



MINI-BOOK



RALLY CAP PROGRAM INFORMATION



RALLY CAP

Program as a starting point for long-term athlete development

The Rally Cap Program is one of the outcomes of the Long-Term Athlete Development (LTAD) Program developed by Sport Canada.

LTAD focuses on the general framework of athlete development with special reference to growth, maturation and development, trainability, and sport system alignment and integration. It incorporates information from several sources. It draws on the experiences of various athlete development projects that have been implemented by different sport organizations since the mid-1990s.

These sciences include pediatric exercise science, exercise physiology, sport psychology, psychomotor learning, sport sociology, and nutrition. An analysis of the literature on organizational development has also contributed significantly.

The health and well-being of Canadians and the medals won at major, multi-sport competitions are simply by-products of an effective sport system.

This document is based on and supported by the coaching and exercise science literature, but it is written particularly for coaches along with technical and administrative sport leaders. Baseball Canada is proud to offer this simple and detailed program to the Canadian baseball community.

Together, let's make sure this first baseball experience is a positive one for all young athletes in Canada.

INTRODUCTION

Welcome to Baseball Canada's Rally Cap Program. This booklet provides the information necessary to run Baseball Canada's Official Initiation Program.

With the Federal Government's mandate for National Sport Organizations to develop a long-term athlete development model for each sport, the Rally Cap program was born with the purpose of making baseball more fun and engaging to young Canadians. Baseball Canada is confident that this program will satisfy young athletes, their parent/guardians and that it will be a useful tool for coaches involved in teaching baseball at the community level.





GOALS

- 1 Create a fun environment in which children and adults are actively engaged together in the game of baseball.
- 2 Develop fundamental motor skills, teach baseball skills, and basic rules to our athletes.
- 3 Experience success with an emphasis on respect and fair play.
- 4 Promote increased self-esteem among Rally Cap participants.
- 5 Recruit new coaches, parent helpers and volunteers

The Crucial Role of Coaches

The most important individual in the Rally Cap program is the coach. The coach is the person the athletes look at for instruction, encouragement, and inspiration. Assistant coaches, and/or parent helpers, take their cues from the coach. Therefore, success of the program is dependant on the coaches embracing our goals and working to achieve them.

Baseball Canada fully recognizes that the majority of coaches at this level are parents/guardians who are not only providing their children with their first experience in baseball, but they themselves, potentially, are experiencing coaching and/or baseball for the first time. Our Rally Cap practice plans are designed to provide coaches with all the necessary tools to give their athletes, and themselves, the best baseball experience possible.





The following are ways in which coaches can help achieve Rally Cap goals:

GOAL #1

Create a fun environment where athletes and coaches are actively engaged together in the game of baseball.

1. Use fun games to make baseball learning positive and fun.
2. Encourage interaction between parents and athletes during Rally Cap sessions.

GOAL #2

Develop fundamental motor skills, teach baseball skills and basic baseball rules to athletes.

1. Organize practices to maximize learning, minimize inactivity with the number of repetitions in the various skills being introduced.
2. Introduce fundamental motor skills for the all-round athlete.

GOAL #3

Experience success with an emphasis on respect and fair play.

1. Recognize the ability of each athlete is individual and progression will occur at their own rate through experience and effort.
2. Recognize partial or total success through positive reinforcement.
3. Organize activities adapted to everyone's ability, proposing attainable challenges, and giving constructive feedback.



GOALS (continued)

GOAL #4

Promote increased self-esteem among Rally Cap athletes and coaches.

1. Encourage athletes to do their best!
2. Spend comparable teaching time with all athletes no matter their ability.
3. Embrace challenges as a pathway to success!

GOAL #5

Recruit new coaches, parent helpers and volunteers.

1. Rally Cap provides an entry point to baseball for not only athletes but coaches and volunteers, too
2. We believe, that by developing coaches and volunteers, we are also developing positive role models for long-term growth in sport and life.



STRUCTURE

The Rally Cap program was developed using baseball initiation programs, as well as adding new ideas to keep athletes engaged and interested.

In the Rally Cap program, each team consists of six athletes on the field compared to nine in traditional baseball. This allows for the formation of more teams, meaning athletes will have more skill repetitions at each session to maximize skill repetition and acquisition.

Each Rally Cap session lasts 60 minutes involving three teams. Two (2) teams will play a 6 versus 6 (6v6) baseball game while the third team will be participating in baseball activities in the outfield area. After an inning is played (both teams have batted) in the game, teams will rotate so at the end of the 60-minute session each team will have played two games (two full innings) and had a skill-based practice.

60 minutes

EXAMPLE

Physical activity
10 minutes

Baseball knowledge **5 minutes**

Game
15 minutes

*including 2 minutes for transition

Game
15 minutes

*including 2 minutes for transition

Practice
15 minutes

*including 2 minutes for transition



THE GAME

All athletes will come to bat during their team's ½ inning. The ½ inning will end when all athletes have completed their turn.

Teams will score runs the same way they do during a traditional baseball game (i.e., touching home plate). Teams also can “score” runs while playing defense. A run can be earned by catching a fly ball or by throwing a runner out at a base. Therefore, up to six (6) defensive runs can be earned each inning.

