

2 Hour practice schedule / Tee Ball and Minors

10 MIN: **Kids stretch and get their arms loose** while coaches get organized.

Have kids get 2 parallel lines and throw to each other until their arms are loose. Have the kids take one step back after each throw until they have reached their throwing and catching distance.

Defense - Ground balls 25 Minutes total

15 MIN: One coach between home plate & 1st base, he hits balls to SS

One coach between home plate & 3rd base, he hits balls to 2nd

This time they are to throw the ball back to the coaches. Nice strong throws back to his chest.

Hit basic ground ball and stress the following:

- 1) STAY LOW keep glove down bare hand up
- 2) Keep ball between feet
- 4) Proper feet position. (Point heel to target)
- 3) CHIN - BELLY – POWER

10 MIN: four corners drill:

We call this drill the Four Corners. Players are located at 3B (fielding position), 2B (on bag), 1B (on bag) and at catcher. All other players are lined up at 3B coaching box. Coach hits ground ball to 3B who throws to 2B who throws to 1B who throws to catcher. After they throw, the player then sprints to the position he threw to. The next player in line then assumes 3B and the drill starts over. When everyone has been through I then place the players at 1B and the drill goes from 1B to 2B to 3B to catcher.

This drill provides a quick warm-up, works on fielding ground balls, throwing accuracy, and pivoting to make the next throw.

Boys standing in coaching box can get a drink of water while waiting their turn.

20 MIN: Fly balls 1) for the first 10 minutes I like to have the kids take off their gloves. Use “soft” balls NO gloves TWO HANDS. Let each kid go through the line two or three times without a glove to get them use to using 2 hands.

2) For the last 10 minutes have the kids put on their gloves.

For this drill I like to line the kids up behind the coach. On the coaches command, have the kids run as if a fly ball was hit over their head, have the coach throw the ball and try to hit the kid in stride so that he makes a nice running catch.

For the older or more experienced kids I like to have them face the coach so that their 1st step is a drop step.

5 MIN: water break ***** while coaches get the next stations set up.

----- 1HOUR Complete -----

Start 2nd Hour of practice

30 MIN: **HITTING Drills**

Station #1 Place a ball on a Tee. 15-20 swings
Bat behind back – hip turns (teaches proper hip rotation)

Station # 2 soft toss about 15-20 swings
One knee Open front foot Hips – Shoulders – Wrist
(Strengthens arms & wrist)

Station #3 Regular Soft toss or live pitching from batter's box
Stress proper hitting sequence.

RELAX, LOAD “ get weight on back foot” keep center of gravity, STEP (short soft & straight) , LAUNCH HIPS (start hip rotation) keeping hands back so we can still recognize the pitch.

LAUNCH HANDS we want to make contact with the ball in front of the plate. (one palm up, one palm down)

EXTEND through the ball after contact and finish swing high

Boys waiting in line can use this time to get water.

Back to the field for some defensive situations.

20 MIN: **Defensive situations**

Put players at their positions. Hit or throw a ball to cover game situations.

10 MIN: **Fun Game** to end practice that is baseball related.

Shuffle drill to finish practice

Make three lines, one for each group. Each line should have 3 target spots.

1st group to complete the shuffle does not have to pick up bases at the end of practice.