



# 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 **Hitting** and **Fielding**

## Intended Learning Outcomes:

- Improve gross **motor skills** through agility drills
- Develop proper **hitting mechanics** and **hand-eye coordination**.
- Develop proper **fielding mechanics** and ball instincts

### Run

- Snake Run 2 Mins

### Stretch

- 10 Mins

### Agility Work

- Zig Zag Drill 10 Mins
- T-Drill

### Hitting Drills

- Double Bunt Drill
- Soft Toss
- Wiffle BP 30 Mins

### Fielding Drills

- Quick Hits 15 Mins

### Minor Game

- Work UP 25 Mins

## Equipment Needed:

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

## Notes:

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**Run:** A snake run is a very fun and easy activity to organize. Simply line up players and have them face one direction. It may help to place a coach at both ends of the line to set a proper running pace and sprint interval. The drill starts off with a slow jog. On coach's command, each player at the end of the line sprints all the way to the front. This drill ends when all the players have had a chance to sprint to the front. Note that coaches should vary the time between sending players to the front. This will allow them to work on their reaction time to the coach's voice. To make the drill even more interesting, the coach at the front of the line can jog in random directions creating large bends in the long line of players. 1

**Stretch:** Refer to the "Intermediate Conditioning Section" of our website for various stretches and guidelines. 2

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



**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.

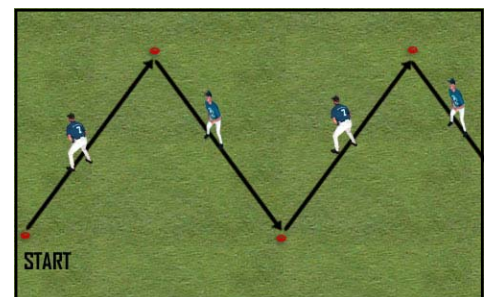
**Technique:** Players should have their head up, hands out to the side, and knees bent in a good athletic position (see above picture).

### Key Words:

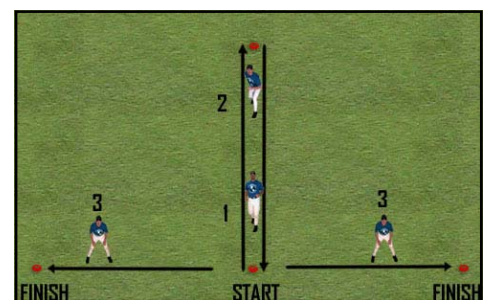
- "Stay Low and balanced"
- "Go all the way to each cone"

**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).

ZIG ZAG DRILL



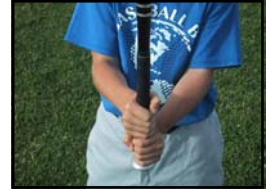
T-DRILL



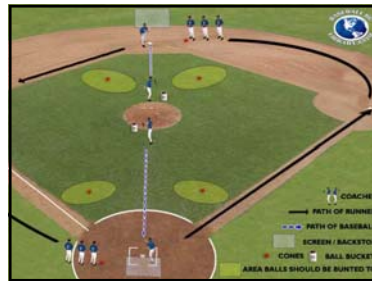
**Hitting Drills:**

**SKILL OUTLINE**

- Refer to the Skill Outline for the Beginner Hitting Section of the website for further details on key points for young hitters.
- With players that are just learning to hit, it is important that, as a coach, you do not overload them with too much information. Ideally, a player should only be given 1 or 2 things to focus on at one time. It is important that young hitters develop good hand-eye coordination and confidence in making contact with the ball at this stage.



**Double Bunt Drill:** Divide players into two groups. Place one group at second base and the other at home plate.



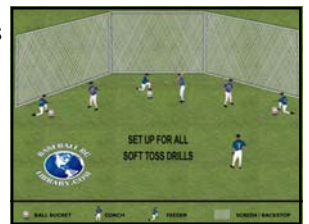
Two coaches throw from the front and back of the pitching mound.

One at a time hitters assume the bunting position and attempt to bunt their ball down one of the foul lines. After laying down a bunt, players run hard through first base then jog over and join the other line.

For more details see the **Intermediate Hitting** section of the website.



**Soft Toss:** Players align themselves along a screened fence or the side of a batting cage.



One player kneels in front and to the side of the hitter and tosses a ball with little or no arc in front of them.

After the hitter has had 10-15 quality swings, get the players to switch.