VARIATIONS: *You can develop a different scoring system to reward different types of defensive plays (e.g., you can allow more points for fielding a ball followed by an accurate throw).*

To throw a runner out, the batted ball can be thrown or run to **any** base before the batter-runner reaches 1st base.

There are no walks, no strikeouts, no base stealing, and runners can only advance on batted balls.

With hitting being the most fun part of baseball, the Rally Cap program has been designed to help athletes hit the ball no matter what their skill level. Three different formats can be used:

BATTING TEE / COACH – PITCHER / PITCHING MACHINE

Each player can choose the format they wish to use, with coach discretion, depending on their development stage. All three formats can be used during a game.

Each batter will have a maximum of five (5) baseballs to hit during their at bat. If the ball is not hit, a coach will roll the ball to allow the batter to run the bases and to allow the defense to field the ball and make plays.

When the last batter of the inning hits the ball, the ball must be thrown to home plate to get the batter out.

The batting order will change each time a team comes to bat (first batter becomes last, etc.) Defensive positioning will also change each time a team comes to bat.

VARIATIONS: *Baseball Canada encourages Rally Cap programs to rotate defensive athletes after each at bat, so athletes stay engaged, learn the different positions, and move throughout the inning. A defensive rotation can be third base to shortstop, shortstop to second base, second base to first base, first base to pitcher and pitcher to third base. The catcher will remain in position for their team's defensive inning.*



THE PRACTICE

In the outfield area, each team will practice different baseball activities with respect to the following **FUNdamentals**:

- 1** FUNDAMENTAL MOVEMENT SKILLS
- 2** THROWING
- 3** RECEIVING
- 4** HITTING
- 5** BASERUNNING

Baseball Canada has developed Rally Cap practice plans based on the different skill levels of the program so coaches can focus on teaching proper technique to maximize skill acquisition. To keep athletes engaged with an emphasis on multiple repetitions, Baseball Canada encourages the use of stations while teams are practicing with athletes rotating throughout.

We strongly recommend that you set up your equipment before the start of the session. The only equipment a Rally Cap athlete needs are a baseball glove and batting helmet.

THE RALLY CAP SYSTEM

Baseball Canada recommends that Rally Cap programs conduct two "Rally Cap Days" during the season where athletes will have an opportunity to "level-up" based on the skills they have practiced and acquired during the season. The Rally Cap Days are designed to be fun and an event that athletes and coaches look forward to reward

success and progression through the program.

During the Rally Cap Day event, all athletes will go through stations where they will perform different baseball skills. When a player succeeds at each skill based on a particular level of the program, they will be recognized as having passed that specific skill level.

"OFFICIAL RALLY CAP DAY"

You can have more or less of these events, but we caution to avoid progressing through the levels of the program on a daily basis. Rally Cap athletes should practice their skills throughout the season to perform on a truly unique day.

SKILL LEVELS



ON DECK

1. Agility – jump over a line for 10 reps using your own type of jump

7. Able to throw a ball 5 feet in distance with no bounce

13. Able to catch a ball thrown from 5 feet

19. Able to hit a ball off a tee

25. Able to run around the bases in the correct direction without stopping

HOME PLATE

2. Balance – Stay in the pitching balance position for 5 seconds on both sides

8. Able to throw at least 3 of 5 balls to a coach from 10 feet

14. Able to field at least 3 of 5 ground balls from 15 feet

20. Able to hit at least 3 of 5 fair balls off a tee

26. Able to hit off a tee and run through 1st base

SINGLE

3. Coordination – 10 Jumping Jacks without stopping

9. Able to throw the ball 25 feet in distance with no bounce

15. Able to catch at least 3 of 5 fly balls from 15 feet height

21. Able to hit at least 3 of 5 fair balls thrown from an underhand toss

27. Able to run 2 bases with a stop at the final base

DOUBLE

4. Agility – Able to touch 6 cones placed in a star shape while always looking forward

10. Able to throw at least 3 of 5 balls to a coach from 25 feet

16. Able to field at least 3 of 5 grounders to the right and 3 of 5 grounders to the left (game distance)

22. Able to hit at least 3 of 5 underhand tossed balls passed the base paths rolling or in the air

28. Able to run 20' followed by a feet first slide (on grass, no bases)

TRIPLE

5. Balance – Squatting like a catcher, and squat jump to right, and then to left (5 times each)

11. Able to throw the ball 50 feet in distance with no bounce

17. Able to catch at least 3 of 5 fly balls to the right and 3 of 5 fly balls to the left (5-10 feet to the left and right) at 15 feet height

23. Able to hit at least 3 of 5 fair balls thrown underhand at least 75 feet in distance

29. Able to run to a base and slide at the base

HOME RUN

6. Coordination – Juggling 2 balls with 2 hands for 5 seconds using transfer or cross method

12. From fielding position, the athlete can throw at least 3 of 5 baseballs to 1st base from shortstop

18. Able to catch a total of at least 13 of 15 balls out of 5 grounders, 5 fly balls and 5 balls thrown by a partner from 15 feet

24. Able to hit at least 3 of 5 fair balls from a pitching machine (44' and 32-34 mph) or overhand*

30. Able to run 2 bases and slide at the base

*Adjust angle by ensuring that the throw is coming from the appropriate height. Have the pitcher take a knee if needed.

