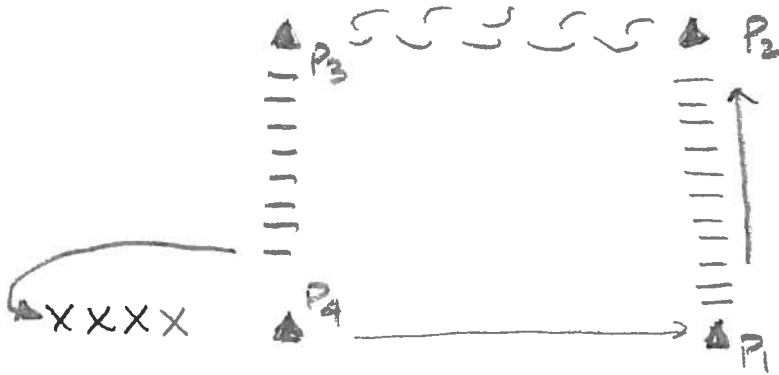


Ponsonby Rec Club – Practice Plan April 13, 2019

Duration: 60 minutes.

Warm-up (10 minutes)

Box Run and Shuffle – divide players into 4 groups. All groups perform the drill. Players must run forward to P1, side shuffle to P2, run backwards to P3, and side shuffle to P4. Return to back of line each time. Rotate through twice.



Stretching (5 minutes)

During stretching is a good time to let the team know the plan for the day's practice. A team jog is a good way to finish the warm up.

Throwing

Throwing with partner – short to long toss

Players start on one knee and work up to a regular standing throw.

Players position about 10ft apart and throw back and forth from one knee executing a "dart throw".

Proper elbow bend, aim and balance. Look at target and follow through.

Advance to standing "dart" throw then T-stance and full motion

Playing catch is one of the more important things you'll have the players do at practice. Most throwing warm-ups are not supervised carefully and are therefore mindless. Have the players develop proper throwing and catching mechanics. Proper habits developed now will last a lifetime and really pay off down the road.

Key Points

Point glove in direction you want to throw, glove-side leg in front of body, knees bent slightly, ball-hand extended behind throwing shoulder, extend and throw ball at target, step with front leg, release ball and follow-through to knee

Stations (30 minutes)

1. Batting off a tee

- Set-up 2 players at tees. Players 1 and 2 bat off tee into soccer net. Players 3, 4, 5 and 6 place the balls on the tee for P1 and P2. Switch batters after 8-10 swings.

Key points

- Eyes on back of ball, knees slightly bent and in aggressive athletic stance, hands out from chest and bat up, load on back foot and drive through back of ball



2. Fielding Grounders "alligator"

- Form 2 lines with players facing each other on knees
- Player rolls ball to partner and receiver fields the ball with "alligator" position of hands and 'snags' the ball with 2 hands. Cushion the ball into chest
- Receiver then rolls back to partner to repeat
- Progress to standing rolling grounders with eyes always on ball and feet greater than shoulder width apart

Key Points

- Catching hand on bottom, other hand on top
- Watch ball right to hands
- Feet greater than shoulder width apart and bend knees

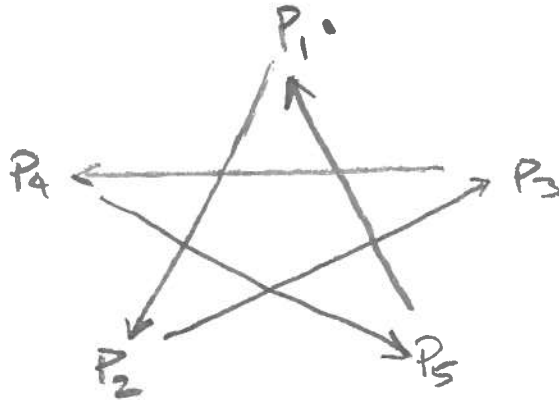


3. Star Toss

- Players in box or 'star' pattern as shown below about 10-15ft apart.
- Stand in athletic stance with knees bent and hands ready
- Underhand toss across the star/box and catch and throw with bare hands. Coach can incorporate 1-2 additional balls in pattern as the drill progresses

