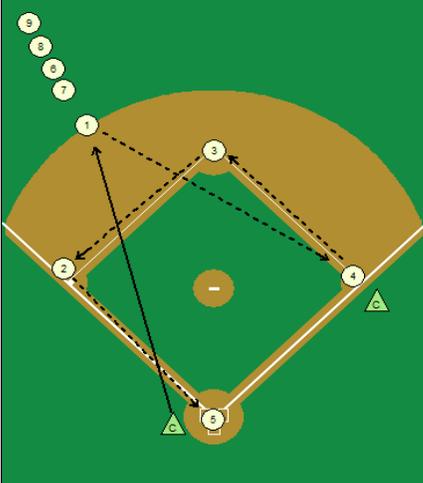
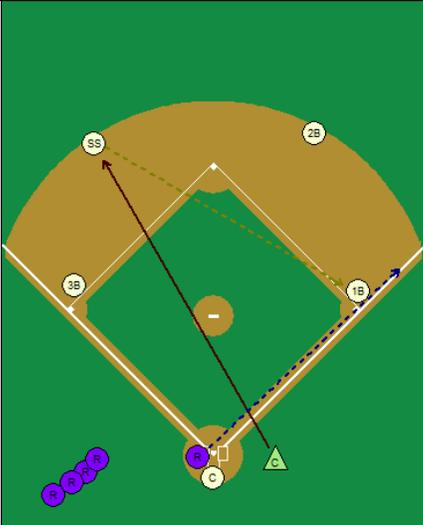
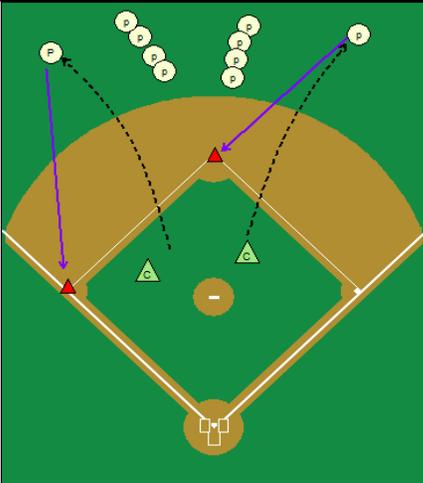
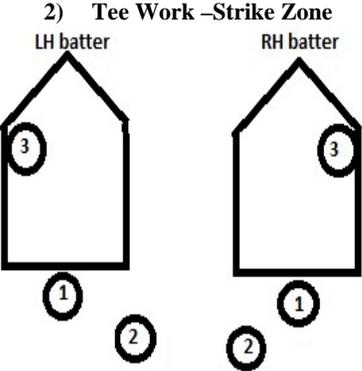


Needham Baseball Practice Plan #8

Time	Drill	Coaching Tips
0:00 to 0:10	Warm ups	Run through your standard warm up
<p data-bbox="48 310 162 331">0:10 to 0:25</p> 	<p data-bbox="730 310 876 331" style="text-align: center;">Follow the Ball</p> <p data-bbox="576 336 682 357">All Players</p> <ul style="list-style-type: none"> - Place 1 player at each infield position except pitcher. All other players are in a line behind SS ready to receive a ground ball. - Coach hits a ground ball to the SS who throws to 1B, who throws to 2B, who throws to 3B who throws home. - After each throw the player goes to the base they just threw to for the next round, and the catcher goes to the back of the line at SS- follow the ball. 	<ul style="list-style-type: none"> - Focus is on good throws, proper catching technique and tagging. - 1B should be focused on a proper stride and catch, 2B, 3B and Catcher should receive the ball in the correct manner so they can place the tag quickly. - Keep drill moving, no standing around.
<p data-bbox="48 856 162 877">0:25 to 0:40</p> 	<p data-bbox="730 856 876 877" style="text-align: center;">Throw them out</p> <p data-bbox="576 882 730 903">Throw them out.</p> <ul style="list-style-type: none"> - 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. 	<ul style="list-style-type: none"> - 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.
<p data-bbox="48 1444 162 1465">0:45 to 0:60</p> 	<p data-bbox="682 1444 925 1465" style="text-align: center;">Outfield – throw them out</p> <p data-bbox="576 1470 779 1491">All Players - 2 stations</p> <ul style="list-style-type: none"> - One team in right field, one in left. - Place a bucket on 3rd and one on 2nd base –stack equipment in bag if only one bucket. - One coach throws ball to left field, player must catch and try and hit bucket with throw - Other coach throws to right fielder who must catch and hit bucket on 2nd base - Use entire supply of balls to speed up drill 	<ul style="list-style-type: none"> - Emphasize getting behind ball, crow hop to generate power. - Momentum should be at the target, following through. - Make it a contest with coaches keeping track of throws hitting target – losers picks up the balls for next round.

0:60 to 1:30	Batting	
<p>1) Soft Toss – Dotted Ball</p>  <p>2) Tee Work –Strike Zone</p> <p>LH batter RH batter</p>  <p>3) Coach Pitch in Cage</p>	<p>3 Stations Rotate Every 10 minutes</p> <p>Dotted Ball Soft Toss :</p> <ul style="list-style-type: none"> - Use a marker to put a colored dot on several balls. - Line up down the right field line, remaining players serve as fielders. - As coach tosses ball player must yell the color of ball when swinging, or “none” if not color. <p>Tee work –Strike Zone</p> <ul style="list-style-type: none"> - Player moves and adjusts the tee to the pitch they like the best and can handle. This is the pitch they would like to hit on a 3-0 count. Have them take a few swings. - At the same height move the tee towards them not going beyond a spot that they still like and is not too far inside the plate. Have them hit a few to confirm that this is still a pitch they like and can handle. - Move the tee back to the original spot. Take a couple of swings, now move the tee outside a few inches to find the outside part of the zone for the pitches they really like.- - Once you have determined the width, do the same for the height. The player should have a rectangle of a strike hitting zone. <p>Coach pitches in cage:</p> <ul style="list-style-type: none"> - Use the dotted ball technique described in soft toss. <i>If no cage access do another soft toss station down left field.</i> 	<ul style="list-style-type: none"> - While emphasis is keeping head/eye level and on target, coaches should still emphasize proper set up and grip, load and uncoil. - It’s ok if they don’t see dot at first, key is to get them to focus on ball, keep head still. <ul style="list-style-type: none"> - Great drill to identify the strike zone and to work on count management. - Emphasize same swing mechanics for each pitch <ul style="list-style-type: none"> - Start out slow and increase pitch speed as players get comfortable. Stick with it if they don’t get it initially. Even if they can’t see color their head will be on the ball.

Coach’s Notes: _____