ON DECK



LEVEL: ON DECK

ON DECK – FUNDAMENTAL MOVEMENT SKILLS

Agility – Jump over a line for 10 reps using your own type of jump.

ACTIVITY THE KANGAROO (1)

[Click here](#) for video demonstration

Goal: Introduction to agility using jumping as a mean. Athletes learn proper landing technique in order to jump in a safe manner.

Description: Athletes are split into teams, a line on the field is used to mark the starting point. The athletes take turns by alternating with the other team, jumping towards their opponents with a standing two-foot jump. Each jump is marked by a marker (e.g. glove or cone). Each jumper tries to push the marker further onto the opponent's side of line. The goal is to have the marker on the opponent's side after the last person has jumped.

Equipment: Small cones, markers, line on field

VARIATIONS AND PROGRESSION:

A. Use different height and length for jumps



LEVEL: ON DECK

ON DECK – THROWING

With a partner or coach standing in front of the player at 5 feet, the player is asked to throw the ball. Accuracy is not important at this stage, only that the player be able to throw the distance.

Below are activities that can be used to prepare players for this skill:

ACTIVITY “HANDCUFFS” (7)

[Click here](#) for video demonstration

Description: Athletes pair up with each other or with a coach. On signal, athletes take a proper grip on the ball.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. Athletes are seated, pick up the ball off the ground and show it to their partner
- B. Athletes are seated, throw the ball (2 feet high) and show it to a partner
- C. Athletes are seated, pick up the ball off the ground and throw it to their partner
- D. Athletes are seated, throw the ball (2 feet high) and throw it to their partner
- E. On two knees, pick up the ball off the ground and throw it to their partner
- F. Athletes are seated, throw the ball to their partner
- G. On two knees, throw the ball to their partner
- H. Standing up, throw the ball to their partner
- I. On their back, throw the ball to their partner

KEY POINTS

- *Always put two or three fingers on the ball*
- *Hold the ball with the fingers and not in the palm of the hand*



LEVEL: ON DECK

ON DECK – RECEIVING

With a partner or a coach standing in front of the player at five (5) feet, throw the ball underhand to the athlete. At this stage, look for athletes to receive the ball using both hands.

Below are activities that can be used to prepare players for this skill:

ACTIVITY *CATCH THE BALL LIKE AN EGG (13)*

[Click here](#) for video demonstration

Goal: Help athletes absorb the ball when catching it.

Description: With a partner or a coach located in front of the athlete at six feet, throw the ball underhand to the athlete. Encourage athletes to catch the ball with two hands.

Place athletes opposite each other at 6 feet apart. With athletes on two knees, and bare handed, have them play catch throwing the ball under hand. For younger athletes, it is a good idea to match them with coaches or parent helpers.

VARIATIONS AND PROGRESSION:

- A. On both knees, use foam balls
- B. On both knees, no glove, use a bigger ball
- C. On both knees, no glove, use a tennis balls
- D. Standing up, no glove, use tennis balls or a bigger ball, throw with one bounce.
- E. On both knees, use foam balls
- F. On both knees, no glove, use a bigger ball
- G. On both knees, no glove, use tennis balls

Equipment: Several types of balls (minimum one per player), 2-3 buckets

KEY POINTS

- *Reach out for the ball*
- *Brings hands towards the body when catching the ball*

LEVEL: ON DECK

ON DECK – HITTING

With a partner or a coach standing beside the athlete, simply ask the player to hit the ball off the batting tee. Contact with the ball, not distance is important here. Ensure the tee is placed in front of home plate and NOT directly on home plate.

Below is an activity that can be used to prepare for this skill:

ACTIVITY “BETWEEN THE TWO” (19)

[Click here](#) for video demonstration

Description: Each athlete has a bat in their hands. They watch and copy each batting position that the coach assumes.

Every time the coach asks the athletes how to position themselves, they answer “Between the Two”. In all cases, you want “Between the Two” extremes as a better method for your batters to start from.

Equipment: One “bat” per athlete

VARIATIONS AND PROGRESSION:

- A. Close feet (compact stance) VS Wide feet (wide stance)
- B. Straight legs VS Bent legs
- C. Complete swings without balls

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat



LEVEL: ON DECK

ON DECK – BASERUNNING

To complete this task, athletes must know what direction to run after hitting the ball. The coach can consider various bases to check athletes' knowledge.

Below is an activity that can be used to prepare for this skill:

ACTIVITY "THE TRAIN" (25)

[Click here](#) for video demonstration

Description: Starting from home plate, athletes form a line and lightly jog around the bases, saying the name of the base as they touch it. Parent/guardians are encouraged to join in this activity!