Key Points

- Players stay low in athletic position and keep eyes on ball
- Use both hands when catching and transfer ball to throwing hand
- Have opposite slightly forward

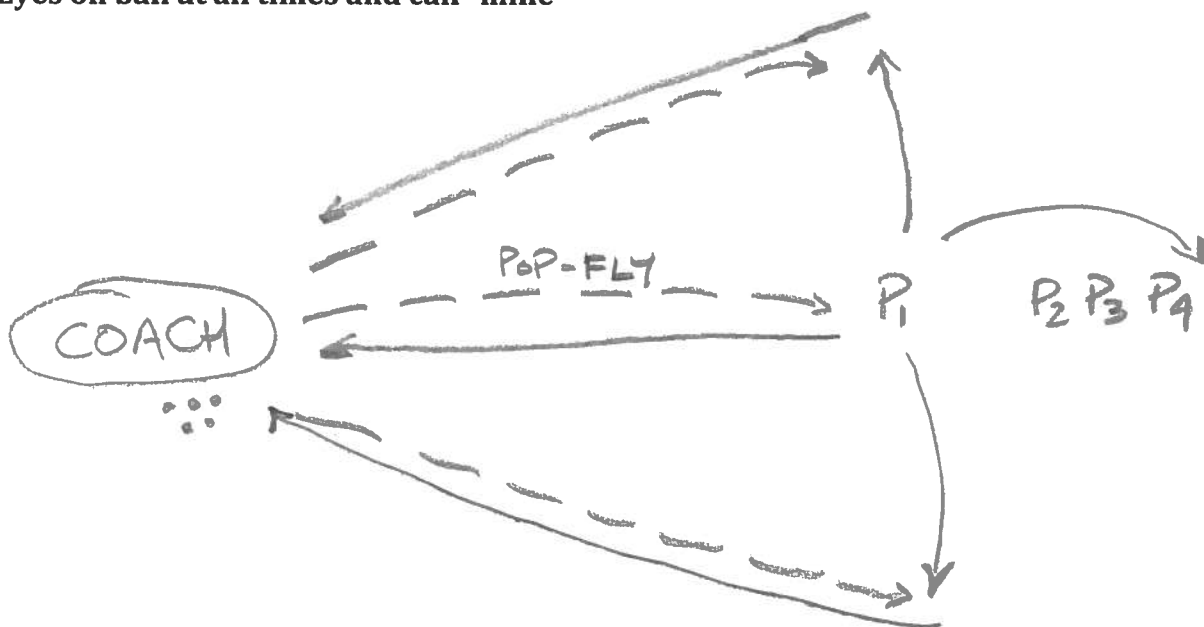


4. Fly Balls

- Players align in straight line behind each other about 25-30ft from Coach.
- Coach tosses pop fly to first player in line. Player moves feet to get under ball, calls "mine", catches the ball, then returns throw to Coach
- Repeat pop-flies with one to left side and one to right side
- After all 3 pop-flies the player moves to the back of the line

Key Points

- Move feet to get under ball
- Glove hand catches ball above/beside head
- Eyes on ball at all times and call "mine"



5. Target Throwing

- Players line-up about 30-45 ft from Coach
- Coach hit or roll a ground ball to P1. P1 field the ball, jump to T-stance then throw the ball through the target. P1 receive 3 grounders from coach then go to back of line.
- Repeat same with all players

Key Points

- Players properly field the ball and bring to chest then jump to T-stance.
- Follow through with arm/wrist to improve accuracy



6. Eye on the 'end'

- Coach holds pool noodle into the shape of the letter 'C' with the 2 ends of the pool noodle facing the batter.
- The coach tells the player to either hit the bottom 'end' or the top 'end' of the pool noodle. This drill is designed to keep their eye on a certain spot and realize the different ranges of ball height. Switch batters after 6-8 swings.

