

2023 Fall Ball Minor Practice Plan

5 min Welcome/Stretching Icebreaker game

Warm Up

Short Hop Showdown

Players in pairs on the infield, 10' apart, each pair a ball.

- Player with ball throws to partner with a short hop (bounced a few feet in front of them).
- The fielder scoops the ball and returns to partner with a short hop.
- Remind fielders to keep their thumb down toward the ground for proper glove position.

Repeat the drill, this time standing.

- Remind fielders to anticipate the play in a low, athletic stance.

40 minutes of Stations

Station 1: Beat the ball ~10 players 20 minutes

Position 5 players: infielders and catcher (pitcher if more positions are needed/more players). Rest of players line up behind home plate ready to run.

Coach places ball half way up third base line.

- On Coach call, runner at home begins sprinting around the bases.
- Third baseman charges in to field the ball as the shortstop slides in to cover third.
- The fielders throw the ball around the diamond, from first – to second – to third – to home, in a race to get the ball to the plate before the runner gets to home plate.
- Remind fielders to keep their feet moving to keep the rhythm
- Remind runners to ignore the fielders. The best way to beat the ball is to keep their head down, and hustle.

Players take turns running and then fielders/runners switch.

Station 2: Hitting for contact ~5 players 10 minutes

Fielders are spread apart in front of the batter, 15-20' from the batter.

Coach tosses underhand wiffleball hit to batter, batter tries to hit a grounder to their team mates.

The ball must touch the ground out in front of the fielders.

A caught fly ball: batter is out. Home run over team mates' heads: batter is out.

Players take turns being the batter.

- Remind fielders to keep their thumb down toward the ground for proper glove position.
- Remind the batter to choke up on the bat for more control, this isn't just "the hardest swing you can manage", this is an intentional, accurate swing with sure contact

Station 3: Pitching ~5 players 10 minutes

5 minutes The Finish Drill

5 minutes the Scarecrow Drill

1 hour scrub Coach Pitch