



QUICK PLAN

90 MINUTES

INTRO

3 MINUTES

INTRODUCTION

- Welcome players
- Review names (players and coaches)
- Focus on the reason for being there/PCA tip of the week

PROGRAM TIPS

5 MINUTES

STRETCHING AND WARM UPS

- Players run along the fence with the team
- Coach leads the team in a series of leg and arm stretches
- Finish with 20 Jumping Jacks
- (See full practice plan for complete instructions)

PROGRAM OUTLINE

10 MINUTES

BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Show players two-and three-finger grips
- Players demonstrate correct grip by grabbing balls off the ground
- Toss/Catch/Grip

WEEK 1

WEEK 2

25 MINUTES

CATCHING AND THROWING

- Review two-hand target
- Coaches show how to catch thumb-to-thumb
- Coaches show how to catch pinky-to-pinky
- Focus on catching the ball above / below the waist
- 5 Steps of Throwing
- Focus on two-hand target and four-seam grip
- Add steps one and two to the five steps
- Hand separation drill

WEEK 3

WEEK 4

3 MINUTES

BREAK

WEEK 5

15 MINUTES

HITTING

- Proper grip
- "Athletic" Stance
- Bat should be able to "cover" the entire plate
- Each player will hit three balls from a coach throwing off his knee behind an "L" screen
- Hit 5 balls off a tee
- Cone game
- (See full practice plan for complete instructions)

WEEK 6

WEEK 7

12 MINUTES

BASE RUNNING

- Review "Merry-Go-Round" drill
- Home to second base / second base to home relay
- (See full practice plan for complete instructions)

WEEK 8

WEEK 9

15 MINUTES

FIELDING

- Review 5 Steps of Fielding
- "Alligator" hands
- "Dry" ground balls / throw to first base
- Bare hands

WEEK 10

WEEK 11

CONCLUSION

- Low fives
- Review what they learned/PCA Tip of the Week
- Remind of next event (practice/game)

WEEK 12



QUICK PLAN

90 MINUTES

3 MINUTES

INTRODUCTION

- Welcome players
- Review names (players and coaches)
- Focus on the reason for being there/PCA tip of the week

7 MINUTES

STRETCHING AND WARM UPS

- Position Fitness
- (See full practice plan for complete instructions)

10 MINUTES

BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Show players two-and three-finger grips
- Players demonstrate correct grip by grabbing balls out of bucket
- Toss/Catch/Grip (Players will toss the ball for their partners to catch)

25 MINUTES

CATCHING AND THROWING

- Review two-hand target
- Review thumb-to-thumb
- Review pinky-to-pink
- Catching the ball below the waist
- 5 Steps of Throwing
- Start in "launch" position
- Catch plastic ball pop ups
- Game of 21

3 MINUTES

BREAK

15 MINUTES

HITTING

- Properly grip a bat
- "Athletic" stance
- Bat should be able to "cover" the entire plate
- Soft Toss player will hit three ball, three times each
- "Dry" Swing Drill (10 swings)
- (See full practice plan for complete instructions)

12 MINUTES

BASE RUNNING

- Base running cues
- Run from home to second base
- Run from first base to second base
- Run from first base to third
- (See full practice plan for complete instructions)

15 MINUTES

FIELDING

- Review 5 Steps of Fielding
- "Creeper" steps
- "Alligator" hands
- "Dry" ground balls to first base
- Bare hands to first base

CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week
- Remind of next event (practice/game)

INTRO

PROGRAM TIPS

PROGRAM OUTLINE

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6

WEEK 7

WEEK 8

WEEK 9

WEEK 10

WEEK 11

WEEK 12