Key points

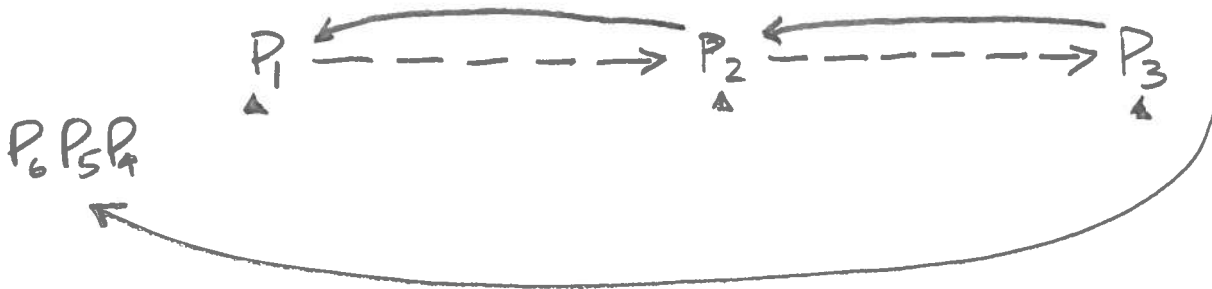
- Players should focus on the 'end' of the pool noodle and watch the bat hit the end.
 - Knees slightly bent and in aggressive athletic stance, hands out from chest and bat up
- Coaches may want to sit in a chair for smaller players and talk to the players as they hit

7. 3-player long throwing Relay

- 3 Players positioned in line as shown about 40ft apart
- Ball is relayed from P1 to P2 to P3 and back. P2 is the pivot player.
- Can repeat same drill except with grounders
- Repeat drill 3 times then rotate players.

Key Points

- Move to alignment of ball
- Pivot player turn 90 degrees from ball direction. Have throwing arm facing the direction of where the ball is coming from.
- Strong, accurate throw with short steps as necessary

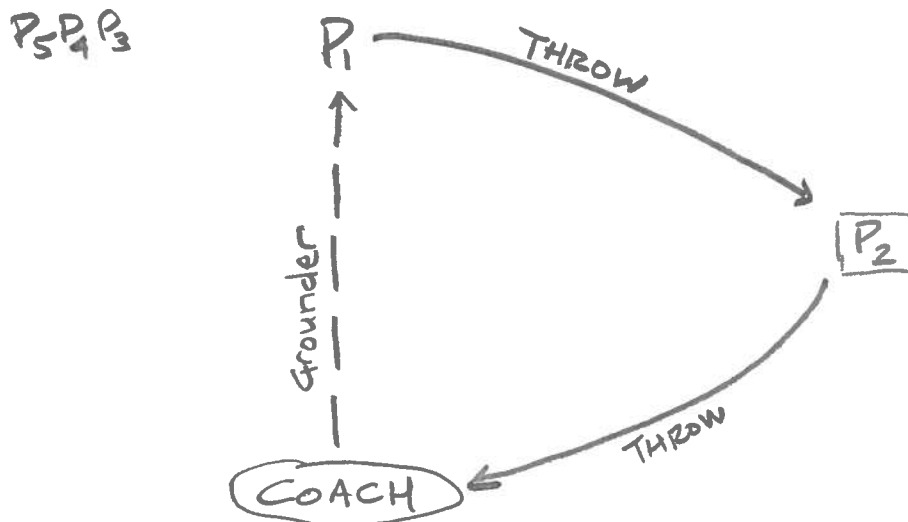


8. Infield Fielding with throw

- Players positioned in line with Coach as shown
- Coach hits or rolls grounder to P1, who fields the ball, jumps sideways to tee-stance then throws to P2. P2 tosses ball to Coach.
- P1 gets 3 grounders then goes beside coach and P2 goes to back of line. P3 steps forward and repeats drill.

Key Points

- Move to alignment of ball
- Glove to ground, eyes on ball, feet greater than shoulder width apart
- Bend from knees to field (alligator) the ball into glove
- Strong, accurate throw back to P2 (or coach)



9. Running the Bases

- Step a) Run through first

Players take a swing of the bat, drop and run to first and run through the base to the next cone. Each player do this 2-3 times so they understand that running through first base is a good thing to do! Many kids slow their run to first and can lose the race. Upon reaching the bag quickly look down to make sure they touch the bag.