Equipment: (minimum of four)

VARIATIONS AND PROGRESSION:

- A. Coach leads the line
- B. Individually, done while jogging
- C. Have athletes start at different bases
- D. Individually done by running, athlete goes around the bases (same as Hit, Run and Throw)

KEY POINTS

- *Athlete must learn to run the bases in the correct order*
- *Learn the name of each base*



HOME PLATE



LEVEL: HOME PLATE

HOME PLATE – FUNDAMENTAL MOVEMENT SKILLS

Balance – Stay in the pitching balanced position for 5 seconds, on both sides.

ACTIVITY UP AND DOWN (2)

[Click here](#) for video demonstration

Goal: Introduce athletes to the importance of balance for pitching.

Description: All athletes are lined up with no glove and a baseball in their dominant hand. On signal, all athletes put their weight on their dominant foot while having the other foot off the ground (they are now standing on one foot). Without losing balance, athletes must put the ball on the ground and come back up without their free foot touching the ground. Repeat up to three times.

Equipment: Baseballs

VARIATIONS AND PROGRESSION:

- A. Put the ball on the ground using different locations causing athlete to perform shorter or longer extensions
- B. After picking up the ball, ask athlete to pick it up again and then make two hops before doing it again
- C. Do a relay run on one foot



LEVEL: HOME PLATE

HOME PLATE – THROWING

With a partner or a coach standing in front of the athlete at 10 feet, ask the athlete to throw the ball. Accuracy is not important at this stage. We want the athlete to be able to reach the distance.

Below is an activity that can be used to prepare for this skill:

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Goal: Teach the proper mechanics when throwing a ball.

Description: In pairs, the athletes play catch using proper throwing mechanics.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. Athletes simulate the mechanics without a ball
- B. Athlete sits with legs crossed.
- C. On both knees
- D. On one knee (arm side knee)
- E. Athletes execute on command:
 - a. throwing arm goes down
 - b. reach back
 - c. lift arm to shoulder height
- F. Execute three circles before throwing:
 - a. Small circle
 - b. Medium circle
 - c. Large circle
- G. Add one step with the glove side (giant step), just before throwing

KEY POINTS

- Explain that the longer the arm circle, the faster the arm speed (small wheel vs big wheel)
- Make sure they hold the ball right, facing away
- Glove foot goes forward while throwing



HOME PLATE – RECEIVING

With a coach located 15 feet in front of the athlete, one at a time, roll five balls towards them. To succeed, the athlete must field 3 of the 5 balls.

Below is an activity that can be used to prepare for this skill:

ACTIVITY THE CROCODILE (14)

[Click here](#) for video demonstration

Goal: Teach and reinforce the proper way to receive a ground ball.

Description: Coach instructs the athletes to simulate the proper way to receive a ground ball. With a partner or a parent located in front of the athlete, roll the ball underhand to the athlete. Look for fielding the ball with two hands. It is recommended starting on two knees and bare handed in order to isolate the movement. For younger athletes, it is recommended to use a parent as a partner.

VARIATIONS AND PROGRESSION:

- | |
|---|
| A. Simulate receiving the ball |
| B. Coach rolls a ground ball |
| C. In pairs, one athlete rolls the ball and the other receives it |
| D. With and without gloves |
| E. With different type of balls |

Equipment: Several types of balls (minimum one per athlete) and bigger balls.

KEY POINTS

- Always put hands out like a crocodile's mouth
- "Pet" the ball when receiving it

LEVEL: HOME PLATE

HOME PLATE – HITTING

With a partner or a coach standing beside the athlete, simply ask the athlete to hit the ball off the tee. Contact with three of five balls (fair balls) is important, not distance. Ensure the tee is placed in front of home plate NOT directly on home plate.

Below is an activity that can be used to prepare for this skill:

ACTIVITY "500" (20)

[Click here](#) for video demonstration

Goal: Introduce athletes to the perfect batting stance.

Description: Arrange one group of 4-6 athletes with one batter while the others are in the field.

- The batter will bat off a tee or via thrown pitch
- Each batter gets 10 swings or hits
- Fielders can get points by fielding the ball

100 points

FOR CAUGHT FLY

50 points

FOR ONE BOUNCER

25 points

FOR A GROUNDER



LEVEL: HOME PLATE

HOME PLATE – BASERUNNING

Able to hit off a tee
and run through
1st base

Below is an activity that can be used to prepare for this skill:

ACTIVITY THE TRANSITION (26)

[Click here](#) for video demonstration

Goal: To expose the athlete from transitioning from hitting to running.

Description: For safety reasons, and to avoid hitters from throwing their bats, ask all athletes to take the final hitting position (follow through). Starting from that position, ask athletes to a) drop the bat and b) initiate a run to 1st base. Emphasize the importance of the first three, quick steps only. Repeat again. Make sure all athletes execute at same time with no wait time.

Equipment: Bats and running base line

VARIATIONS AND PROGRESSION:

- A. Repeat same exercise with athletes running until half distance to first base
- B. Repeat with full distance. Allow proper rest between repetitions



PRACTICE PLANS

LEVEL – ON DECK / HOME PLATE



PRACTICE PLAN #1 LEVEL – ON DECK/HOME PLATE

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, batting tee, set of bases (minimum four)

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. "There and back."

VARIATIONS AND PROGRESSION:

- A. Sitting, use only arms
- B. High knees
- C. Military walk

WARM-UP:

Description: Warming up with various exercises giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY "HANDCUFFS" (7)

[Click here](#) for video demonstration

Description: Athletes pair up with each other or with a coach. On signal, athletes take a proper grip on the ball.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. From a seated position, pick up the ball off the ground and throw it to a partner (or coach/parent helper)
- B. Make sure they're using the appropriate grip on the ball

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- *Throwing arm goes down*
- *Reach back*
- *Lift arm to shoulder height*
- *Appropriate arm action*

HITTING

ACTIVITY “BETWEEN THE TWO” (19)

[Click here](#) for video demonstration

Description: Each athlete has a bat in their hands. They watch and copy each batting position that the coach assumes.

Every time the coach asks the athletes how to position themselves, they answer “Between the Two”. In all cases, you want “Between the Two” extremes as a better method for your batters to start from.

Equipment: One “bat” per athlete

VARIATIONS AND PROGRESSION:

- A. Close feet (compact stance) VS Wide feet (wide stance)
- B. Straight legs VS Bent legs
- C. Complete swings without balls

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

ACTIVITY “T-BALL”

Description: With a partner or a coach/parent helper located to the side of the athlete, ask the athlete to hit the ball off a tee. Ensure the tee is placed in front of home plate and NOT on it. Teammates pick up the baseballs.

Equipment: Batting tee, various bats and balls

VARIATIONS AND PROGRESSION:

- A. Standard “t-ball”
- B. Hit the ball through a hoop

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat



RECEIVING

ACTIVITY CATCH THE BALL LIKE AN EGG (13)

[Click here](#) for video demonstration

Description: With a partner or a coach located in front of the athlete at six feet, throw the ball underhand to the athlete. Encourage athletes to catch the ball with two hands.

Place athletes opposite each other at six feet apart. With athletes on two knees, and bare handed, have them play catch throwing the ball under hand. For younger athletes, it is a good idea to match them with coaches or parent helpers.

A. On both knees, use foam balls

B. On both knees, use tennis balls

KEY POINTS

- *Reach out for the ball*
- *Bring hands toward the body when catching the ball*

ACTIVITY “THE CROCODILE” (14)

[Click here](#) for video demonstration

Description: Coach/parent helper instructs the athletes to simulate the proper way to receive a ground ball.

Equipment: Several types of balls (minimum one per athlete).

VARIATIONS AND PROGRESSION:

A. Simulate receiving the ball

B. Coach rolls a ground ball

*Do exercise with and without gloves

KEY POINTS

- *Always put hands out to simulate crocodile’s mouth*
- *“Pet” the ball when receiving it*
- *Feet and hands form a triangle*



BASERUNNING

ACTIVITY “THE TRAIN” (25)

[Click here](#) for video demonstration

Description: Starting from home plate, athletes form a line and lightly jog around the bases, saying the name of the base as they touch it. Parent/guardians are encouraged to join in this activity!

Equipment: Set of bases (minimum of four)

VARIATIONS AND PROGRESSION:

- A. Coach leads the line
- B. Individually, done while jogging
- C. Have athletes start at different bases
- D. Individually done by running, athlete goes around the bases (same as Hit, Run and Throw)

KEY POINTS

- Athlete must learn to run the bases in the correct order
- Learn the name of each base

ACTIVITY “THE MUSICAL BASE”

Description: All athletes are jogging in the infield. On signal, athletes can run towards a designated base as mentioned by the coach/parent helper.

Equipment: Set of bases (minimum of four)

VARIATIONS AND PROGRESSION:

- A. Ask athletes to get to any base while having a maximum number of athletes at each base

KEY POINTS

- Name the bases
- Ensure safety of the athletes
- Encourage teamwork



PRACTICE PLAN #2 LEVEL – ON DECK/HOME PLATE

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, batting tee, set of bases (minimum of four), screen (net), cones (4 to 6), hoola hoops (2 or 3), target, badminton birdies.

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. “There and back.”

VARIATIONS AND PROGRESSION:

- *Sitting, using only arms*
- *High knees*
- *Heel to back of legs*
- *Military walk*

Description: Warming up with various activities giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY “HANDCUFFS” (7)

[Click here](#) for video demonstration

Description: Athletes pair up with each other or with a coach. On signal, athletes take a proper grip on the ball.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- From a seated position, pick up the ball off the ground and throw it to a partner (or coach/parent helper)
- Make sure they're using the appropriate grip on the ball

PRACTICE PLAN #2 LEVEL – ON DECK/HOME PLATE (continued)

THROWING AND RECEIVING (continued)

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- Throwing arm goes down
- Lift arm to shoulder height
- Reach back
- Appropriate arm action



HITTING

ACTIVITY "T-BALL"

Description: With a partner or a coach/parent helper located to the side of the athlete, ask the athlete to hit the ball off a tee. Ensure the tee is placed in front of home plate and NOT on it. Teammates pick up the baseballs.

Equipment: Batting tee, various bats and balls

VARIATIONS AND PROGRESSION:

- A. Standard "t-ball"
- B. Three swings and hit

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

PRACTICE PLAN #2 LEVEL – ON DECK/HOME PLATE (continued)

HITTING (continued)

ACTIVITY “LIGHT TOSS” (21)

[Click here](#) for video demonstration

Description: Athletes can do this in pairs or in groups of three (each group needs 6-10 baseballs). Have a partner or a coach/parent helper located at 45 degrees beside the batter, simply ask the athlete to hit the ball from an underhand toss.

Have one coach/parent helper kneel in front and to the side of the batter and toss a ball with little or no arc in front of them.

After the batter has had 10-15 quality swings, get the athletes to switch. The pitcher should keep the delivery consistent so that batters can find their timing.

Equipment: Various bats and balls

VARIATIONS AND PROGRESSION:

A. Standard T-Ball

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat



THROWING

ACTIVITY “THE NET” (9)

[Click here](#) for video demonstration

Description: Divide the athletes into two equal groups on each side of the net.

Using soft balls and wiffle balls, ask athletes to pick up a ball off the ground and to throw it over the net. Both teams are throwing and receiving balls over the net for one minute before taking a break and then repeating the activity.

Equipment:

- A minimum of six soft balls or wiffle balls
- One screen, fence or net

VARIATIONS AND PROGRESSION:

- A. Athletes are located farther from the screen/fence/net

KEY POINTS

- *Make sure the grip is appropriate*
- *Glove side foot forward when throwing*

A competition can be created where the goal is to send all balls to the other side.

ACTIVITY “THE RELAY” (11)

[Click here](#) for video demonstration

Description: Split athletes into two groups (depending on the number of athletes). Each team forms a line. A hoola hoop filled with balls of different kinds is located 30 feet in front of each team, with two cones placed at 15 and 30 feet from the hoop.

On signal, one athlete goes to the hoop and from there tries to throw a ball towards each cone. Two throws are allowed. The athlete then returns to the line and the next athlete attempts the task.

Equipment:

- Several balls (2 minimum)
- Two cones per team (4-6)
- 2-3 hoops

VARIATIONS AND PROGRESSION:

Adjust distance depending on ability

- A. If athlete hits 1st cone, 1 point is awarded
2nd cone = 3 points awarded
First team to finish = 2 additional points
- B. Add various challenges. Example: between line and hoop
- C. Without cones and hoops, teams are in line. Athletes throw to a partner. First team to go all the way and back gets the point

RECEIVING

ACTIVITY CATCH THE BALL LIKE AN EGG (13)

[Click here](#) for video demonstration

Description: With a partner or a coach located in front of the athlete at six feet, throw the ball underhand to the athlete. Encourage athletes to catch the ball with two hands.

Place athletes opposite each other at six feet apart. With athletes on two knees, and bare handed, have them play catch throwing the ball under hand. For younger athletes, it is a good idea to match them with coaches or parent helpers.

A. On both knees, use foam balls

B. On both knees, use tennis balls

KEY POINTS

- *Reach out for the ball*
- *Bring hands toward the body when catching the ball*

ACTIVITY “THE CROCODILE” (14)

[Click here](#) for video demonstration

Description: Coach/parent helper instructs the athletes to simulate the proper way to receive a ground ball.

Equipment: Several types of balls (minimum one per athlete).

VARIATIONS AND PROGRESSION:

A. Simulate receiving the ball

B. Coach rolls a ground ball

*Do exercise with and without gloves

KEY POINTS

- *Always put hands out to simulate crocodile’s mouth*
- *“Pet” the ball when receiving it*
- *Feet and hands form a triangle*



PRACTICE PLAN #3 LEVEL – ON DECK/HOME PLATE

Required equipment: TVB BALLS, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), t-ball, set of bases (minimum of four), hoola hoops.

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. “There and back.”

VARIATIONS AND PROGRESSION:

- *Sitting, using only arms*
- *High knees*
- *Heel to back of legs*
- *Military walk*

Description: Warming up with various activities giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY “HANDCUFFS” (7)

[Click here](#) for video demonstration

Description: Athletes pair up with each other or with a coach. On signal, athletes take a proper grip on the ball.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. From a seated position, pick up the ball off the ground and throw it to a partner (or coach/parent helper)
- B. Make sure they’re using the appropriate grip on the ball

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- *Throwing arm goes down*
- *Reach back*
- *Lift arm to shoulder height*
- *Appropriate arm action*

ACTIVITY “T-BALL”

Description: With a partner or a coach/parent helper located to the side of the athlete, ask the athlete to hit the ball off a tee. Ensure the tee is placed in front of home plate and NOT on it. Teammates pick up the baseballs.

Equipment: Batting tee, various bats and balls

VARIATIONS AND PROGRESSION:

- A. Standard “t-ball”
- B. Hit the ball through a hoop

KEY POINTS

- *Feet must be wider than shoulders*
- *Hands high and back*
- *Hands together on bat*



BASERUNNING

ACTIVITY “THE CHALLENGE”

Description: All athletes are at home plate. On their turn (after athlete in front has reached 1st base), athletes round the bases. Between each base, there is a challenge to perform.

