

Game Plan: Week 5

QUICK

10 minutes — Run the bases: Home to 1st Base/1st Base to 3rd Base

- Batter steps into the batter's box on the appropriate side of the plate using rubber footprints. On the coach's command, he or she takes a full swing (practice swing, no ball is pitched)
- Batter runs from batter's box to first base and then to third base when next batter swings and runs to first base

COACH: Keep an eye on each runner's feet at first base and make sure that he or she knows to keep one foot on the base before running to 2nd base



Baserunning warmup

BREAKOUT INSTRUCTION — 4 Stations/Rotate on Hitting Station every 3-4 minutes/Mix teams at each station/waterbreak at end

STATION 1: Throwing to Target — from Pitcher's mound

POSITIONING: Single file line beside coach on mound or pitcher's circle

- Target is located 25' away from players and positioned at 1st base
- Each player straddles a cone facing home plate
- Coach tosses a fly ball, player fields it with or without a glove
- Proper grip, step towards target
- Throw and follow-through

1

COACH: After everyone has thrown, have players hustle to retrieve the balls and put them into the bucket



Throwing-to-Target station

STATION 2: Throwing Progression — located on RF foul line

POSITIONING: Players toe foul line, each one straddles their field cone

- "Scarecrows" — throwing to coach
- Player straddles field cone with non-throwing shoulder pointed at coach (sideways). Hands with ball in throwing hand are shoulder high
- Player rocks weight onto throwing foot, steps toward coach with non-throwing foot and throws to coach
- Coach follows typewriter method to catch for each player

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COACH: Emphasize transferring weight from back foot to front foot



Throwing Station

STATION 3: Hitting Progression — located at 2nd base, hitting toward CF

POSITIONING: 1 batter, on-deck batters field balls in the outfield

- Hitter stands at 2nd base (lay a throw-down home plate on top of base if possible)
- Remind players of proper grip and foot positioning (use rubber footprints)
- Proper swing and follow-through — natural bat swing
- Coach on a knee, provides underhand front soft-toss or overhand soft-toss
- Induce contact to develop hand-eye coordination

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COACH: Goal is to toss the ball into the hitter's bat path



Hitting Station

STATION 4: Fielding Progression — located on LF foul line

POSITIONING: Players toe the foul line, each one stands behind a field cone, lines up belt buckle with cone

- Review ground balls
- Review fly balls and line drives
- Alternate equipment (QB softballs and baseballs) as you see fit

4

COACH: Use typewriter-style rotation when tossing balls



Fielding Station

Game Time! Cycle Format/Singles & Doubles

BATTING TEAM - Hit for singles and doubles

- Each batter swings for a single in inning 1 and doubles in inning 2. Repeat as time allows
- Batters get up to 5 swings per at bat. Ball is randomly tossed into field of play if 5th swing doesn't produce a fair ball

FIELDING TEAM - Throw all batted balls to coach at 1st base in inning 1 and 2nd base in inning 2

- Use numbered field spots to assign positions. Fielders play a different position each inning. Coach/helper plays appropriate base
- SCORING: Offense - 1 pt. per safe hit, 2 pts. per Home Run
Defense - 1 pt. per out