- Step b) Stretching a double

Player take a swing of the bat, drop and run to first then turn towards second base and run right to second base and stop. Players take the best path to second base and hit the inside of the bag with proper foot.

- Step c) Running the bases - timed relay

Players form a line behind home plate. P1 leaves on Coaches "Go" and runs all bases returning to home. Coach starts to time the relay.

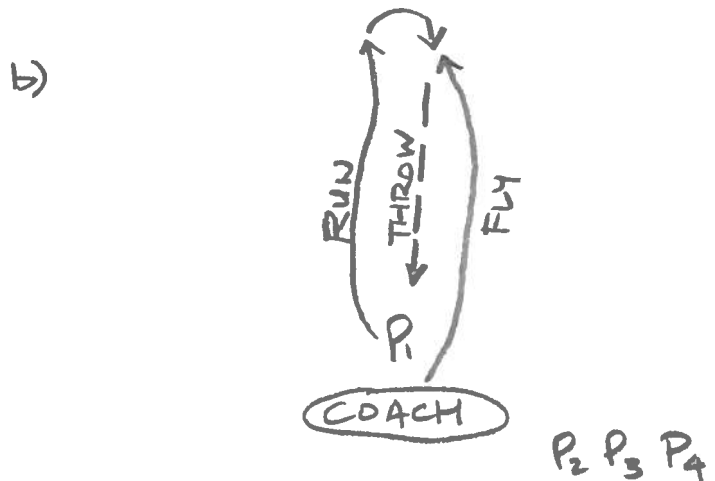
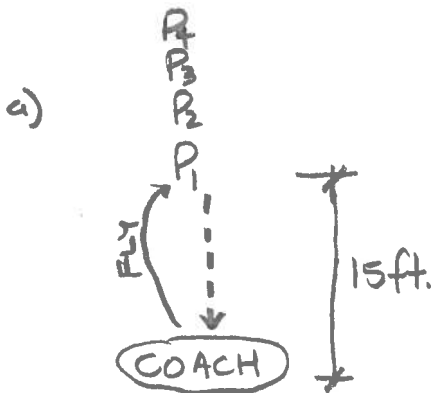
P1 tags the next player in line and P2 repeats same. Once all players have reached home and have touched each base, Coach tells the team of their time to complete the relay.

10. Fly Balls - Drop Step and Chase

- a) - Practice short fly balls with players, no gloves, for the first 3-4 minutes. Practice one hand catching the ball with hand positioned like you are "pushing" to the ceiling. The other hand is placed beside the "pushing" hand for support. Catch the ball softly, then return to partner.
- b) - Remaining half of the station, player P1 lines-up in front of Coach facing the Coach. The remaining players stay to side.
- Coach yells "go" and player pivots and runs away from the Coach. Coach yells "ball" and player pivots back towards coach, Coach throws ball in the air, and player catches the ball with glove. Return ball to coach with strong accurate throw.

Key Points

- Move feet and find the ball immediately
- Glove hand catches ball above/beside head
- Eyes on ball at all times and call "mine"

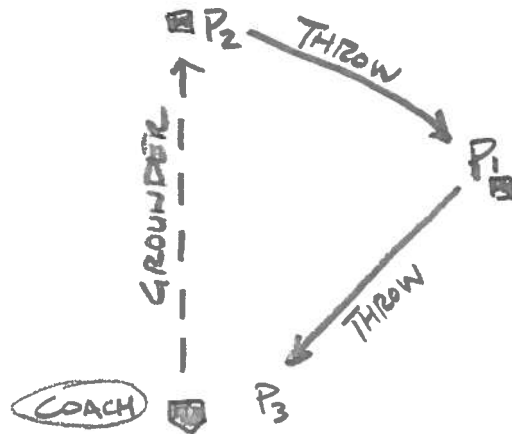


11. Ball to first

- Players positioned as shown; P2 at second, P1 at first, and P3 beside Coach as shown
- Coach hits or rolls grounder to P2, who fields the ball, pops to tee-stance, then throws to P1 at first base. P1 catches the toss, turns toward P3 and throws to P3. P3 underhand tosses to Coach.
- Repeat for 2-3 grounders for P2 then rotate all players.

