

New Fairfield Baseball League Practice Plan

Triple A & Majors

It is very important to start team unity at a young age. All parts of the practice should be done as a team, make practice fun, always encourage the players, utilize the practice time. Additional drills are included in the second attachment.

1-2 min. Team Run

-One lap around field.

3-5 min. Team Stretch

24 min. Offensive Drills

- Break up team into three groups. Set up three stations. Divide time evenly so each group gets the same amount at each station. Suggested time at each station is 8 min.
- Hitting Mechanics
- Ready position
 - a) Grip (loose with hands relaxed)
 - b) Stance
 - ✓ Feet (slightly wider than shoulder width)
 - ✓ Knees (bend slightly to improve balance)
 - ✓ Elbows (relaxed)
 - ✓ Hands (start hands about 6 to 8 inches away from chest at the top of the strike zone)
 - ✓ Shoulders (level)
 - ✓ Bat (45° angle, shine flashlight to the opposite batter's box)
 - ✓ Head (eyes level with focus on the pitcher)
- Load or Trigger
 - a) Weight shift (on the pitcher's release the hitter shifts weight to back leg)
 - ✓ Front knee (begins weight shift with a slight movement in)
 - ✓ Front shoulder (tucks slightly down and back)
 - b) Load hands and bat (hands move slightly up and back, and bat stays up and hitter maintains flashlight)
 - c) Stride
 - ✓ Short (2 to 6 inches toward the pitcher)
 - ✓ Soft landing on big toe (like stepping on thin ice)
- Swing
 - a) Weight Transfer
 - ✓ Back foot (squish the bug)
 - ✓ Back knee and hip (explode to the ball)
 - b) Hands
 - ✓ Direction (move straight to the ball, forward and down)
 - ✓ Short and quick with hands, not long and slow with arms
 - c) Head
 - ✓ Eyes (track the ball from release point to contact)
 - ✓ Shoulder to shoulder (head stays still throughout entire swing)
 - d) Contact
 - ✓ Level (bat travels level on contact)
 - ✓ Through the ball (bat continues out towards the field, short to the ball and long through the ball)
 - e) Follow Through
 - ✓ Bat (finish high, past front shoulder)
 - ✓ Head (practice keeping head shoulder to shoulder)

Group 1 – tee drills

- a) 1,2,3 drill
- b) one knee drill
- c) inside/outside/middle

Group 2 – soft toss drills

- a) 1,2 toss
- b) one arm swing
- c) toss from behind hitter

Group 3 – live hitting (coach)

- a) opposite field hitting
- b) locational hitting (hit ball
- c) based on where it is pitched)

5 -8 min. Throwing Drill

-Fielding Mechanics - playing catch. Pair players up by skill.

-Ready position

- a) Feet (spread slightly wider than Shoulder width)
- b) Hands (fingers up and palms out) Critical Safety Tip
- c) Knees (bend to get weight on balls of feet)

-Move to the ball

- a) Be Aggressive (expect a bad throw and go get it)
- b) Eyes on ball

-Receive the ball

- a) Step forward with glove side foot
- b) Soft hands (hands give)
- c) Watch ball into the glove

-Throwing Mechanics

-Break

- a) Feet (step forward with throwing side foot then with glove side foot) Third eye (inside ankle of throwing side)
- b) Hands (separate ball from the glove; both elbows go up to about shoulder height or higher; the ball (palm of hand) is facing back and front elbow towards the target)

-Throw

- a) Grip (4 seam, for better accuracy and distance)
- b) Direction (front side points toward target)
- c) Rotate and throw (pull front side down and drive back side forward)
- d) Complete follow through (reach out and finish)
- e) Eyes (keep eyes on target)

-Ready throw (game speed no pause)

36 min. Defensive Drills

-Break up team into three groups. Set up three stations. Divide time evenly so each group gets the same amount at each station.

-Suggested time at each station is 12 min.

Group 1 – continue with throwing drills

Group 2 – infield drill. Fielding grounders & playing first base. Divide players in group between 3rd base and 1st base. Coach hits ball to 3rd baseman. 3rd baseman fields and throws ball to 1st baseman who has foot on “outside” part of bag (not “on” bag). 1st baseman receives the throw and places ball in a bucket. When coach’s bucket is empty, he trades buckets with the 1st baseman.

-Fielding Grounders

-Ready Position

- a) Feet (spread slightly wider than shoulder width, and glove side foot slightly forward)

- b) Knees (flexed with weight on balls of feet)
- c) Hands (start below the waist with the glove open to the ball as the pitch is thrown and throwing hand above the glove with palm facing out)
- Move to the ball
 - a) Be aggressive (charge ball to receive a good hop and also set up a shorter throw)
 - b) Crossover step (on balls hit side to side)
 - c) Stay low (keeps hands below waist)
 - d) Eyes on the ball (read the hop)
- Receive the ball (Alligator)
 - a) Butt down (field ball from the ground to up)
 - b) Hands out in front (soft hands - hands give when you receive the ball)
 - c) Triangle (with feet and hands)
- Break and throw

Group 3 – outfield drill. Groups of 3 players. Coach and player 1 on left or right field foul line. Player 2 is the cut off man and player 3 is the outfielder. Coach hits fly ball to player 3 in outfield who catches the ball using proper technique “and” calls “I got it”. Player 2 sets up for relay throw. Hands up and evenly between outfielder and player 1. Outfielder makes good throw to cut off man who pivots and makes a good throw to player 1. Players rotate after 5 fly balls.

-Fielding Fly Balls

-Ready Position

- a) Feet (spread slightly wider than shoulder width)
- b) Knees (slightly flexed with upper body leaning forward)
- c) Hands (out in front with glove in front of hip)

-Move to the ball

- a) Drop step (half turn)
- b) Crossover step (helps fielder get a good jump on the ball)
- c) Run smoothly to the ball (not heel to toe)
- d) Eyes watch the ball to the glove

-Receive the ball

- a) Step forward with glove side foot
- b) Two hands (over the head)

-Break and throw

- a) Grip (4 seam to get better carry on the throw)
- b) Footwork (crow hop - fielder steps forward with the throwing side foot pivoting sideways to the target, than the glove side foot towards the target)

12-15 min Base running Drills

- a) Home to first
 - ✓ First step is with the back foot
 - ✓ Hit the front side of the bag
 - ✓ Run through bag
 - ✓ Look over your right shoulder
- b) First to second
 - ✓ hold onto the base
- c) Second to third
 - ✓ hold onto the base
- d) Third to Home
 - ✓ run through the base

Drill 1 - Divide players into 3 groups of 4 players:

Group 1 starts at home plate and batter takes a swing and runs an infield single through 1st base;

Group 2 starts at 1st base, takes a secondary lead and then runs to 2nd base on an infield hit and stops on 2nd base;

Group 3 starts at 2nd base, takes a secondary lead and scores from second on an hit to the outfield. After player reaches base, they go to the end of the line at that base.

Drill 2 - Divide players into 3 groups of 4 players

Group 1 starts at home plate and batter takes a swing and runs to 1st on a hit to the outfield, runner makes a hard turn at 1st and shuffles back to the base;

Group 2 starts at 1st base, takes a secondary lead and then runs to 3rd base on a hit to the outfield and stops on 3rd base;G

Group 3 starts at 3rd base, takes a secondary lead and then goes back to 3rd to tag up and score on a fly ball to the outfield.