



# PGSL 6U PRACTICE PLANS



## Practice 1

**Focus: Understanding the Game, Agility, Catching, Throwing, Base Running**

## Practice 2

**Focus: Understanding the Game, Agility, Catching, Throwing, Fielding/Footwork**

## Practice 3

**Focus: Agility, Throwing, Fielding/Footwork, Hitting**

## Practice 4

**Focus: Agility, Catching, Throwing, Base Running, Hitting**

## Practice 5

**Focus: Agility, Catching, Fielding/Footwork, Base Running, Hitting**

## Practice 6

**Focus: Competition Day! Catching, Throwing, Footwork, Hitting**

## Practice 7

**Focus: Throwing, Fielding/Footwork, Hitting**

## Practice 8

**Focus: Hitting, Fielding/Footwork, Base Running**



## **PRACTICE 1 Focus: Understanding the Game, Agility, Catching, Throwing, Base Running**

### **Game Introduction (10 Min)**

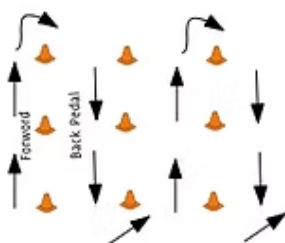
- The dugout and its purpose
- The bases, their purpose, and direction to run the bases
- The positions on the field, where they stand, and the difference between infield and outfield
- In game basics: What's an inning, 3 outs per half inning, What's an out, How is a runner safe, What's a strike, What's a ball

### **Agility Warm Up (10 Min)**

- One foot in each moving forward
- Two feet in each moving forward
- Two feet in each moving laterally



- Player starts at bottom left cone with glove and sprints forward
- Once past the top cone, the player back pedals in the opposite direction
- Player continues until through all cones



### **Introduce Catching (15 Min)**

- Have a coach discuss and demonstrate the proper catching fundamentals
- Start by having the coaches toss players a tennis ball up close with no glove
  - Have them start in a stationary athletic position with the legs flexed giving a target with both hands out front
  - Feed them the ball and have them catch it with their glove hand with their throwing hand covering up after the catch

- Feed them balls from your knee in different areas encouraging the use of their legs working up and down (but still stationary)
- If the ball is above their knee have them catch it finger tips up using their legs, below the knees catch finger tips down
- Have 3-4 lines and feed them 3 balls each and rotate
- Forehands/Backhands with tennis ball without the glove
  - Coaches start close and lightly underhand toss balls to the various 9 catching zones
  - In a stationary position, player's move their catching hand to the ball finger tips up/finger tips down
  - The focus isn't on catching the ball, but to get to the ball the correct way
  - Slowly move back as the players get comfortable with getting to the ball
- Now with the glove, have the player get athletic by bending at the knees and having the feet outside the shoulders
  - The coach will again feed 3 balls each from a close distance on their knee and rotate
  - The players will give a target using two hands
  - Focus on having them catch the ball finger tips up or finger tips down in a stationary position

### **Introduce Base Running (15 Min)**

- Have a coach introduce base running
- Running with proper mechanics
  - Running on the balls of the feet
  - Elbows in, arms pumping
  - Head up looking at the base ahead
- Running through the first base bag, touching the front of the bag
- Break down after touching the base by taking short choppy steps and getting the bottom closer to the ground
- Rounding first base touching the inside of the bag
- Focus on taking proper angles when rounding
- Time players running from home to first and home to second
- Log the times and time them throughout the season to see their progress

### **Introduce Throwing (15 Min)**

- Have a coach discuss and demonstrate the proper throwing fundamentals
- Player's throw to coaches
- Start with wrist snaps on the knees
  - Glove knee up, throwing hand knee down
  - Throwing arm is at 90 degree
  - Glove hand supports throwing elbow underneath
  - With ball in hand, wrist starts forward, comes back, and forward to snap
  - Arm does not move, just the wrist
- Throwing from the knee
- Start with glove shoulder facing target
- Glove to ear, ball separation behind throwing shoulder, elbow up
- On the throw, glove is tucked, wrist is snapped, throwing hand finished at opposite pocket
- Attempt to get the player's to go from shoulder to shoulder with their throws
- Throwing from the feet in an athletic position
- Utilize same mechanics mentioned above
- Targets can be used for fun, i.e. Hula Hoops or Buckets
- Start close and slowly move back.
- Can add a competition for fun having the players attempt to throw through a hula hoop at various distances starting close and slowly moving back



## **PRACTICE 2** Focus: Understanding the Game, Agility, Catching, Throwing, Fielding/Footwork

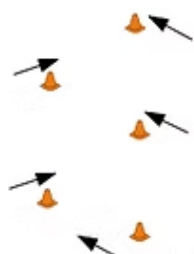
### **Game Introduction Review (5 Min)**

#### **Agility Warm Up (10 Min)**

- One foot in each moving forward
- Two feet in each moving forward
- Two feet in each moving laterally



- Running with their glove tucked in and out of cones
- Every other time, have the player drop step around the cone



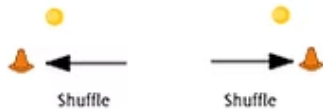
#### **Review Throwing (15 Min)**

- Have a coach review and demonstrate the proper throwing fundamentals
- Player's throw to coaches
- Start with wrist snaps on the knees
  - Glove knee up, throwing hand knee down
  - Throwing arm is at 90 degree
  - Glove hand supports throwing elbow underneath
  - With ball in hand, wrist starts forward, comes back, and forward to snap
  - Arm does not move, just the wrist
- Throwing from the knee
- Start with glove shoulder facing target
- Glove to ear, ball separation behind throwing shoulder, elbow up

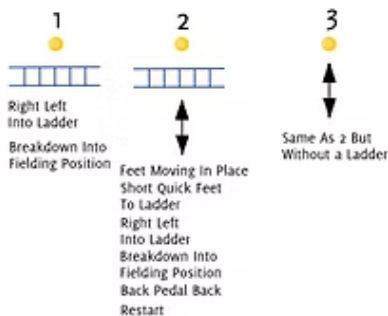
- On the throw, glove is tucked, wrist is snapped, throwing hand finished at opposite pocket
- Attempt to get the player's to go from shoulder to shoulder with their throws
- Throwing from the feet in an athletic position
- Utilize same mechanics mentioned above
- Targets can be used for fun, i.e. Hula Hoops or Buckets
- Start close and slowly move back.
- Can add a competition for fun having the players attempt to throw through a hula hoop at various distances starting close and slowly moving back

### **Introduce Fielding/Footwork (20 Min) Circuit**

- Discuss and demonstrate the proper fielding position
  - Feet a little wider than shoulders
  - Weight is on the inside of the balls of the feet
  - Bottom is down almost as if sitting on a chair
  - Back is straight
  - Glove is reaching out touching the ground with the arm still flexed not straight
  - The palm is towards the ball, not the sky
  - Throwing hand is over the top of the glove
  - Head is up
- Lateral Shuffle
  - Set up two balls 7-10 feet apart
  - Have the player start in the middle of the two balls in an athletic position
  - The player will shuffle laterally until they get to the ball which will be in front of them
  - The player will break down into the fielding position that was demonstrated earlier
  - Have them shuffle twice to each side and then rotate
  - Multiple stations can be setup for this footwork



- Fielding Footwork
  - Setting up in an athletic position with a ladder directly in front and a ball placed in front of the ladder that's running horizontal.
  - A right handed player will put their right foot in a ladder square followed by their left foot (it will be the opposite for a lefty)
  - As soon as the player gets their left foot down, they will reach with their glove towards the ball in a good fielding position
  - Right/Left reach for a righty, Left/Right reach for a lefty
  - The two steps into the ladder should be in rhythm
  - Next, move the players back so they have to take multiple steps
  - Focus on short choppy steps until they get to the ladder



- Glove Work
  - The players sets up in an athletic fielding position as described above
  - A coach rolls the ball to the player from 5-7 feet away
  - The player fields 3 balls without their glove with proper form tossing each ball back to the coach

### **Review Catching (15 Min)**

- Have a coach discuss and demonstrate the proper catching fundamentals
- Start by having the coaches toss players a tennis ball up close with no glove
  - Have them start in a stationary athletic position with the legs flexed giving a target with both hands out front
  - Feed them the ball and have them catch it with their glove hand with their throwing hand covering up after the catch
  - Feed them balls from your knee in different areas encouraging the use of their legs working up and down (but still stationary)
  - If the ball is above their knee have them catch it finger tips up using their legs, below the knees catch finger tips down
  - Have 3-4 lines and feed them 3 balls each and rotate
- Forehands/Backhands with tennis ball without the glove
  - Coaches start close and lightly underhand toss balls to the various 9 catching zones
  - In a stationary position, player's move their catching hand to the ball finger tips up/finger tips down
  - The focus isn't on catching the ball, but to get to the ball the correct way
  - Slowly move back as the players get comfortable with getting to the ball
- Now with the glove, have the player get athletic by bending at the knees and having the feet outside the shoulders
  - The coach will again feed 3 balls each from a close distance on their knee and rotate
  - The players will give a target using two hands
  - Focus on having them catch the ball finger tips up or finger tips down in a stationary position

### **Review Base Running (10 Min)**

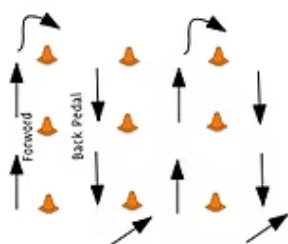
- Have a coach review and demonstrate the proper base running fundamentals
- Running with proper mechanics
  - Running on the balls of the feet
  - Elbows in, arms pumping
  - Head up looking at the base ahead
- Running through the first base bag, touching the front of the bag
- Break down after touching the base by taking short choppy steps and getting the bottom closer to the ground
- Rounding first base touching the inside of the bag
- Focus on taking proper angles when rounding