Key Points

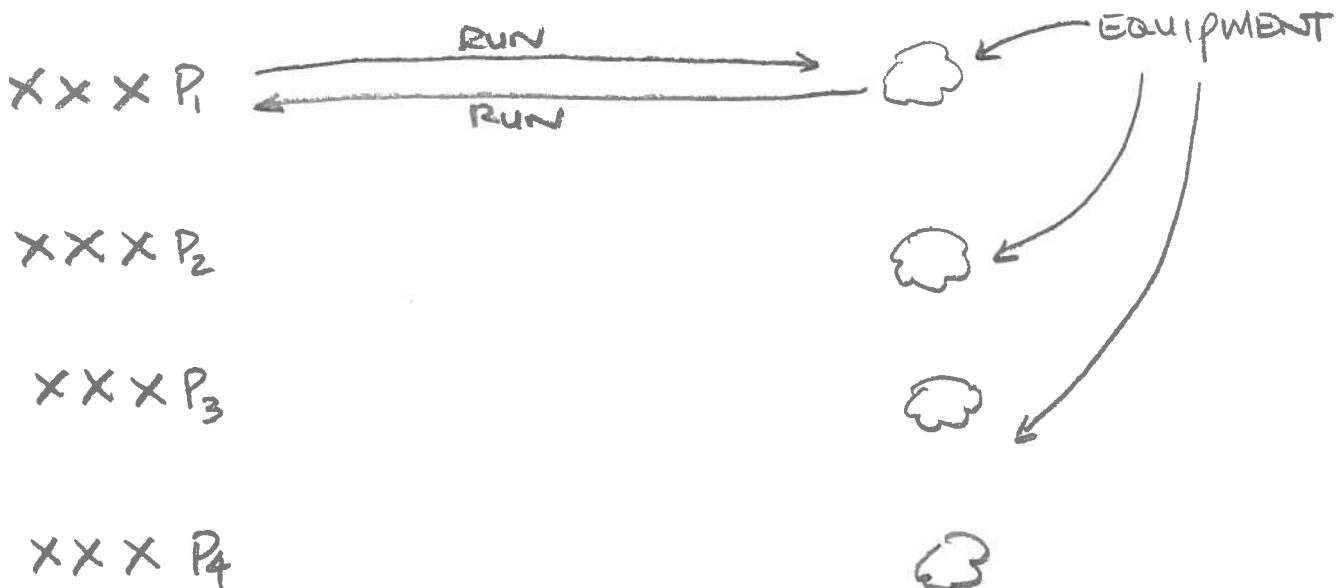
- Move to alignment of ball
- Glove to ground, eyes on ball, feet greater than shoulder width apart
- Bend from knees to field (alligator) the ball into glove
- Rotate body, look at target and make a strong, accurate throw to P1
- Make sure they understand why they are throwing it to first base



12. Relay Race (5 minutes)

Bring the Equipment Home!

- Split players into same groups as stations. Coaches place equipment in pile about 45ft away from players.
- On 'GO' first player must run to pile of equipment, pick up an item, then return it to 'home'. Once P1 returns one item of equipment, next player in line can go.
- Coach calls out the order of equipment that must be returned ie. Glove, Bat, Pylon, Ball, Helmet, etc.



13. Target Throwing

- Players line-up about 30-45 ft from Coach
- Coach hit or roll a ground ball to P1. P1 field the ball, jump to T-stance then throw the ball through the target. P1 receive 3 grounders from coach then go to back of line.
- Repeat same with all players

Key Points

- Players properly field the ball and bring to chest then jump to T-stance.
- Follow through with arm/wrist to improve accuracy

Pitching

- Pitchers and catchers practice pitching at one end of the facility

Infield

- Set-up bases and have infield practice.
- Throws to first, second and home

