

## Sample Practice Plan #3

### Welcome Activity

0:00 - 0:10

### **“Clean Up Crew”**

- Cones - 2 squares, 2 teams, who can flip the most number of wiffles from one side to the other.

### Warm Up Routine

0:10 - 0:20

- High knees
- Squats
- Butt kickers
- Lunges
- Side shuffles
- Carioca
- Arm stretches

### Throwing Routine

0:20 - 0:30

- Feet planted, trunk rotation throws
- Step and throw
- Box step and throw
- Shuffle and throw (“crow hop”)
- Long Toss

### Defensive Positions/Drills (4 Stations - 10 min each)

0:30 - 1:10

#### **Station 1 @ First Base**

- Basic Positioning as ball is pitched, behind or in front of base path, expect bunt
- Basic receiving foot work, both feet on edge of bag
- Ball to the left, keep right foot on bag, stretch with left
- Ball to the right, keep left foot on bag, stretch with right
- Balls up the line, come off bag and swipe tag
- Balls in the dirt, stretch and scoop

#### **Station 2 @ Second Base**

- Basic Positioning, cheat middle with runner on first, move back/forward, left/right based on hitter and timing of swings, speed of pitcher, communicate with SS re: who is covering
- Runner on 1<sup>st</sup>, plays at 2B
  - Hard balls right at you, drop left knee, spin and throw to 2B
  - Slow balls right at you, charge and side toss to 2B
  - Balls to left, spin glove side, set feet and throw
  - Balls to the right, underhand
  - Balls to the far right, touch base on own
- Back up on throw from catcher with runner on third, and passed balls plays at plate
- Back up on throws to first base from SS, P or 3B

### Station 3 @ Shortstop

- Basic Positioning, cheat middle with runner on 1<sup>st</sup> to cover for steal and be at 2B for throw, move back/forward, left/right based on hitter and timing of swings, speed of pitcher, communicate with 2B re: who is covering
- Runner on 1<sup>st</sup>, plays at 2B
  - Hard balls right at you, drop left foot back and throw to 2B
  - Slow balls right at you, charge and throw on run to 2B
  - Balls to right, backhand, set feet and throw
  - Balls to left, underhand
  - Balls to the far left, touch base on own
- Back up on throw from catcher with runner on third, and passed balls plays at plate
- Back up on throw to third base from catcher or pitcher

### Station 4 @ Third Base

- Basic Positioning, in front for smaller/faster players, expect a bunt
- Balls thrown down from catcher on steal, straddle bag and slap tag
- Balls thrown down on hops, scoop and tag, or keep in front of you and knock down
- Bunted balls, come charging, set feet and throw to 1B

### Outfield Work

1:10 - 1:30

- Basic Positioning, depth, adjust with the hitter, 2 outs play conservative (no dives/no doubles)
- Catch the ball in front of head/chest whenever possible
- Run back, and then through the ball – don't catch flat footed
- Drop step to the right, work on angles and over the shoulder catch
- Drop step to the left, work on angles and over the shoulder catch
- Blind spot drills, have player back with head down to a spot, then look up, find ball and work back through
- Ground balls, runner not advancing, drop to a knee, keep in front, throw ball in to cut-off quickly
- Ground balls, runner advancing, field on side and crow hop with a hard throw all the way to a base, but *through* the cut-off man
- Always back-up on throws to first, second and third
- Fly balls
  - Back first
  - Find fence
  - Communicate with calling balls
  - Communicate with letting teammate know about room/fence, in/back
  - Line drive, first step back

### Baserunning

1:30 - 1:45

- Start in sprinter position on each base
- Secondary (Slide, slide, slide- better than hop., hop, hop) from 1<sup>st</sup> and 2<sup>nd</sup> base
- Walking lead from third base

- Balls in dirt/passed balls, good jump and go
- Slides
  - At first, when appropriate
  - Head first dive back
  - At second and third, pop-up slides
  - Home, hook or backdoor slide
- Rounding bases – touch inside corner, take good turns
- Pick up coaches on balls hit to outfield from 1B or 2B and practice,

Game

1:45 - 2:00

- 3 Team Scrimmage (Red, White, Blue)