



PRACTICE LESSON PLAN

Beginner Level

Practice Outline:

Time - (1 - 1 1/2 hours)

Practice Objectives:

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

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

- Box Drill
- M-Drill
- In and Out 10 Mins

Throwing Drills

- 1 Knee Drill
- Stride Throw Drill
- Box Throw Drill 20 Mins

Ground Ball Drills

- Kneeling Grounders
- Roll and Throw 20 Mins

Minor Game

- Beat the Ball 15+ Mins

Equipment Needed:

- Stop Watch
- Cones
- Balls (15-25)
- 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.

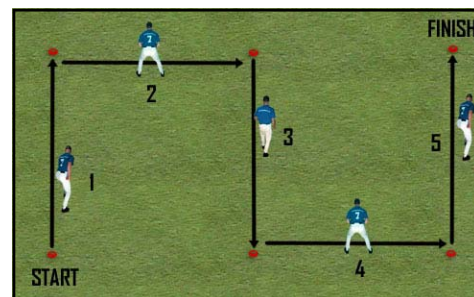
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Agility Work (Cones): Allow approximately 3 minutes for each drill (including demonstration/explanation) and 1 minute for cone adjustments.

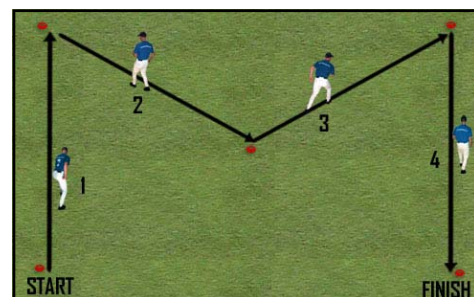
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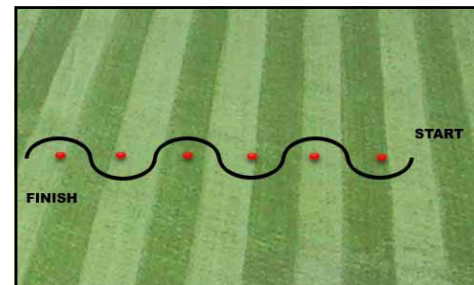
BOX RUN



M-DRILL



IN & OUT



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. Set up Box Drill first to minimize time spent on cone adjustments. It may also be a good idea to run two separate stations simultaneously (two groups of 6-8 players).

Throwing Drills:

- 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 “I-Knee” and “Stride & Throw” drills, **10 minutes** for “Box Throwing Drill”, and **5 minutes** for coach demonstration / explanation / instruction.

4-SEAM GRIP



I-Knee Drill: Player kneels down on the knee that his/her throwing arm is on (ie. If a player is right handed, he would kneel down on his right knee with his left leg up facing his partner. Players should be positioned 10-20 feet apart (depending on arm strength and accuracy).



Technique: Hands separate at mid-chest level, then extend into proper throwing position.

Key Words:

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



“Point glove hand towards partner”

“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)”



“Point glove hand and step towards partner”

“Follow through with eyes still on target”

Box Throwing Drill: Divide team into groups of four (make sure groups are positioned a safe distance from each other). Cones should be placed 10-20 feet apart, depending on arm strength and accuracy of players. Drill progressions are as follows:

1. Ball is thrown to the left
2. Ball is thrown to the right
3. Ball is thrown across then right (optional if time permits)

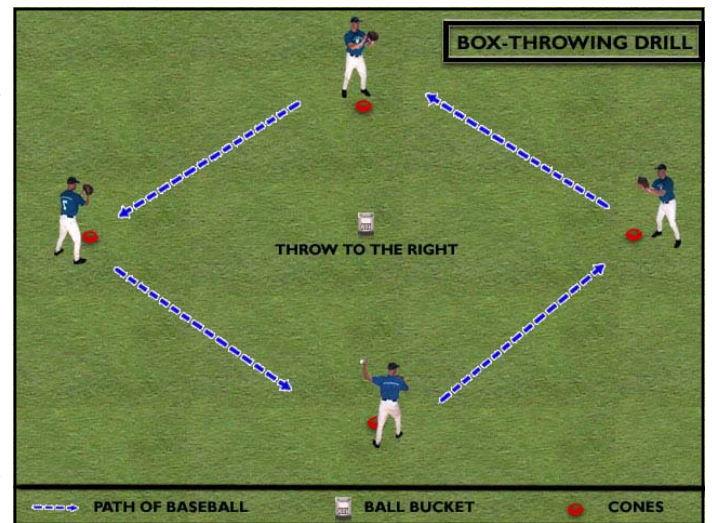
Tip: To make things run smoothly, have a coach or parent set up stations while players are executing the two previous throwing drills.

Key Words:

“Quick Feet”



“Square body to target before throwing”



Notes:

Ground Ball Drills:

- Divide into two or more separate groups for “Kneeling Grounders” drill. Have players partner up for “Roll & Throw” Drill.
- If desired, players can start off without glove then progress to using gloves.
- Allow approximately **7 minutes** for both “Kneeling Grounders” and “Roll and Throw” drills, and **5 minutes** for demonstration / explanation / instruction.



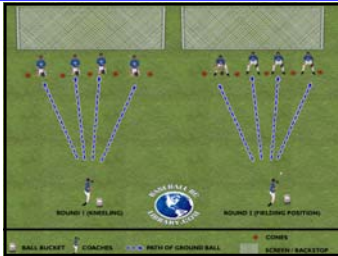
Kneeling Grounders:

Players (in groups of 5-8) kneel down in a line facing the coach.

Technique: Hands should be out in front of the body ready to receive the ball.

Key Words:

- “Catch the ball out in front of the body”
- “Hands should be held pinky to pinky”
- “Track the ball all the way into the glove”



Roll and Throw: Divide players into partners and line them up approx. 5-10 feet apart along one of the foul lines. Players take turns as the infielder and first baseman.

Technique: Receiver (acting 1st baseman) rolls ball straight at, to the left, and to the right of the infielder. Infielder gathers ground ball, squares front shoulder to target to deliver ball, then gets ready to receive next grounder.

Key Words:

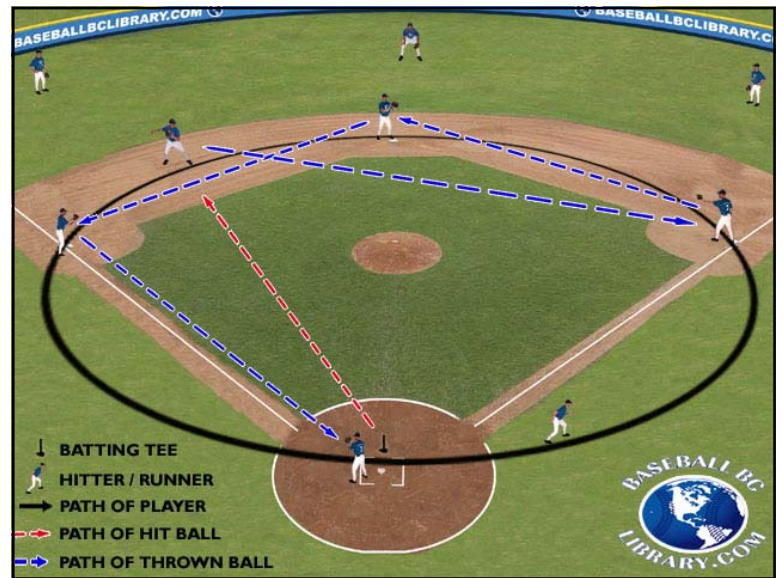
- “Stay low and get in front of the ball”
- “Track the ball all the way into the glove”



Beat The Ball: Divide team into two groups with one team in the field and one hitting. The goal for each hitter is to successfully hit the ball off a tee and run around the bases before the defending team can field the ball and throw it to every base (including home):

1. Hitter must run the bases in consecutive order.
2. Ball has to be thrown around the bases in consecutive order.
3. For more information go the “Beginner Minor Games” section of our website for further details.

Tip: Make sure runners wear helmets during this drill.



Notes:
