



## **Rookie Sample Practice**

**1 Hour 45 Minutes (Delete or Cross off 15 Minutes of your choice)**

### **Meet- 5 Minutes**

Stack Gloves in a Pile – Talk about what you will do at practice today.

### **Exercises- 5 Minutes**

*(While Exercising, have parent or coach line the kids gloves along the foul line beyond first base for the base-running session)*

- Pole Run
- High 5 Circle
- Jumping Jacks
- Toe Touches
- Spider Push Ups
- Big Arm Circles
- Arm Pulls
- Elephant Stretch
- Elephant Stretch to the Side
- Stork Stand
- Any other exercise or stretch you like

### **Base running Routine -10 Minutes** (with their gloves as 1<sup>st</sup> base, lined up on the foul line past first base)

Explain proper technique Wide base, hands on knees (Relaxed)

Ready Position (hands out front, looking forward)

Crossover and jog. Relaxed, “Ready” “Go”

Crossover and run to 2<sup>nd</sup> base (4 times)

Crossover, Shuffle Shuffle, Wait. (With weight on right foot, “Back”

Crossover, Shuffle Shuffle, Wait. “Back” or “Go!”

Race to 2<sup>nd</sup> Base (with coach at the line to call the winner)

### **Base running technique (learning how to “round a base” - 5 Minutes**

- From Home, running around coaches (high 5) on 1<sup>st</sup> base line, inside coach on 2<sup>nd</sup> base line, on their own to 3<sup>rd</sup> base line unless you have another parent.
- Run THROUGH 1<sup>st</sup> base (with lids or dots), go back quickly to ready position.
- Two laps calling out the base number led by a coach.

### **Bubba Throwing (Need Buckets Filled and Ready) – 2 Baseballs, 2 tennis balls, 6 wiffle balls - 15 Minutes**

- Demonstrate proper grip, show proper throwing technique – “L” shape (or make a muscle), Elbow Higher than Shoulder.
- Demonstrate glove leg and power leg, (have them call them out)
- Have them put power leg against bucket. -“Load ‘em Up”, “Stretch it Back”, “Cut it Loose”



- Kids throw balls out into the field or at a wall. No target, just work on fundamentals.
- Same thing with a big stride (this emphasizes getting their back foot off the ground to follow through)
- High Ball Throws with Pickle Balls (This is good for kids who tend to throw side-armed)
- Bubba Bounce - Bounce Tennis Balls off ground as high as they can do it with leg follow through.
- Knock the soccer ball off the tee or at another object. (Coaches make sure they don't throw side arm and watch for proper technique.) Coach calls out when they throw, transitioning to throwing when ready.

#### Coiling Glove Leg Back

- Demonstrate Coiling back with glove leg while power leg stays in front of bucket  
"Pick a Ball You Like, Put it in Your Glove and Keep Your Grip, Coil Back, Stick out your butt, arm down back, step and throw."

#### Full Two Step Throw.

- Pull both feet behind and to the side of your bucket. "Bucket Step, Step and Throw"
- Two step throw without bucket

#### **5 Minutes Water Break**

#### **Wearing and using your Glove - 15 Minutes**

- Glove Size, Finger Out O.K., Strap type
- Where to Catch the Ball in your glove. Very important to stress not to catch in the web.
- Fingers Up, Fingers Down. Not hand behind glove.

#### Catching

Demonstrate catching locations:

Call them out, players slap glove

(Coach facing lefties, other coach in front of righties)

- 1 – Middle Low
- 2 – Left Low
- 3 – Left High
- 4 – Middle High
- 5 – Cross Hand High
- 6 – Back Hand Low

Split into 3 or 4 groups. Coaches toss to kids working around the catching wheel 1-6. (Throw underhand with tennis or Safe-T-Balls) Head Coach will direct the Position switches.

Race toss for 30 seconds. - See how many total catches the group can get in 30 seconds. The coaches catches count also. Yell out the number during each catch for honesty.

Shotgun – Kids get in line. Coaches toss to their group underhand while in the ready 1 Position, but throw it randomly between 1 thru 4. Kids to back of line after their turn

#### **Fly Balls (Explanation & Drills) - 15 Minutes**



- Forehand, Backhand, Can of Corn
- Run Smooth (meaning, don't bounce up and down when you run.)
- Don't run with your glove in the air (get to the spot)

#### Practice Outfield (and Infield) Routine

Relaxed

Ready (Glove leg slightly ahead)

Little Motor or Creep (take two Steps Forward when pitcher starts to throw). Watch the ball all the way to the plate.

Reset (Go back to starting position)

(We do this routine on EVERY Pitch!)

Group Practice about 5 times.

#### Fly Ball Circle Drill

- Kids in a line
- Kids pick a ball they are comfortable with (baseball, tennis ball, squishy ball)
- They come out to the spot, throw the ball to the coach. The kid runs at a 45 degree angle away from the coach and the coach throws the fly ball to their forehand on the run. During the second round balls can be throw to the backhand side, and then random side.

#### Fly Ball Circle for Points

Individual points (1 for easy catch, 2 for difficult catch, 3 for extremely difficult (diving) play.)

Popcorn Throw – 20 – Watching for two handed catches, not throwing hand behind glove.

#### **Fielding Fundamentals - 15 Minutes**

- Glove Leg Slightly ahead of Power leg
- Hands out front, Hand like an alligator
- Routine
  - Relaxed (hands on knees)
  - Ready Hands out front Glove leg slightly ahead.
  - Little Motor or Creep
  - Reset

#### Practice Sucking up the ball (no ball)

Relaxed

Ready

Little Motor

Suck up the ball with palm of glove facing coach, fingers touching ground.

Make a pretend two step throw to home plate

#### Ground ball Shuttle (3 Stations)

Kids in lines (2<sup>nd</sup> base, SS, 3B)

Coaches roll balls softly to kids, they throw back to coach, go to end of line.

Rotate Stations every few minutes so they work with all coaches



Eventually give ground balls to left and right  
Make them get in ready position before rolling them the ball.  
Emphasize fielding the ball between the leg if possible, not to the side!

### **Hitting Demo (with gloves as home plates and line drawn in dirt) – 20 Minutes**

- Knuckles (Knocking Knuckles Line Up)
- Feet & Shoulders Straight to Plate and both pointing at the pitcher.
- Bat on Shoulder
- Legs Bent. Belly button in front of toes
- Elbows Down (Back elbow is never higher than their hands!)
- Raise bat from shoulder (3-4 inches in front of arm pit and slightly back. Bat points at plate)
- Discuss "Squish the Bug."

### **Dry Drills (everybody has their own glove as home plate. Coach leads the drill)**

*Stance -- Move your feet*

*Stance -- Stride* (Explain that you want a small stride for timing, not a big stride)

*Stance -- Stride-- Hips* (This drill helps prevent an "arm only" swing. Make sure their back heel is coming off the ground)

*Stance -- Stride -- Hips -- Swing*

*Full Swing*

### **Move into Pickle Ball or Wiffle Ball Hitting Stations**

3 Coaches throw to two kids at a time. Each coach has two fielders behind him.

When bucket is empty, switch hitters to fielders. Do this as many times as your time allows. Kids get a lot of swings this way.

### **Wrap Up – 5 Minutes**

Kids put their gloves at 2<sup>nd</sup> Base with Manager. Kids and assistants pick up gear. When done, everyone meets at 2<sup>nd</sup> base or right field– Hand out any paperwork. Younger kids can get a stamp or sticker from coach.

\*Always end your practice on time.