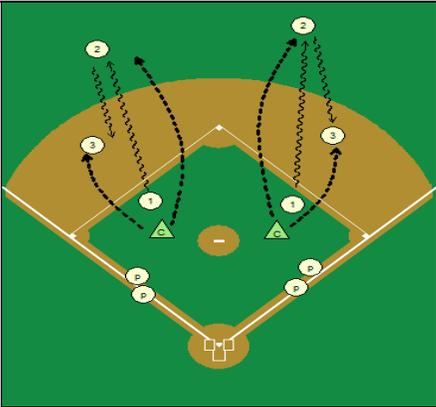
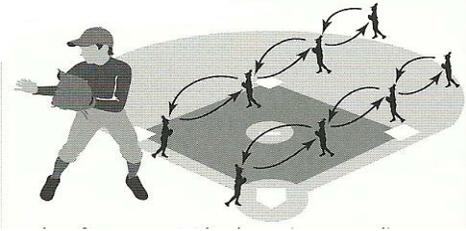
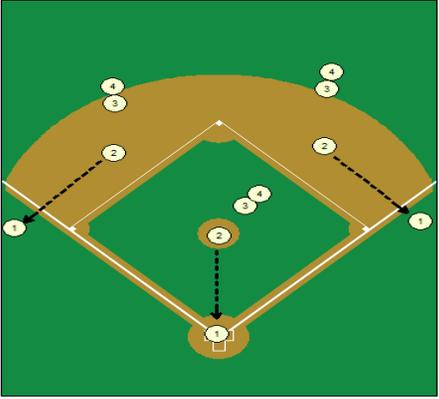
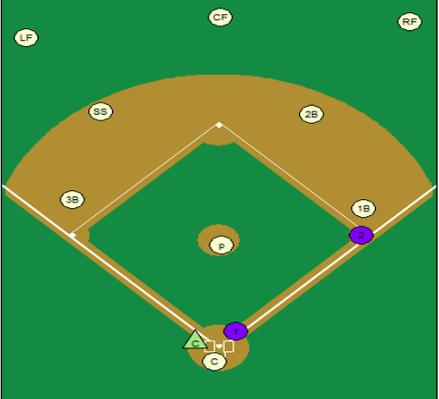


Needham Baseball Practice Plan #7

Time	Drill	Coaching Tips
00: to 0:10	Warm Ups	Run through your preferred Warm ups
0:10 to 0:30	<p>Pair Throwing</p> <p>All Players</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. - Have them Crow hop on longer throws <p>Relay throw drill:</p> <ul style="list-style-type: none"> - Divide players into 2 or 3 lines, spread out so throws are long. - First team to make it down and back twice wins. Drops start over. 	<ul style="list-style-type: none"> - Always emphasize proper mechanics. - Front shoulder points at target. - Stride towards target (not an open stride). - Back shoulder replaces front at finish. <ul style="list-style-type: none"> - Players should receive throw with glove shoulder pointing at throwing target.
0:30 to 0:40	<p>Fielding in Motion Drill</p> <p>Divide into 2 or 3 groups</p> <ul style="list-style-type: none"> - Player stands at start of infield dirt facing home, on "go" drop steps and sprints toward outfield as coach throws a fly ball. - Once in outfield coach throws another fly forcing fielder to move laterally. - Coach then throws a short fly ball forcing fielder to charge and catch. 	<ul style="list-style-type: none"> - Footwork and speed are the keys to drill, no back peddling. - Demonstrate the drop step and emphasize being aggressive.
0:40 to 0:55	<p>Outfield – play at the base</p> <p>Divide team into 2 groups, left field and right.</p> <ul style="list-style-type: none"> - One player acts as 3rd and second basemen. - Coaches hit balls to outfielder who must field and make strong throw to base. - Rotate players covering base after 10 throws. 	<ul style="list-style-type: none"> - Mix it up, hit fly balls, line drives, ground balls. - Reinforce proper footwork and positioning. - Make sure players are aggressive to the ball, crow hop to generate momentum towards the base. - Infielders must be aggressive in getting the throw – come off the base.



0:55 to 1:20	Pitching	
	<p>Pitching</p> <p>Break into 3 stations, on mound, down third and first base lines against fence. Rotate stations approx 8 minutes</p> <ul style="list-style-type: none"> - 3rd base line –stride drill. Set up 30 feet from catcher against fence. Have pitcher square up, and take normal stride and hold –remaining square to target. While in this position have him break his hands back and throw to target, rotating his hips. - First base Line- Bucket balance drill. Set up 30 feet from catcher. Place an overturned bucket 18 inches to the right of pitcher. Pitcher raised his knee and lightly rests foot on bucket holding for a count of 2, then strides with front leg and throws. - Throw from the mound - Use catchers at stations if enough gear is available. 	<ul style="list-style-type: none"> - Emphasize “flicking the laces” of back foot to generate power. Keeping front square to target as long as possible. <p>See these videos for further details.</p> <p>Stride: http://www.youtube.com/watch?v=eE-3Thoibh0&feature=player_embedded</p> <p>Bucket: http://www.youtube.com/watch?v=fzBrLGIuG8&feature=related</p> <ul style="list-style-type: none"> - Emphasize good posture, should be balanced on inside of back foot- don't rock on “outside of back foot”. - Have coach toss a ball back to pitcher for him to catch after he completes his throw- emphasizes finishing in a balanced position.
1:20 to 1:30	Full Field Situations	
	<p>Players set up fielding all positions. Remaining players serve as runners.</p> <ul style="list-style-type: none"> - Hit balls to various fielders, play like a live game. - Call out situations before play “runner on first one out”. - Rotate positions and runners. 	<ul style="list-style-type: none"> - Emphasize all players should be moving on each play – whether to catch ball, cover base, serve as cutoff or backup. - Review after plays to remind them where they should have moved or thrown. - Keep it lively, don't bog down with long explanations.

Coach's Notes: _____
