

Spring Minor Practice Plan #1

15 min Individual Team Welcome, Introduction, Jerseys
Stretching, Icebreaker game

Warm Up 5 min

Throw from Knees

Throwing knee down always (perpendicular to front leg), glove knee up
Players line up in pairs about 10' apart

- Throwing hand should go to the players thigh, before bringing the elbow up and facing the ball out
- Player will perform the overhand throw toward the partner, releasing the ball, and following through until palm fully down or past glove knee
- Coach encourage flick of wrist to work on foundational form.
- Coach wants to see wrist positioning, in line with shoulder beside ear going forward (not planning around horizontally)

Station 1: Catching 15 min

Open with a talk about safety/communication (5:33-6:10 of this video: [communication](#)).

CATCHING REVIEW

- **Two-Hand Target (2HT)** When playing catch, the thrower should not deliver the ball until the receiver shows the thrower a two-hand target.
The 2HT is when the player receiving the ball has both arms extended straight out from their body with a little flex in the elbow. Hands straight up, with thumbs toward each other, once the thrower sees this, they may deliver the ball. This is the 2HT. (See Fig. 2.1)
- **Thumb-to-Thumb (T2T)** When receiving the ball above the waist the receiver should show a 2HT and catch the ball thumb-to-thumb.
This is important because it emphasizes using two hands to catch the ball. This will allow the receiver to quickly make the transition from their glove to their throwing hand, while using the four-seam grip. (see Fig. 2.2)
- **Pinky-to-Pinky (P2P)** When receiving the ball below the waist the receiver should show a 2HT and catch the ball pinky-to-pinky.
Just like T2T this is equally important because it stresses using two hands and teaches the proper way to catch a ball below the waist. (See Fig. 2.3 & 2.4)



4.1 Creeper Steps



4.2 Bend Knees /
Lower Torso



4.3 Glove Out-Front



4.4 Receive / Suck /
Funnel / Move



4.5 Throw to Target



5.1

5.2

DRILL

Alligator Hands:

Players will be in the third step of the five steps of fielding (glove out front Fig. 5.1). Players will do this drill with their gloves. Coaches will have 3 to 4 players in each of their lines.

Coaches will roll balls to players once they are in proper fielding position. Players will field the ball out in front of their body with glove hand down and throwing hand on top of the "alligator mouth" (Fig. 5.2) and perform step four and five throwing the ball back to the coach.

Station 2: Pitching 15 min



Knock it off (pitching)

Equipment: Tee, dodgeball/soccer ball, ball bucket

Review the pitching positions learned last week. Have players line up and practice scarecrow and big step.

Position dodge/soccer ball on top of tee. Players line up behind a bucket of balls.

- Each player pitches a baseball toward the tee
- They get 2 points for knocking the ball off and 1 point for hitting the tee/ball
- Remind pitchers to take the big step (much more accuracy if they stride toward their target)
- Remind players to fully separate into a full open position before their pitch

Station 3: In-field positioning and basic fundamentals 15 min

Station 4: Batting wiffle balls into fence 15 min