



# QUICK PLAN

## 90 MINUTES

INTRO

3 MINUTES

### INTRODUCTION

- Welcome players
- 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
- Position Fitness
- Finish with 20 Jumping Jacks
- (See full practice plan for complete instructions)

PROGRAM OUTLINE

7 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)

WEEK 1

WEEK 2

20 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

WEEK 3

WEEK 4

3 MINUTES

### BREAK

WEEK 5

22 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)

WEEK 6

WEEK 7

15 MINUTES

### BASE RUNNING

- Review "merry-go-round" drill
- 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)

WEEK 8

WEEK 9

15 MINUTES

### FIELDING

- Review 5 Steps of Fielding
- "Dry" ground balls to first base
- Bare hands to first base
- Pick-up drill

WEEK 10

WEEK 11

### CONCLUSION

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

WEEK 12



# QUICK PLAN

## 90 MINUTES

2 MINUTES

### INTRODUCTION

- Welcome players
- Focus on the reason for being there/PCA tip of the week

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)

7 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)

20 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
- Hand separation
- Three-Man Relay
- Catch plastic ball pop ups
- Game of 21

3 MINUTES

### BREAK

20 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 10 balls (three times each)
- (See full practice plan for complete instructions)

15 MINUTES

### BASE RUNNING

- Review two ways of running to first base
- Run from home to second base
- *Run from first base to third*
- Base running cues from first base coach
- (See full practice plan for complete instructions)

18 MINUTES

### FIELDING

- Review 5 Steps of Fielding
- "Creeper" steps
- "Alligator" hands
- Soft hands throw to first base
- Pick-up drill
- Same-side toss

### CONCLUSION

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