



PRACTICE LESSON PLAN

Intermediate Level

Practice Outline:

Time - (1 - 1 1/2 hours)

Practice Objectives:

Within this practice session major focus is placed on the development of **throwing, catching and fielding**.

Intended Learning Outcomes:

- Improve gross **motor skills** through agility drills
- Develop proper **throwing mechanics**
- Develop proper **fielding mechanics** and ball instincts

Run

- 2 Poles 2 Mins

Stretch

10 Mins

Agility Work

- Zig Zag Drill
- T-Drill
- Jump Stride Drill 10 Mins

Throwing Drills

- Cross-Legged Drill
- 2 knee Drill
- Head Shot 20 Mins

Catching Drills

- High-Low Drill
- Tennis Ball Reaction 20 Mins

Minor Game

- Ultimate Baseball 15+ Mins

Equipment Needed:

- Stop Watch
- Cones
- Baseballs 15-25
- Incrediballs / Wiffle Balls
- Bats
- Tee
- Fungo

Notes:

Run: Running from one foul pole line, along the outfield wall / warning track, to the opposite outfield foul pole line is considered running 1 "pole." If there are no foul lines at the facility you are practicing at, simply improvise with a 2 minute jog around the area.

1

Stretch: Refer to the "Intermediate Conditioning Section" of the our website for various stretches and guidelines.

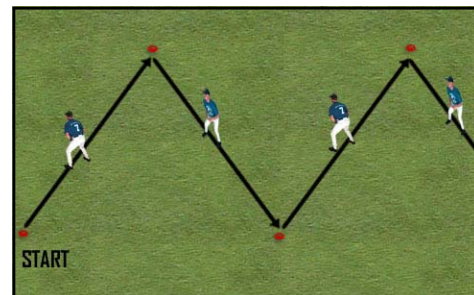
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Agility Work (Cones): Allow approximately 3 minutes for each drill (including demonstration/explanation) and 1 minute for cone adjustments.

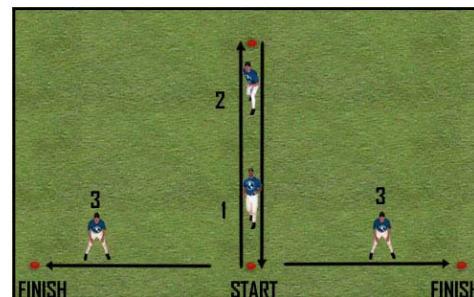
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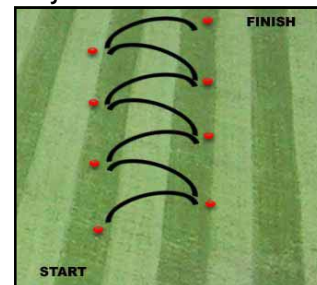
ZIG ZAG DRILL



T-DRILL



JUMP STRIDE DRILL



Cones: When starting these drills, focus should be directed towards proper technique. When players begin to master technique, then the focus can be shifted more towards quickness and speed.

Technique: Players should have their head up, hands out to the side, and knees bent in a good athletic position (see above picture).

Key Words:

"Stay Low and balanced"

"Go all the way to each cone"

Tips: Set up cones while players are stretching. It may also be a good idea to run two separate stations simultaneously (two groups of 6-8 players).

Throwing Drills:

4-SEAM GRIP

- Divide players into partners and line them up along one of the foul lines for the first two drills.
- If desired, players can start off without glove then progress to using gloves. **Stress technique over velocity**
- Allow approximately **3 minutes** for both “Cross-Legged Drill” and “2-Knee” drills, **10 minutes** for “Head Shot”, and **5 minutes** for coach demonstration / explanation / instruction.



Cross-Legged Drill:

Holding the ball across the seams with non-throwing hand supporting the throwing elbow, player flicks the ball to his/her partner. Players should be positioned 10-15 feet apart



Emphasis should be placed on proper spin and grip.

Key Words:

“Try to get the ball rotating backwards on all 4 seams”



“Use only the wrist to throw the ball”

“Follow through with eyes still on target”

Stride and Throw:

Player aligns front shoulder to point towards target. Players should be positioned 25-30 feet apart (depending on arm strength and accuracy).



Technique: Hands separate at mid-chest level, then extend into proper throwing position as front foot steps toward target.

