

Game Plan: Week 4

10 minutes — Run the bases: Home Runs

- 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 all the way around the bases
- Round first base, sprint to second base, round third base and then hustle home

COACH: Focus on athletic swing & proper bat drop (no slinging.) Make sure batter follows proper turns AND steps on every 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 20' away from players and located on the 1st base line, halfway between home and 1st base
- Each player straddles cone facing home plate
- Coach tosses soft line drive, player fields it, throws to target
- Emphasize proper grip, throw and follow-through

1

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

- "Scarecrow" — throwing to coach
- Hands — with ball in throwing hand — are shoulder high (equal/opposite)
- Non-throwing shoulder is pointed at coach
- Player rocks weight onto throwing foot, steps toward coach softly with non-throwing foot and throws to coach
- Coach follows typewriter method to catch for each player

2

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

3

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 cone, lines up belt buckle with cone

- Players get into fielding position (use field cones & rubber feet to establish athletic position)
- No gloves needed (but can be used)
- Review ground balls, fly balls, line drives

4

COACH: Use typewriter-style rotation when tossing balls



Fielding Station

Game Time! Cycle Format/Home Runs!

BATTING TEAM - Hit for HRs

- Coach that pitches takes a knee and throws front soft-toss to each batter. Each batter swings for a Home Run
- 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 home plate

- Use numbered field spots to assign positions. Fielders play a different position each inning. Coach/helper at pitcher's mound
 - Defense scoring bucket stationed by home plate in foul ground
- SCORING:** Offense - 1 pt. per safe hit, 2 pts. per Home Run
Defense - 1 pt. per out

QUICKBALL