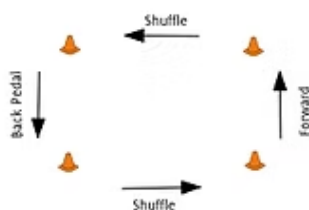
## PRACTICE 3 Focus: Agility, Throwing, Fielding/Footwork, Hitting

### Agility Warm Up (10 Min)

- Player starts at bottom left cone with glove tucked and sprints forward
- Once past the top cone, the player back pedals in the opposite direction
- Player continues until through all cones



- Player starts at bottom left cone with their glove out in a fielding position and shuffles feet athletically until outside bottom right cone
- Player sprints forward until past top right cone and shuffles left in a fielding position until outside top left cone
- Player then back pedals to bottom left cone



- Stationary feeds to a player with no glove
- Have player get into a proper fielding position and roll balls directly to them so their feet can stay stationary
- Focus is on getting the player into the proper fielding position and reaching out for the ball with their glove hand palm facing the ball and throwing hand over the glove hand
- Roll 3 to each and rotate

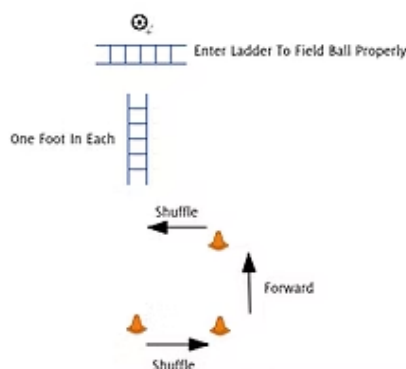
### Throwing (10 Min)

- Player's throw to coaches
- Start with wrist snaps on the knees
  - Glove knee up, throwing hand knee down
  - Throwing arm is at 90 degree

- Glove hand supports throwing elbow underneath
- With ball in hand, wrist starts forward, comes back, and forward to snap
- Arm does not move, just the wrist
- Throwing from the knee
- Start with glove shoulder facing target
- Glove to ear, ball separation behind throwing shoulder, elbow up
- On the throw, glove is tucked, wrist is snapped, throwing hand finished at opposite pocket
- Attempt to get the player's to go from shoulder to shoulder with their throws
- Throwing from the feet in an athletic position
- Utilize same mechanics mentioned above
- Targets can be used for fun, i.e. Hula Hoops or Buckets
- Start close and slowly move back.
- Can add a competition for fun having the players attempt to throw through a hula hoop at various distances starting close and slowly moving back

#### **Agility Competition (10 Min)**

- Player starts at front left cone with their glove and shuffles laterally to the right in an athletic position
- Once past the front right cone, the player sprints forward until past the cone ahead
- Once past, the player shuffles to the left
- When the player reaches the front of the ladder, they move forward with quick feet stepping one foot in each
- When player exits the ladder they use the proper footwork to enter the second ladder breaking down into a fielding position and extending the glove to the ball



#### **Catching (10 Min)**

- Start by having the coaches toss players a tennis ball up close with no glove
  - Have them start in a stationary athletic position with the legs flexed giving a target with both hands out front
  - Feed them the ball and have them catch it with their glove hand with their throwing hand covering up after the catch
  - Feed them balls from your knee in different areas encouraging the use of their legs working up and down (but still stationary)
  - If the ball is above their knee have them catch it finger tips up using their legs, below the knees catch finger tips down
  - Have 3-4 lines and feed them 3 balls each and rotate
- Forehands/Backhands with tennis ball without the glove
  - Coaches start close and lightly underhand toss balls to the various 9 catching zones
  - In a stationary position, player's move their catching hand to the ball finger tips up/finger tips down
  - The focus isn't on catching the ball, but to get to the ball the correct way
  - Slowly move back as the players get comfortable with getting to the ball
- Now with the glove, have the player get athletic by bending at the knees and having the feet outside the shoulders
  - The coach will again feed 3 balls each from a close distance on their knee and rotate
  - The players will give a target using two hands
  - Focus on having them catch the ball finger tips up or finger tips down in a stationary position

#### **Introduce Hitting (35 Min)**

- Have a coach discuss and demonstrate the proper hitting fundamentals
- Discuss and break down the swing at a very elementary level



