

2023 Fall Ball Minor Practice Plan #3

5 min Welcome/Stretching Icebreaker game

Warm Up

Kneeling 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.

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: LOWER HALF HITTING – Use Your Legs ~5 players 10 minutes

- Line up tees and position a batter at each tee (no balls). Today's focus is keeping weight back on back lower half.
- Lead these beginner positioning drills several times with entire group [9-10U Hitting Drills - YouTube](#).
- Review [Stop lunging forward](#) with each player, practice by hitting off a tee (wiffle ball or baseball)
- Players can spread out a distance away to field each hit ball

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

The Finish Drill

the Scarecrow Drill

- Break into pairs for pitch/catch work

1 hour scrub PLAYER PITCH

- Pitch coach stays with pitcher whole game (glove on)
- Each pitcher sees 2-3 batters
- Remind fielders of athletic stance
- Position players, explain position
- Explain coverage responsibility
- Explain cut off
- Short / Second Discussion