



# 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

- 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)

**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

**25 MINUTES**

### CATCHING AND THROWING

- Review two-hand target
- Coaches show how to catch thumb-to-thumb
- Coaches show how to catch pinky-to-pink
- No throwing until you see a two-hand target
- Focus catching the ball below the waist
- 5 Steps of Throwing
- Start in "launch" position
- Focus on two-hand target and four-seam grip
- Add steps one and two to the five steps
- Players will take a knee and throw to each other

**3 MINUTES**

### BREAK

**17 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
- Coach will throw from knee (behind and "L" screen)
- (See full practice plan for complete instructions)

**15 MINUTES**

### BASE RUNNING

- Run through first base
- Round first base
- Players will simulate an At-Bat and hit the ball
- Run from home through first base
- Run from first base to second base
- Run from second base to third base
- Run from third base to Home
- See full practice for complete instructions

**10 MINUTES**

### FIELDING

- Review 5 Steps of Fielding
- Alligator Hands

### 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



# 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

7 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 by running around the bases twice
- (See full practice plan for complete instructions)

### PROGRAM OUTLINE

### WEEK 1

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 (Players will toss the ball for their partners to catch)

### 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-pink
- No throwing until you see a two-hand target
- 5 Steps of Throwing
- Focus on two-hand target and four-seam grip
- Players throw to partner in the "launch" position from knee

### WEEK 3

### WEEK 4

3 MINUTES

#### BREAK

### WEEK 5

15 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
- Each player will hit three balls from a coach throwing off his knee behind an "L" screen
- Players will hit five balls off a tee (three times each)
- (See full practice plan for complete instructions)

### WEEK 6

### WEEK 7

12 MINUTES

#### BASE RUNNING

- Run through and round first base
- Review "merry-go-round" drill; do twice
- Run from home through second base
- (See full practice plan for complete instructions)

### WEEK 8

### WEEK 9

15 MINUTES

#### FIELDING

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

### WEEK 10

### WEEK 11

#### CONCLUSION

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

### WEEK 12