



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

WEEK 1

4 MINUTES

BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Toss/Catch/Grip (Players will toss the ball for their partners to catch)

WEEK 2

28 MINUTES

CATCHING AND THROWING

- Review two-hand target
- Review thumb-to-thumb
- Review pinky-to-pinky
- Catching the ball below the waist
- 5 steps of throwing
- Catching baseball pop ups
- Cross-over and drop steps
- Long toss

WEEK 3

3 MINUTES

BREAK

WEEK 4

22 MINUTES

HITTING

- Players will grip the bat with "knocking knuckles" lined up or shifted slightly
- "Athletic" Stance
- Bat should be able to "cover" the entire plate
- "Dry" Swings
- Soft Toss
- 4x4x4 Live Inning Game

WEEK 5

WEEK 6

7 MINUTES

BASE RUNNING

- Home to first base, first base to third base, second base to home
- (See full practice plan for complete instructions)

WEEK 7

18 MINUTES

FIELDING

- Review 5 steps of fielding
- "Creeper" steps
- "Alligator" hands
- Bare hands throw to first base
- Knee groundball drill

WEEK 8

WEEK 9

CONCLUSION

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

WEEK 10

WEEK 11

WEEK 12



QUICK PLAN

90 MINUTES

- 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

5 MINUTES	INTRODUCTION <ul style="list-style-type: none">- 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 <ul style="list-style-type: none">- Players run along the fence with the team- Position Fitness- (See full practice plan for complete instructions)
3 MINUTES	BASEBALL GRIP <ul style="list-style-type: none">- Players gather in circle- Review gripping the baseball with whole hand using fingertips- Show players Two- and Three-finger grips
10 MINUTES	CATCHING AND THROWING <ul style="list-style-type: none">- Review two-hand target- Review thumb-to-thumb- Review pinky-to-pinky- Catching the ball below the waist- 5 steps of throwing- Catching baseball pop ups- Cross-over and drop steps
3 MINUTES	BREAK
52 MINUTES	HITTING <ul style="list-style-type: none">- 6x6 Game- (See full practice plan for complete instructions)
5 MINUTES	BASE RUNNING <ul style="list-style-type: none">- Home to second base; second base to home relay- (See full practice plan for complete instructions)
5 MINUTES	FIELDING <ul style="list-style-type: none">- Review five steps of fielding- Roll and Toss drill
	CONCLUSION <ul style="list-style-type: none">- High fives- Review what they learned/PCA Tip of the Week- Remind of next event (practice/game)