



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

2 MINUTES

INTRODUCTION

- Welcome players
- Review names (players and coaches)
- 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)

3 MINUTES

BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Show players 2- and 3- finger grips
- Toss/Catch/Grip (Players will toss the ball for their partners to catch)

27 MINUTES

CATCHING AND THROWING

- Catching the ball below the waist
- 5 steps of throwing Hand separation
- Three-Man Relay
- Catch tennis ball pop ups
- Game of 21

3 MINUTES

BREAK

30 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
- 4x4x4 drill
- (See full practice plan for complete instructions)

8 MINUTES

BASE RUNNING

- Review two ways of running to first base
- Merry-Go-Round
- Home-to-first base; first base-to-third base; second base-to-home
- Base running cues from first base coach
- (See full practice plan for complete instructions)

12 MINUTES

FIELDING

- Review Five Steps of fielding
- "Creep" steps
- "Alligator" hands
- Soft hands throw to first base
- Pick-up drill
- Knee Groundball

CONCLUSION

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



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

PROGRAM OUTLINE

2 MINUTES

BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Show players 2- and 3- finger grips

WEEK 1

WEEK 2

28 MINUTES

CATCHING AND THROWING

- Review two-hand target
- Review thumb-to-thumb
- Review pinky-to-pinky
- Review two-hand target
- 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

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
- Soft Toss
- 4x4x4 Live Inning Game
- Game Conditioning

WEEK 5

WEEK 6

15 MINUTES

BASE RUNNING

- "Merry-go-round" Drill
- Cues from Coach
- (See full practice plan for complete instructions)

WEEK 7

WEEK 8

15 MINUTES

FIELDING

- Review 5 steps of fielding
- "Creaper" steps
- "Alligator" hands
- Bare hands throw to first base
- Roll and Toss Drill

WEEK 9

WEEK 10

CONCLUSION

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

WEEK 11

WEEK 12