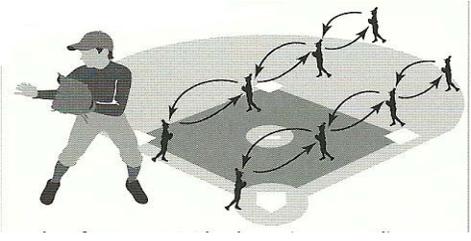
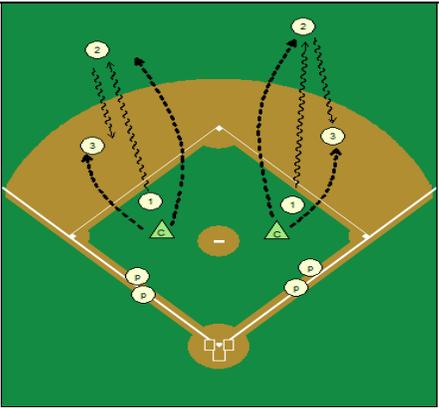
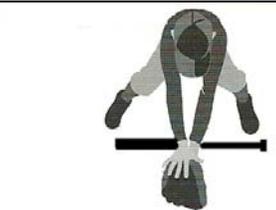
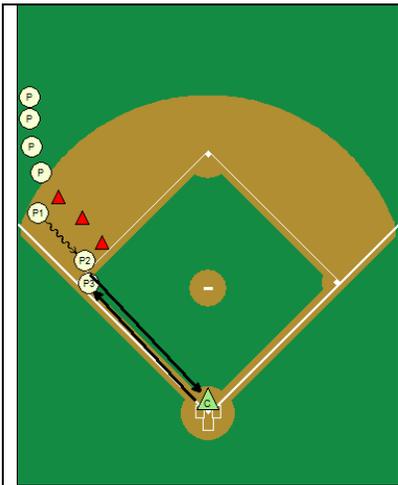


Needham Baseball Practice Plan # 9

Time	Drill	Coaching Tips
:00 to 0:10	Warm Ups	Run through your standard warm up
0:10 to 0:30	Pair Throwing	
	<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. 	<p>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 <p>- Players should receive throw with glove shoulder pointing at throwing target.</p>
0:30 to 0:40	Fielding in Motion Drill	
	<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 0:60	Infield	
	<p>2 stations switch after 10 minutes</p> <p>Ground ball with Bat</p> <ul style="list-style-type: none"> - Line up 1/2 players at SS, one at first base. - Place bat on ground 6 feet in front of SS. - Coach stands 10 feet from the bat and rolls grounder towards the bat. - Player must approach the ball, get into a strong fielding position behind the bat and field ball with hands in front of the bat. - SS makes strong throw to first base (rotate first basemen after a few rounds). 	<ul style="list-style-type: none"> - Butt/knees down, not bending over with back. - Get glove down early, don't drop glove late. - Be aggressive to the ball. - Glove palm is facing up



Low to Throw – remaining players

- Set up 3 cones 4 feet apart running along 3rd base infield dirt.
- Player starts at first cone with ball in glove in but down knees bent position as if they have just fielded a ground ball.
- Player stays low, square to target, shuffles and makes a good stride past the first cone as he throws to coach positioned in front of home,
- Player's momentum should continue past the 3rd cone where he gets a return throw from coach, returns to line

- Stay low! Don't stand up to throw!
- Momentum always moving towards target, do not stop or go backwards after the throw.

0:60 to 1:20

Pitching

Pitching

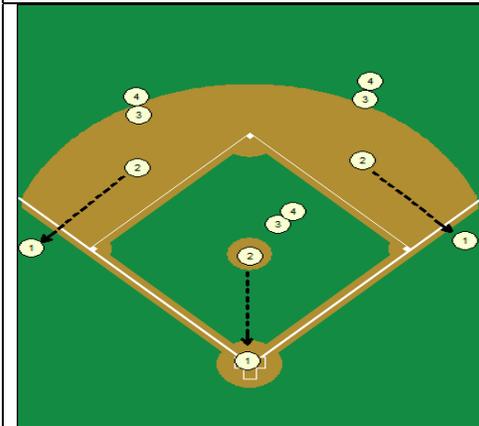
Break into 3 stations, on mound, down third and first base lines against fence. Rotate stations approx 8 minutes

- 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.

- Proper balance, momentum is straight towards catcher
- Generate power from lower body, use a long stride,
- Proper arm position and extension and finish balanced

See these videos for further details.
 Stride:
http://www.youtube.com/watch?v=eE-3Thojbh0&feature=player_embedded
 Bucket:
<http://www.youtube.com/watch?v=fzBrlGIAuG8&feature=related>

- 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.



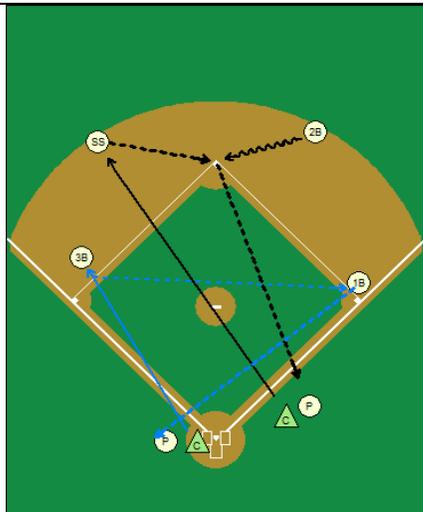
1:20 to 1:30

Corners and Middles

All players

- Line up players at all infield positions except pitcher – rotate extra players through.
- Coach A stands down first base line, coach B next to home plate.
- Coach A hits grounders to third who throws to first base, and to first base who throws to 3rd.
- Coach B hits grounders to SS or second who gets force and throws home.
- Make sure SS and 2nd play deep enough to avoid throws from 1st or 3rd.
- Switch positions

- On force play emphasize getting to bag early, don't wait for throw.
- 2nd base steps on bag with left foot, strides to ball with right.
- SS steps on base with right foot, strides towards ball with left.
- 3rd base throws emphasize shoulder to target, momentum towards target – place 3 cones aligned towards first base to get them focused on squaring and momentum.



Coach's Notes: _____