- Have a coach demonstrate the fundamentals displayed in the images
  - Player is in an athletic stance
  - Feet positioned straight or slightly inward with weight on the inside
  - Feet are positioned just outside the shoulders with equal weight on each
  - To the contact point with a no stride approach
  - Through to extension
  - Finish
    - Main focus point should be the player using their hands more than their body
    - Young players aren't strong so they'll want to lock up their arms and use their body to swing
    - Focus on the arms staying flexed, the knob to the ball, and the player hitting the inside of the ball
    - The most difficult age group to teach hitting so keep it simple but effective
- Tee
  - The player sets up in an athletic stance
  - Feet positioned straight or slightly inward with weight on the inside
  - Feet are positioned just outside the shoulders with equal weight on each
  - Have the player just get to contact for 5-7 reps
    - At this point, the back foot and belly button should be pointed to the contact point
    - The back arm should be close to a 90 degree angle
  - Next, have the player get through contact and to extension for 5-7 reps
    - Have the player focus on making contact with the inside of the ball which forces the knob to the ball
    - At extension, the back shoulder should be underneath the chin which is down
    - At extension, the barrel of the bat should be facing the pitcher
  - Move the tee to the middle contact point and have the player take a full swing
  - Make necessary adjustments to a player's swing

[HOME](#) - [SoftBOK](#) - [LESSONS](#) - [CLINICS](#) - [CONTACT US](#) - [BLOG](#)

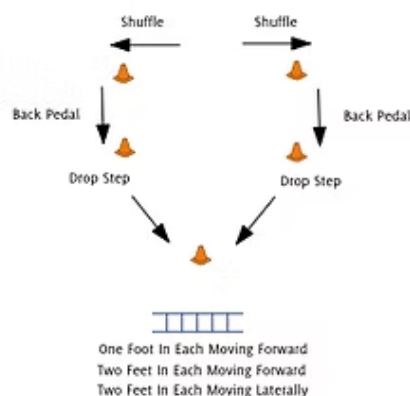
© 2016 by SOFTBALL COACH. Proudly created with [Wix.com](#)



## PRACTICE 4 Focus: Agility, Catching, Throwing, Base Running, Hitting

### Agility Warm Up (10 Min)

- This agility warm up is performed with their glove tucked
- Player starts at the top and shuffles to their left or right
- Once outside the cone, player back pedals to the second cone
- Once past, player drop steps and sprints to the centered cone
- They immediately go to the ladder as described below



- Repeat and alternate shuffle directions
- Stationary feeds to a player with no glove
- Have player get into a proper fielding position and roll balls directly to them so their feet can stay stationary
- Focus is on getting the player into the proper fielding position and reaching out for the ball with their glove hand palm facing the ball and throwing hand over the glove hand

### Throwing (10 Min)

- Player's throw to coaches
- Start with wrist snaps on the knees
  - Glove knee up, throwing hand knee down
  - Throwing arm is at 90 degree
  - Glove hand supports throwing elbow underneath
  - With ball in hand, wrist starts forward, comes back, and forward to snap
  - Arm does not move, just the wrist
- Throwing from the knee
- Start with glove shoulder facing target
- Glove to ear, ball separation behind throwing shoulder, elbow up

- On the throw, glove is tucked, wrist is snapped, throwing hand finished at opposite pocket
- Attempt to get the player's to go from shoulder to shoulder with their throws
- Throwing from the feet in an athletic position
- Utilize same mechanics mentioned above
- Targets can be used for fun, i.e. Hula Hoops or Buckets
- Start close and slowly move back.
- Can add a competition for fun having the players attempt to throw through a hula hoop at various distances starting close and slowly moving back

### **Catching (10 Min)**

- Start by having the coaches toss players a tennis ball up close with no glove
  - Have them start in a stationary athletic position with the legs flexed giving a target with both hands out front
  - Feed them the ball and have them catch it with their glove hand with their throwing hand covering up after the catch
  - Feed them balls from your knee in different areas encouraging the use of their legs working up and down (but still stationary)
  - If the ball is above their knee have them catch it finger tips up using their legs, below the knees catch finger tips down
  - Have 3-4 lines and feed them 3 balls each and rotate
- Forehands/Backhands with tennis ball without the glove
  - Coaches start close and lightly underhand toss balls to the various 9 catching zones
  - In a stationary position, player's move their catching hand to the ball finger tips up/finger tips down
  - The focus isn't on catching the ball, but to get to the ball the correct way
  - Slowly move back as the players get comfortable with getting to the ball
- Now with the glove, have the player get athletic by bending at the knees and having the feet outside the shoulders
  - The coach will again feed 3 balls each from a close distance on their knee and rotate
  - The players will give a target using two hands
  - Focus on having them catch the ball finger tips up or finger tips down in a stationary position

### **Base Running (15 Min)**

- Running with proper mechanics
  - Running on the balls of the feet
  - Elbows in, arms pumping
  - Head up looking at the base ahead
- Running through the first base bag, touching the front of the bag and breaking down
- Rounding first base touching the inside of the bag going to second
- Relay Race
  - Split the team in half with one group starting at home and one starting at second base
  - The player at home will run from home to home before the next runner can start
  - The player at second will run second and back to second before the next runner can start
  - The winner of the race is the team that finishes first
  - Encourage proper running form and proper angles

