



# Game Plan: Week 8

# Base Race

## 10 minutes — Base Race/ Home to 2nd-2nd to Home

- Line up 1 team at 2nd base and 1 team at home plate. Team at 2nd base will consider it home plate
- Teammates race around bases and pass ball to teammate once they cross the plate
- First team to complete the relay wins
- Teams with fewer players will need to send player(s) more than once

**COACH:** Make sure runners use proper turns around the bases. Also, make sure they touch all four bases before handing the ball off

### **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 3rd Base**

POSITIONING: Single file line beside coach at third base

- 1
  - Distance throw from 3rd base position. Target is located at 1st base 50' away
  - Players take turns standing on field number 5
  - Player fields a grounder from the coach, throws the ball at target
  - Proper grip, step towards target
  - Each player attempts to throw across the field to hit the target - on the fly or bounce

**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
  - “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 coach, catches throw from coach and then throws to coach (Complete throwing process)
  - Coach follows typewriter method to catch for each player

**COACH:** Emphasize proper footwork while moving quickly down the line

#### **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 swing path

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

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

- 4
  - Review ground balls
  - Review fly balls and line drives
  - Use QB Baseballs only

**COACH:** Review each player’s hand positioning when catching the ball

# Review at each station

## Game Time! Complete Cycle Format

### BATTING TEAM - Hits for 1B, 2B, 3B, HR

- Each batter swings for a single in inning 1, a double in inning 2, a triple in inning 3 and a home run in inning 4.
- 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.

SCORING: Offense - 1 pt. per safe hit, 2 pts. per over-the-fence HR

### FIELDING TEAM - Throw all batted balls to coach at 1st base in inning 1, 2nd base in inning 2, 3rd base in inning 3 and at home in inning 4

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

Defense - 1 pt. per out

# QUIK BALL