

# Game Plan: Week 6

## 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 1st base. This time he/she stays on 1st base and advances from 1st base to 3rd base when the next batter runs to 1st

**COACH:** Make sure batter runs through 1st base, then returns to 1st and puts one foot on the base and steps towards second before running 1st to 3rd

### 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 2nd Base

POSITIONING: Single file line beside coach at 2nd Base

1

- Distance throw from 2nd base area to target at 1st base
- Each player stands on field number 4, facing coach 10' away
- Coach rolls a ground ball, player fields it with or without a glove
- Proper grip, step towards target located 30 feet away at first base
- Throw and follow-through. Goal is to hit the target on the fly or bounce
- Coach goes down the line and back using typewriter method

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

#### STATION 2: Throwing Progression — located on RF foul line

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

2

- "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 softly with non-throwing foot and throws to coach
- Coach follows typewriter method to catch for each player

**COACH:** Emphasize transferring weight from back foot to front foot

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

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

3

- 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

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

#### STATION 4: Fielding Progression — located on LF foul line

POSITIONING: Players toe the foul line, stand behind their cone, lines up belt bucket with cone

4

- Review ground balls
- Review fly balls and line drives
- Use QB softballs and baseballs

**COACH:** Use typewriter-style rotation when tossing balls



Baserunning warmup



Throwing-to-Target station



Throwing Station



Hitting Station



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 a triple in inning 2
- 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 3rd base in inning 2

- Repeat innings as time allows
- Use numbered field spots to assign positions
- Fielders play a different position each inning
- **SCORING:** 1 pt. per safe hit, 2 pts. per HR, 1 pt. per out

QUICKBALL