### **Hitting (30 Min)**

- Tee
  - The player sets up in an athletic stance
  - Feet positioned straight or slightly inward with weight on the inside
  - Feet are positioned just outside the shoulders with equal weight on each
  - Have the player just get to contact for 5-7 reps
    - At this point, the back foot and belly button should be pointed to the contact point
    - The back arm should be close to a 90 degree angle
  - Next, have the player get through contact and to extension for 5-7 reps
    - Have the player focus on making contact with the inside of the ball which forces the knob to the ball
    - At extension, the back shoulder should be underneath the chin which is down
    - At extension, the barrel of the bat should be facing the pitcher
  - Move the tee to the middle contact point and have the player take a full swing
  - Make necessary adjustments to a player's swing
  - Hitting Drill

- Set up the tee for a middle contact swing
  - Set up two cones 10-12 feet in front that are spread 10 feet apart
  - Have the players take swings trying to hit the ball over and inside the two cones
- [HOME](#) - [SoftBOK](#) - [LESSONS](#) - [CLINICS](#) - [CONTACT US](#) - [BLOG](#)  
© 2016 by SOFTBALL COACH. Proudly created with [Wix.com](#)



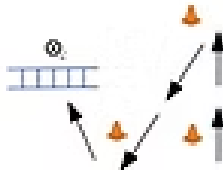
## PRACTICE 5 Focus: Agility, Catching, Fielding/Footwork, Base Running, Hitting

### Agility Warm Up (10 Min)

- With a glove, player shuffles left and when in front of the ball, breaks down into the proper fielding position and then shuffles to the ball opposite and repeats
- Encourage staying athletic
- Do this 3 times to each side



- With a glove, player starts at bottom right cone and sprints forward to the cone ahead, back pedals to bottom left cone and approaches the ladder and ball breaking down into a proper fielding position



- Stationary feeds to a player with no glove
- Have player get into a proper fielding position and roll balls directly to them so their feet can stay stationary.
- Focus is on getting the player into the proper fielding position and reaching out for the ball with their glove hand palm facing the ball and throwing hand over the glove hand
- Roll 3 to each and rotate

### Hitting (35 Min)

- Main focus point should be the player using their hands more than their body
  - Young players aren't strong so they'll want to lock up their arms and use their body to swing
  - Focus on the arms staying flexed, the knob to the ball, and the player hitting the inside of the ball
  - The most difficult age group to teach hitting so keep it simple but effective
- Tee
  - The player sets up in an athletic stance
  - Feet positioned straight or slightly inward with weight on the inside
  - Feet are positioned just outside the shoulders with equal weight on each
  - Have the player just get to contact for 5-7 reps
    - At this point, the back foot and belly button should be pointed to the contact point
    - The back arm should be close to a 90 degree angle

- Next, have the player get through contact and to extension for 5-7 reps
  - Have the player focus on making contact with the inside of the ball which forces the knob to the ball
  - At extension, the back shoulder should be underneath the chin which is down
  - At extension, the barrel of the bat should be facing the pitcher
- Move the tee to the middle contact point and have the player take a full swing
- Make necessary adjustments to a player's swing
- Hitting Drill
  - Set up the tee for a middle contact swing
  - Set up two cones 10-12 feet in front that are spread 10 feet apart
  - Have the players take swings trying to hit the ball over and inside the two cones

### **Throwing (10 Min)**

- Player's throw to coaches
- Start with wrist snaps on the knees
  - Glove knee up, throwing hand knee down
  - Throwing arm is at 90 degree
  - Glove hand supports throwing elbow underneath
  - With ball in hand, wrist starts forward, comes back, and forward to snap
  - Arm does not move, just the wrist
- Throwing from the knee
- Start with glove shoulder facing target
- Glove to ear, ball separation behind throwing shoulder, elbow up
- On the throw, glove is tucked, wrist is snapped, throwing hand finished at opposite pocket
- Attempt to get the player's to go from shoulder to shoulder with their throws
- Throwing from the feet in an athletic position
- Utilize same mechanics mentioned above
- Targets can be used for fun, i.e. Hula Hoops or Buckets
- Start close and slowly move back.
- Can add a competition for fun having the players attempt to throw through a hula hoop at various distances starting close and slowly moving back