Key Words:



“Extend the ball back and out (facing away from body)”

Head Shot: Divide players into partner and line them up along one of the foul lines. Scoring is as follows:

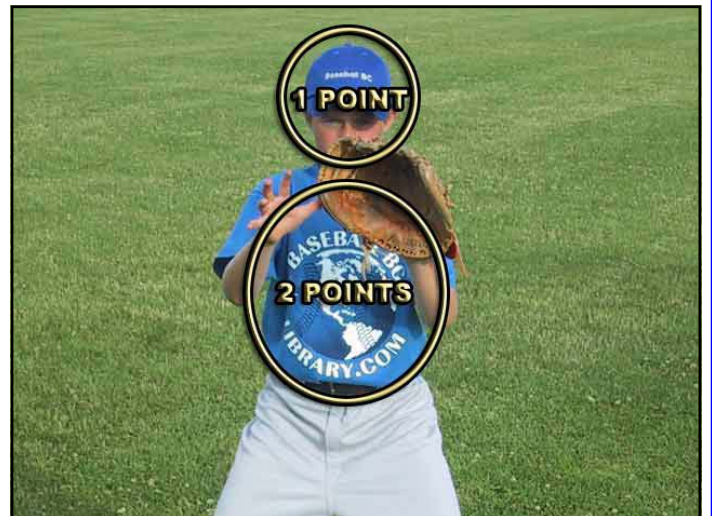
1. 2 points for a ball that is caught around the head area
2. 1 point for a ball caught around the should and chest area
3. Partners judge and keep track of each other’s points.

Tip: To make things run smoothly, have a coach or parent set up stations while players are executing the two previous throwing drills.

Key Words:

“Square body to target before throwing”

For more details see the **Beginner Throwing** section of the website.



Notes:

Catching Drills:

- Divide players into partners for “High-Low” drill. Put players into groups for “Tennis Ball Reaction” Drill and King of the Hill game.
- If desired, players can start off without glove then progress to using gloves.
- Allow approximately **7 minutes** for both “High-Low” and “Tennis Ball Reaction” drills, and **5 minutes** for demonstration / explanation / instruction.



High Low Drill: Players (in partners) take turns feeding each other high and low throws. **See Beginner Catching section of website for more details.**



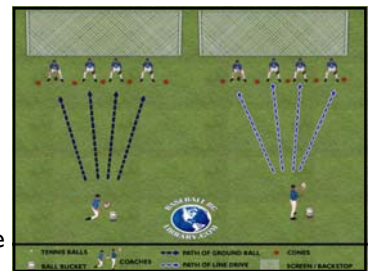
Technique: Hands should be out in front of the body ready to receive the ball. After fielding the ball, player places the ball beside him/her and gets ready for next ball.

Key Words:

7

- “Catch the ball thumb to thumb above the waist and pinky to pinky below the waist”
- “Track the ball all the way into the glove”

Tennis Ball Reaction Drill: Players (in groups of 5-8) are positioned in a line facing the coach. **See Beginner Catching section of website for more details.**



Technique: Hands should be out in front of the body ready to receive the ball. After fielding the ball, player places the ball behind him/her and gets ready for next grounder.

Key Words:

8

- “Catch the ball out in front of the body”
- “Track the ball all the way into the glove”

Ultimate Baseball: This is very similar to the real game of Ultimate that is played with a Frisby / Disc.

Two teams of 4 or more players.

A rectangle shape with end zones at each end (see diagram). The size of the field should be determined by both the number and physical ability of the players.

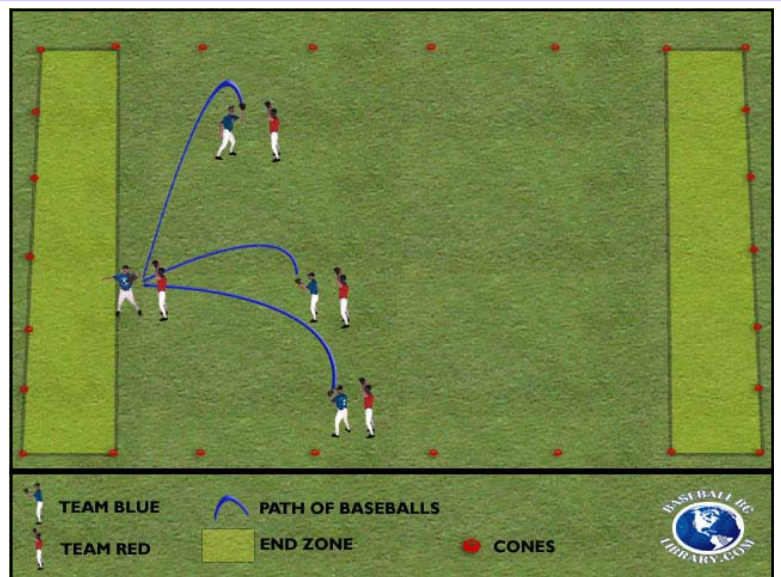
Basic Rules:

Each time the offense completes a pass in the defense’s end zone, the offense scores a point.

The ball is advanced in any direction by completing a pass to a teammate. Players may not run with the ball.

For more details see the Intermediate Minor Games section of the website.

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Notes:
