

Game Plan: Week 7

10 minutes — Run the bases: Home to 2nd Base/2nd Base to Home

- 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 2nd base. This time he/she stays at 2nd base, then runs to 3rd base and through home plate when the next batter takes his or her swing

COACH: Make sure batter makes proper turn around 1st base. Also, make sure runner makes proper turn when rounding third 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 — distance throw from Shortstop

POSITIONING: Single file line beside coach at shortstop base

- Distance throw from shortstop area to 1st base
- Players take turns standing on field number 6
- Player fields a slow grounder, throws at 1st base target located 40' away
- Proper grip, step towards target
- Throw and follow-through

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COACH: After everyone has thrown one time, roll a slow ground ball to each player, have them charge the ball and then throw to the target



Throwing-to-Target station

STATION 2: Throwing Progression — located on RF foul line

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

- "Step, Catch and Throw" — throwing to coach
- Player faces coach. Hands with ball in throwing hand are shoulder high. (coach should demonstrate and work on positioning players).
- Player steps with throwing foot toward, steps through with throwing foot, throws to coach (complete throwing process)
- Coach follows typewriter method to catch for each player

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COACH: Emphasize proper footwork. Step-by-step if necessary



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 straddles their cone

- Review ground balls
- Review fly balls and line drives
- QB Baseballs

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COACH: Back up in distance to challenge players



Fielding station

Game Time! Cycle Format/Singles & Triples

BATTING TEAM - Hit for singles and triples

- Each batter swings for a single in inning 1 and triple 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 to coach at 3rd base in inning 2

- Use numbered field spots to assign positions
- Fielders play a different position each inning

SCORING: Offense - 1 pt. per safe hit, 2 pts. per HR
Defense - 1 pt. per out

QUICKBALL