

2023 Fall Ball Minor Practice Plan #2

5 min Welcome/Stretching Icebreaker game



Warm Up

Throw from Knees

Throwing knee down always (perpendicular to front leg)

Players line up in pairs about 10' apart

- Throwing hand should go to the player's thigh, before bringing the elbow up and facing the ball out
- Player will perform the overhand throw toward the partner, releasing the ball, and following through until palm fully down or past glove knee
- Coach encourage flick of wrist to work on foundational form.
- Coach wants to see

40 minutes of Stations

Station 1: Knock it off (pitching) ~5 players 10 minutes

Equipment: Tee, dodgeball/soccer ball, ball bucket

Review the pitching positions learned last week. Have players line up and practice scarecrow and big step.

Position dodge/soccer ball on top of tee. Players line up behind a bucket of balls.

- Each player pitches a baseball toward the tee
- They get 2 points for knocking the ball off and 1 point for hitting the tee/ball
- Remind pitchers to take the big step (much more accuracy if they stride toward their target)
- Remind players to fully separate into a full open position before their pitch

Station 2: Soft Toss Hitting ~5 players 10 minutes

Equipment: Ball bucket

- Coach soft tosses several balls to each batter (from the side)
- Other players field the hit ball
- Focus on level swing, elbow first, follow through, good foot positioning
- Remind fielders to call it

Station 3: Mind the Gap ~5 players 10 minutes

Equipment: 2 pylons and 1 ball per group

Position two pylons in the outfield 20'-30' apart, divide group equally, line up at each pylon

- One line is the primary fielders, other line is back ups
- Coach lobs fly ball directly between the two pylons
- The first two players from each line move to field the fly ball. Once caught, return to coach with proper, accurate throw.
- Swap lines so both lines have turns being primary/backup
- Remind primary fielders to call the ball
- Remind back up fielders to stay out of primary's way, but be ready to help

Station 4: Infield / Positioning Practice ~5 players 10 minutes

Equipment: ball

Position players at all the infield positions.

- Coach bats ball to the various positions, infielders field the ball to first to get the runner out.
- Teach communication (pre-determining where the play will be)
- Ensure all positions get to field a few repetitions, then rotate the players
- Short/second sharing
- Ground ball pick-up mechanics (forehand/backhand)
- Transfer, footwork, throw
- 1st Base Target, Receiving, Stretch

1 hour scrub Coach Pitch

- Remind fielders of athletic stance
- Position players, explain position
- Explain coverage responsibility
- Explain cut off
- Short / Second Discussion