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



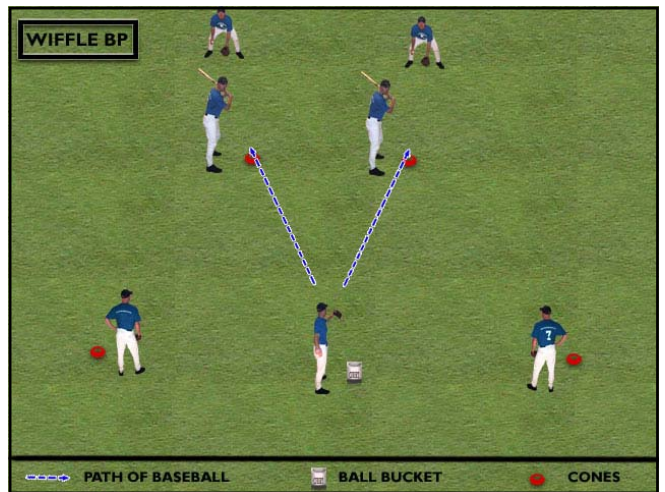
**Wiffle BP:** This drill can include up to 15 players:

Players are usually set-up as follows; 2 players hitting, 2 players catching behind the hitters, 1 player feeding balls to the coach, and the rest in the field gathering balls.

Players rotate in pairs from the field, to catching behind the hitters, to hitting, and finally back to the field.

After coach has thrown a ball to one hitter, he/she immediately throws the next pitch to the other hitter.

Even though an "L-Screen" is not mandatory, it is important for the coach to try and turn away from the pitch after he/she has delivered it.



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



**Notes:**

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**Fielding Drills:**

- Make sure that players are practicing proper technique during all fielding drills and minor games.
- **For more details see the Intermediate Fielding section of the website.**
- Allow approximately **15 minutes** for Quick Hits, **25 minutes** for Work Up and **5 minutes** for demonstration / explanation / instruction.



**Quick Hits:** Position players in a single line facing the coach (middle cone). Note, more lines can be formed if there is more than one coach.

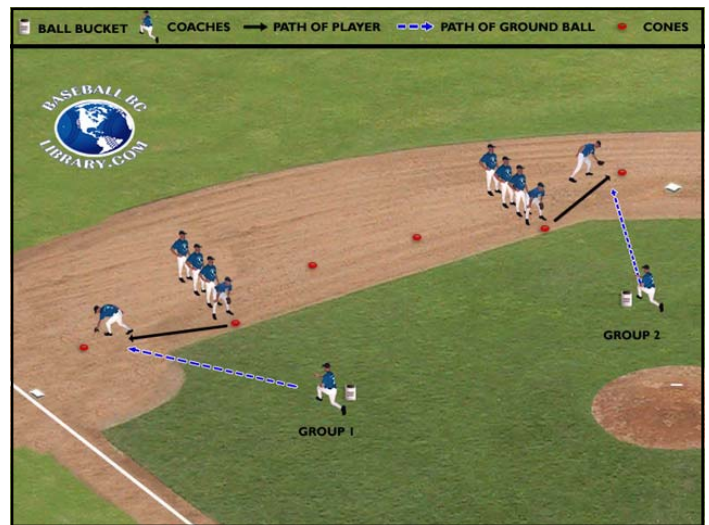
Place two other cones on the left and right side of the players and slightly behind the middle one.

After each catch, players place balls in a pile to the side.

Start by throwing balls to players' left, then right, the alternate throws.

Emphasize dropping back to cut the ball off (this is the reason for placing the side cones further back).

**For more details see the Intermediate Fielding section of the website.**



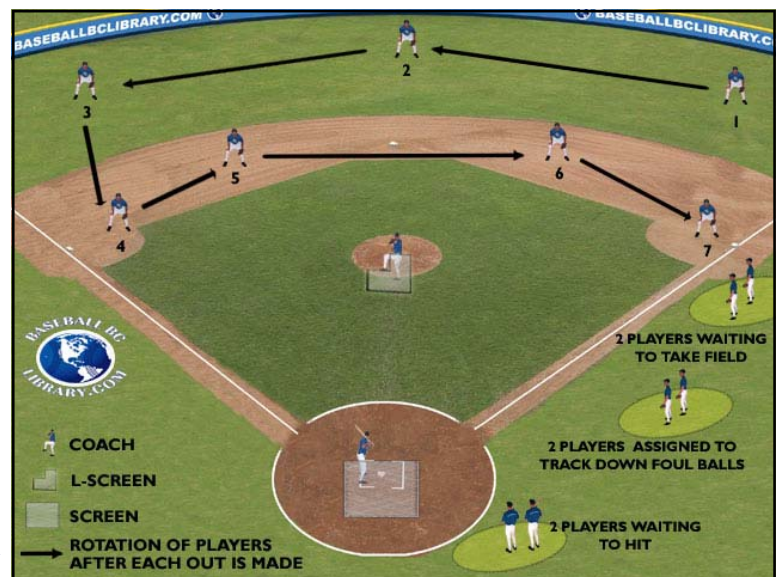
**Work Up:** Assign 7 players to fill all positions (except pitcher and catcher) and sit the rest on the bench or behind a protective screen.

Assign 1 or 2 players to stand just outside the foul line in right field.

Assign 1 or 2 players to track down and retrieve foul balls.

Rules are easy: Each player has three strikes to put the ball in play. Once the ball has been hit, the defense plays it as a game-type situation. If the player reaches safely, he/she continues to run the bases while the others hit then returns to the hitting rotation after crossing home safely. Players rotate after each out.

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



**Notes:**

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