Equipment: Set of bases (minimum four), various items for challenges

CHALLENGE EXAMPLES:

- | |
|---|
| A. Backpedal |
| B. Rounding cones |
| C. Roll |
| D. Jump between bats |
| E. Under a bat on two cones |
| F. Jump over a partner |
| G. Shuffle steps or other running drills |
| H. Batting tee |
| I. Field a ball, throw to a coach/parent helper |
| J. Other creative ideas |

KEY POINTS

- *More than one skill/task can be incorporated.*
- BE CREATIVE**

ACTIVITY “GOTCHA”

Description: Place 2-4 groups of athletes at each base or at home plate and 2nd base depending on numbers. Set up bases in diamond formation 20-30 feet apart.

On the signal ‘GO’, one player from each group starts running around the bases. The objective is to run passed the person ahead of you.

Score one point for your team for every athlete passed

Run for a set period of time (15-30 seconds).

Equipment: Set of bases (minimum of four)

VARIATIONS AND PROGRESSION:

- | |
|--|
| A. Use parent helpers so athletes can try to pass them |
| B. Backpedal |

KEY POINTS

- *AT ALL TIMES, athletes must touch all bases*

RECEIVING

ACTIVITY “SKY BALL” (15)

[Click here](#) for video demonstration

Description: One coach/parent helper for every two athletes. Athletes will practice using high tosses from a coach/parent helper. Self-competition can be included by:

- 1 Catching a higher thrown ball each time
- 2 Number of consecutive catches

Equipment: One badminton birdie per athlete

VARIATIONS AND PROGRESSION:

- A. Standing alone, athletes toss a badminton birdie and let it bounce on their head
- B. Standing alone, athletes toss a badminton birdie and catch it with their hat.

KEY POINTS

- Hands together, placed slightly above forehead

THROWING

ACTIVITY “THE TARGET” (10)

[Click here](#) for video demonstration

Description: While using proper throwing technique (giant step, arm action, and grip), the athlete tries to successfully reach a target from an appropriate distance.

Athletes are placed in 2-3 lines and throw one after the other. A parent helper, located behind the fence, returns the balls to the next athlete in line.

Equipment: Balls, targets (examples: can filled with water, basketball hoop or bullseye)

VARIATIONS AND PROGRESSION:

- A. Change distance in relation to ability

KEY POINTS

- Proper grip
- Glove side foot forward when throwing



PRACTICE PLAN #4 LEVEL – ON DECK/HOME PLATE

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large) batting tee, set of bases (minimum four), hoola hoops, cones.

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. "There and back."

VARIATIONS AND PROGRESSION:

- A. Sitting, use only arms
- B. High knees
- C. Military walk

WARM-UP:

Description: Warming up with various exercises giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY "HANDCUFFS" (7)

[Click here](#) for video demonstration

Description: Athletes pair up with each other or with a coach. On signal, athletes take a proper grip on the ball.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. From a seated position, pick up the ball off the ground and throw it to a partner (or coach/parent helper)
- B. Make sure they're using the appropriate grip on the ball



HITTING

ACTIVITY “T-BALL”

Description: With a partner or a coach/parent helper located to the side of the athlete, ask the athlete to hit the ball off a tee. Ensure the tee is placed in front of home plate and NOT on it. Teammates pick up the baseballs.

Equipment: Batting tee, various bats and balls

Bats: Baseball, plastic, cut hockey stick, small, large

Balls: Baseball, wiffles, tennis, softballs, foam balls, large

VARIATIONS AND PROGRESSION:

- A. Standard “t-ball”
- B. Hit the ball through a hoop
- C. Three swings and a hit

KEY POINTS

- *Feet must be wider than shoulders*
- *Hands high and back*
- *Hands together on bat*



BASERUNNING

ACTIVITY “THE TRAIN” (25)

[Click here](#) for video demonstration

Description: Starting from home plate, athletes form a line and lightly jog around the bases, saying the name of the base as they touch it. Parent/guardians are encouraged to join in this activity!

Equipment: Set of bases (minimum of four)

CHALLENGE EXAMPLES:

- A. Coach leads the line
- B. Individually, done while jogging
- C. Have athletes start at different bases
- D. Individually done by running, athlete goes around the bases (same as Hit, Run and Throw)

KEY POINTS

- Athlete must learn to run the bases in the correct order
- Learn the name of each base

ACTIVITY “THE CHALLENGE”

Description: All athletes are at home plate. On their turn (after athlete in front has reached 1st base), athletes round the bases. Between each base, there is a challenge to perform.

Equipment: Set of bases (minimum four), various items for challenges

CHALLENGE EXAMPLES:

- A. Backpedal
- B. Rounding cones
- C. Roll
- D. Jump between bats
- E. Under a bat on two cones
- F. Jump over a partner
- G. Shuffle steps or other running drills
- H. Batting tee
- I. Field a ball, throw to a coach/parent helper
- J. Other creative ideas

KEY POINTS

- More than one skill/task can be incorporated.
- BE CREATIVE

RECEIVING

ACTIVITY CATCH THE BALL LIKE AN EGG (13)

[Click here](#) for video demonstration

Description: With a partner or a coach located in front of the athlete at six feet, throw the ball underhand to the athlete. Encourage athletes to catch the ball with two hands.