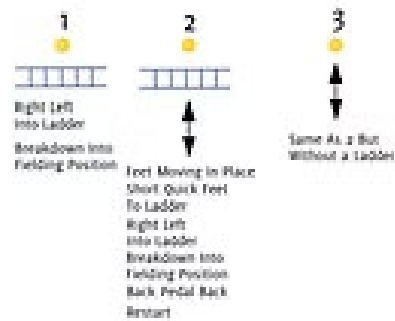
### **Catching (10 Min)**

- Start by having the coaches toss players a tennis ball up close with no glove
  - Have them start in a stationary athletic position with the legs flexed giving a target with both hands out front
  - Feed them the ball and have them catch it with their glove hand with their throwing hand covering up after the catch
  - Feed them balls from your knee in different areas encouraging the use of their legs working up and down (but still stationary)
  - If the ball is above their knee have them catch it finger tips up using their legs, below the knees catch finger tips down
  - Have 3-4 lines and feed them 3 balls each and rotate
- Have the coaches toss balls just outside their glove side or and side
  - Have them start in a stationary athletic position with the legs flexed giving a target with both hands out front
  - Feed them the ball and have them move their feet to the ball
    - If tossed glove side, the footwork is glove foot to the ball, back foot plants, lead foot to the target
    - Have the player finish in an athletic throwing position
    - If tossed hand side, the footwork is back foot plants, and glove foot leads to the target
  - Have 3-4 lines and feed them 3 balls each and rotate
- Now with the glove, have the player get athletic by bending at the knees and having the feet outside the shoulders
  - The coach will again feed 3 balls each from a close distance on their knee and rotate
  - The players will give a target using two hands
  - Focus on having them catch the ball finger tips up or finger tips down in a stationary position

### **Fielding/Footwork (10 Min)**

- Fielding Footwork
  - Setting up in an athletic position with a ladder directly in front and a ball placed in front of the ladder that's running horizontal.
  - A right handed player will put their right foot in a ladder square followed by their left foot (it will be the opposite for a lefty)
  - As soon as the player gets their left foot down, they will reach with their glove towards the ball in a good fielding position
  - Right/Left reach for a righty, Left/Right reach for a lefty
  - The two steps into the ladder should be in rhythm

- Next, move the players back so they have to take multiple steps
- Focus on short choppy steps until they get to the ladder



### **Agility/Footwork/Base Running (15 Min)**

- Have a coach simulate a pitcher
- Proper leads and footwork, step, step, shuffle, shuffle, go
- Quick feet through the ladder, one foot in each, then two feet in each
- Work on rounding the base getting to the inside





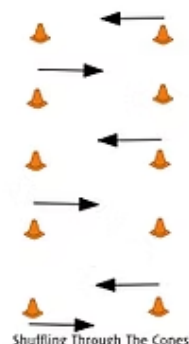
## PRACTICE 6 **Focus: Competition Day! Catching, Throwing, Footwork, Hitting**

### Agility Warm Up (10 Min)

- Player starts in the middle facing the coach with feet moving in place
- The coach points to a cone and the player sprints and touches the cones and returns to the middle with feet still moving
- The cones can be picked randomly and in no particular order
- Do this for 5-6 touches



- Player shuffles laterally right and left around the outside of the cone with glove tucked



- Stationary feeds to a player with no glove
- Have player get into a proper fielding position and roll balls directly to them so their feet can stay stationary.
- Focus is on getting the player into the proper fielding position and reaching out for the ball with their glove hand palm facing the ball and throwing hand over the glove hand
- Roll 3 to each and rotate

### Catching Competition (15 Min)

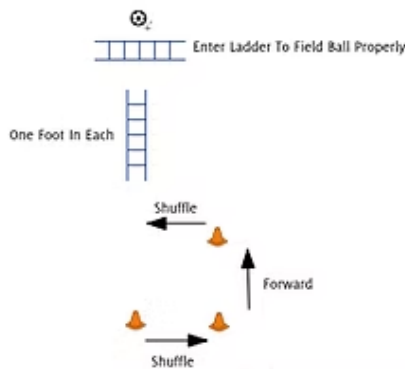
- Warm up by tossing balls to players in various locations
- After a good warm up, toss each player from a comfortable distance 10 balls
- Award a player 1 point for a ball that touches their glove and 2 points for a catch



- Reward players with a prize (i.e. a small piece of candy)

### **Agility Competition (10 Min)**

- Player starts at front left cone with their glove and shuffles laterally to the right in an athletic position
- Once past the front right cone, the player sprints forward until past the cone ahead
- Once past, the player shuffles to the left
- When the player reaches the front of the ladder, they move forward with quick feet stepping one foot in each
- When player exits the ladder they use the proper footwork to enter the second ladder breaking down into a fielding position and extending the glove to the ball



### **Hitting Competition (30 Min)**

- Tee
  - Athletic stance with no stride approach
  - Feet positioned straight or slightly inward with weight on the inside
  - Feet are positioned just outside the shoulders with equal weight on each
  - Position the tee and the middle contact point and have the player take a full swing
  - Focus on staying athletic through to extension with chin staying down
  - Have the player take a full swing finishing high at the shoulder
  - Move the tee to inside and outside contact points
  - Make necessary adjustments to a player's swing
- After a good warm up...
- COMPETITION..
- Set up a series of cones in front of home plate 10-15 feet out
- Players setup at home plate
- Have the players take 10 swings off of the tee
- Award a point for every ball that clears the cones on the fly

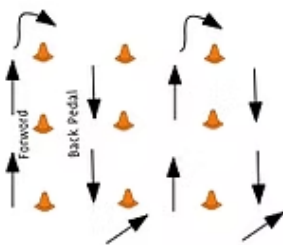
### **Throwing (15 Min)**

- Players continue to throw to coaches
- Knee wrist snaps with glove
- Regular throws starting close and slowly move back.
- Add a competition for fun having the players attempt to throw into a bucket from 10-12 feet or through a hula hoop
- The focus is on elevating the ball with a proper release point and wrist snap

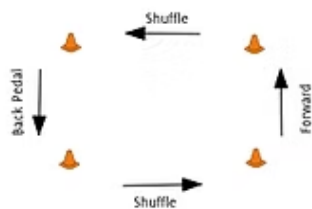
## PRACTICE 7 Focus: Throwing, Fielding/Footwork, Hitting

### Agility Warm Up (10 Min)

- Player starts at bottom left cone with glove and sprints forward
- Once past the top cone, the player back pedals in the opposite direction
- Player continues until through all cones



- Player start at bottom right cone with their glove and shuffles feet athletically until outside bottom right cone
- Player sprints forward until past top right cone and shuffles left until outside top left cone
- Player then back pedals to bottom left cone



- Stationary feeds to a player with no glove
- Have player get into a proper fielding position and roll balls directly to them so their feet can stay stationary
- Focus is on getting the player into the proper fielding position and reaching out for the ball with their glove hand palm facing the ball and throwing hand over the glove hand
- Roll 3 to each and rotate

### Throwing (10 Min)

- Player's throw to coaches
- Start with wrist snaps on the knees
  - Glove knee up, throwing hand knee down
  - Throwing arm is at 90 degree
  - Glove hand supports throwing elbow underneath

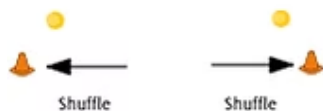
- With ball in hand, wrist starts forward, comes back, and forward to snap
- Arm does not move, just the wrist
- Throwing from the knee
- Start with glove shoulder facing target
- Glove to ear, ball separation behind throwing shoulder, elbow up
- On the throw, glove is tucked, wrist is snapped, throwing hand finished at opposite pocket
- Attempt to get the player's to go from shoulder to shoulder with their throws
- Throwing from the feet in an athletic position
- Utilize same mechanics mentioned above
- Targets can be used for fun, i.e. Hula Hoops or Buckets
- Start close and slowly move back.
- Can add a competition for fun having the players attempt to throw through a hula hoop at various distances starting close and slowly moving back

### **Catching (10 Min)**

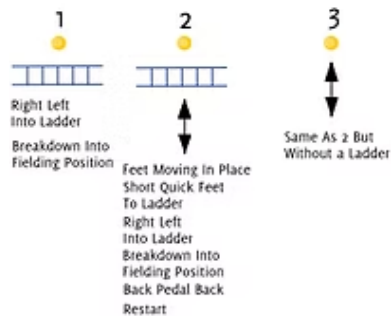
- Start by having the coaches toss players a tennis ball up close with no glove
  - Have them start in a stationary athletic position with the legs flexed giving a target with both hands out front
  - Feed them the ball and have them catch it with their glove hand with their throwing hand covering up after the catch
  - Feed them balls from your knee in different areas encouraging the use of their legs working up and down (but still stationary)
  - If the ball is above their knee have them catch it finger tips up using their legs, below the knees catch finger tips down
  - Have 3-4 lines and feed them 3 balls each and rotate
- Have the coaches toss balls just outside their glove side or and side
  - Have them start in a stationary athletic position with the legs flexed giving a target with both hands out front
  - Feed them the ball and have them move their feet to the ball
    - If tossed glove side, the footwork is glove foot to the ball, back foot plants, lead foot to the target
    - Have the player finish in an athletic throwing position
    - If tossed hand side, the footwork is back foot plants, and glove foot leads to the target
  - Have 3-4 lines and feed them 3 balls each and rotate
- Now with the glove, have the player get athletic by bending at the knees and having the feet outside the shoulders
  - The coach will again feed 3 balls each from a close distance on their knee and rotate
  - The players will give a target using two hands
  - Focus on having them catch the ball finger tips up or finger tips down in a stationary position

### **Review Fielding/Footwork (20 Min) Circuit**

- Discuss and demonstrate the proper fielding position
  - Feet a little wider than shoulders
  - Weight is on the inside of the balls of the feet
  - Bottom is down almost as if sitting on a chair
  - Back is straight
  - Glove is reaching out touching the ground with the arm still flexed not straight
  - The palm is towards the ball, not the sky
  - Throwing hand is over the top of the glove
  - Head is up
- Lateral Shuffle
  - Set up two balls 7-10 feet apart
  - Have the player start in the middle of the two balls in an athletic position
  - The player will shuffle laterally until they get to the ball which will be in front of them
  - The player will break down into the fielding position that was demonstrated earlier and get into a throwing position
  - Have them shuffle twice to each side and then rotate
  - Multiple stations can be setup for this footwork



- Fielding Footwork
  - Setting up in an athletic position with a ladder directly in front and a ball placed in front of the ladder that's running horizontal.
  - A right handed player will put their right foot in a ladder square followed by their left foot (it will be the opposite for a lefty)
  - As soon as the player gets their left foot down, they will reach with their glove towards the ball in a good fielding position
  - Right/Left reach for a righty, Left/Right reach for a lefty
  - The two steps into the ladder should be in rhythm
  - Next, move the players back so they have to take multiple steps
  - Focus on short choppy steps until they get to the ladder



- Fielding Footwork II
  - Have the players set up in athletic fielding position
  - Roll them a ball and have them field ball working through the ball the ball
  - Have them utilize the proper footwork as in the drill above
  - They will finish in athletic throwing position

### **Hitting (30 Min)**

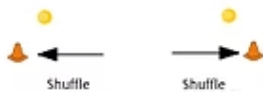
- Tee
  - The player sets up in an athletic stance
  - Feet positioned straight or slightly inward with weight on the inside
  - Feet are positioned just outside the shoulders with equal weight on each
  - Have the player just get to contact for 5-7 reps
    - At this point, the back foot and belly button should be pointed to the contact point
    - The back arm should be close to a 90 degree angle
  - Next, have the player get through contact and to extension for 5-7 reps
    - Have the player focus on making contact with the inside of the ball which forces the knob to the ball
    - At extension, the back shoulder should be underneath the chin which is down
    - At extension, the barrel of the bat should be facing the pitcher
  - Move the tee to the middle contact point and have the player take a full swing
  - Make necessary adjustments to a player's swing
- Introduce Soft Toss
  - Have a coach discuss and demonstrate the proper fundamentals of soft toss
  - Coach kneels to the side and slightly in front of batter
  - Coach slowly tosses the ball to batters strike zone
  - Batter swings through with focus points above



## **PRACTICE 8 Focus: Hitting, Fielding/Footwork, Base Running**

### **Agility Warm Up (10 Min)**

- With a glove, player shuffles left and when in front of the ball, breaks down into the proper fielding position and then shuffles to the ball opposite and repeats
- Encourage staying athletic
- Do this 3 times to each side



- One foot in each moving forward
- Two feet in each moving forward
- Two feet in each moving laterally



- Stationary feeds to a player with no glove
- Have player get into a proper fielding position and roll balls directly to them so their feet can stay stationary
- Focus is on getting the player into the proper fielding position and reaching out for the ball with their glove hand palm facing the ball and throwing hand over the glove hand
- Roll 3 to each and rotate

### **Catching/Throwing (10 Min)**

- Knee wrist snaps with glove
- Throwing from the knees
- Regular throws starting close and slowly move back.
- Add a competition for fun having the players attempt to throw into a bucket from 10-12 feet

### **Hitting (25 Min)**

- Tee
  - Athletic stance with no stride approach
  - Feet positioned straight or slightly inward with weight on the inside
  - Feet are positioned just outside the shoulders with equal weight on each
  - Have the player just get to contact and through to extension starting slow then progressively getting faster maintaining proper form
  - Focus on staying athletic through to extension with chin staying down
  - Have the player take a full swing finishing high at the shoulder
  - Position the tee to the middle contact point and have the player take a full swing
- Review Soft Toss
  - Have a coach a coach review the fundamentals of soft toss
  - Coach kneels to the side and slightly in front of batter
  - Coach slowly tosses the ball to batters strike zone
  - Batter swings through with focus points above
- Introduce Short Front Toss
  - Have a coach discuss and demonstrate front toss
  - Coach pitches from 12-15 feet away
  - Keep focus on proper mechanics
  - Make necessary adjustments

#### **Infield/Outfield Defense (40 Min)**

- Infield/Outfield
- **Infield/Outfield Warm Ups (20 Min)**
  - Split the team in to two groups
  - Have one coach work with outfield fundamentals introducing throwing soft fly balls up close with a tennis ball
  - Have another coach work with the infield rolling
    - You can have the players stay in one position or can rotate them through the infield from third, to short stop, to second, and then first
    - Work on force plays to first
    - Stress the fundamentals of good footwork, working through the ball, staying athletic, and good throws
  - After 10 minutes, the infield goes to the outfield and outfield goes to the infield

#### **Infield/Outfield Defense (30 Min)**

- Coach places the players in positions
  - The coaching starts with the outfield hitting to the left fielder, center fielder, then right fielder
  - The coach hits each outfielder 2 balls with the outfielder throwing to their cut off
  - When the ball is on the left side to the outfield, the cut off is to the short stop
    - The short stop is to look for a play at a base or run and throw the ball in to the pitcher
  - When the ball is on right side, the cut off is the second baseman
    - The second baseman will look for a play at a base or run and throw the ball in to the pitcher
  - The coach then hits balls to infielders softly
  - Each position receives 2 balls one at a time and makes a throw to first
  - The outfield can work on moving an backing up the play
  - For advanced teams, teach a rotation with a runner on first and have the second base cover 2nd base with throws going to 2nd
  - Teach force out at each base if they receive a ball close to their base to tag