Place athletes opposite each other at 6 feet apart. With athletes on two knees, and bare handed, have them play catch throwing the ball under hand. For younger athletes, it is a good idea to match them with coaches or parent helpers.

- A. On both knees, use foam balls
- B. On both knees, use tennis balls



KEY POINTS

- *Reach out for the ball*
- *Bring hands toward the body when catching the ball*

GENERAL KNOWLEDGE

ACTIVITY “AROUND THE HORN”

Description: Have the athletes stand in a circle. Use an odd number of athletes if necessary. The coach gives a ball to one athlete. On signal, the athlete throws the ball underhand to their teammate on their right. While throwing the ball, they must say the name of the teammate catching the ball.

Equipment: Ball (baseball)

Once the athletes become comfortable with one ball, the coach can add a second, third and fourth ball. See how many balls the athletes can handle at the same time.



ACTIVITY “NAMES AND NUMBERS”

Description: Name each position and their number. Give each athlete a position name and instruct them to go to that position.

Equipment: Ball (baseball), bag/bucket

VARIATIONS AND PROGRESSION:

- A. Start off the pitching mound
- B. Write position numbers on balls, place the balls in a bag/bucket; athletes pick a ball from the bag/bucket and take it to the corresponding position.

- 1 pitcher
- 2 catcher
- 3 first base
- 4 second base
- 5 third base
- 6 shortstop
- 7 left field
- 8 centrefield
- 9 right field

PRACTICE PLAN #5 LEVEL – ON DECK/HOME PLATE

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large) batting tee, set of bases (minimum four), hoola hoops, cones.

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. “There and back.”

VARIATIONS AND PROGRESSION:

- A. Sitting, use only arms
- B. High knees
- C. Military walk

WARM-UP:

Description: Warming up with various exercises giving opportunities to stretch the body and prepare itself for baseball practice.



THROWING AND RECEIVING

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- *Throwing arm goes down*
- *Reach back*
- *Lift arm to shoulder height*
- *Appropriate arm action*

ACTIVITY “HANDCUFFS” (7)

[Click here](#) for video demonstration

Description: Athletes pair up with each other or with a coach. On signal, athletes take a proper grip on the ball.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. From a seated position, pick up the ball off the ground and throw it to a partner (or coach/parent helper)
- B. Make sure they’re using the appropriate grip on the ball

HITTING

ACTIVITY “T-BALL”

Description: With a partner or a coach/parent helper located to the side of the athlete, ask the athlete to hit the ball off a tee. Ensure the tee is placed in front of home plate and NOT on it. Teammates pick up the baseballs.

Equipment: Batting tee, various bats and balls

VARIATIONS AND PROGRESSION:

- A. Standard “t-ball”
- B. Hit the ball through a hoop

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat



ACTIVITY “DRILL WITH PITCHER”

Description: With a coach/parent helper located at 20 feet in front of the batter, toss the ball with both knees on the ground while asking the batter to hit the ball.

Equipment: Bats and balls

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes stationed well behind batters to retrieve balls
- One athlete feeding balls to the coach
- Rest of athletes in the field (gathering balls)
- Athletes rotate (in pairs) from the field, to catching behind the batters, to hitting, and finally back to the field.
- After the coach/parent helper has thrown a ball to one batter, they immediately throw the next pitch to the other batter.
- Athletes rotate after each group has had 10-15 quality swings

VARIATIONS AND PROGRESSION:

- A. Baseball bats, small balls
- B. Baseball bats, wiffle balls

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

THROWING

ACTIVITY “THE RELAY” (11)

[Click here](#) for video demonstration

Description: Split athletes into two groups (depending on the number of athletes). Each team forms a line. A hoola hoop filled with balls of different kinds is located 30 feet in front of each team, with two cones placed at 15 and 30 feet from the hoop.

On signal, one athlete goes to the hoop and from there tries to throw a ball towards each cone. Two throws are allowed. The athlete then returns to the line and the next athlete attempts the task.

Equipment:

- Several balls (2 minimum)
- Two cones per team (4-6)
- 2-3 hoops

VARIATIONS AND PROGRESSION:

Adjust distance depending on ability

- If athlete hits 1st cone, 1 point is awarded
2nd cone = 3 points awarded
First team to finish = 2 additional points
- Add various challenges. Example: between line and hoop
- Without cones and hoops, teams are in line. Athletes throw to a partner. First team to go all the way and back gets the point

ACTIVITY “HOME RUN”

Description: Hang targets on a backstop or fence. Place one group of three athletes at each target. The closest line to the target is considered a single, the next closest a double, the next closest a triple, with the farthest line from the target being a Home Run. Distances can be adjusted, according to the ability of the athletes.

Target: Single, Double, Triple, Home Run

Athletes choose which distance they throw from in order to hit the target. Points are awarded as follows:

- 1 point = Single
- 2 points = Double
- 3 points = Triple
- 4 points = HOME RUN

See if each athlete can increase their points with each consecutive throw or turn the activity into a competition based on the total number of points made in each group.

KEY POINTS

- Place 2-3 fingers on the ball, without paying attention to the seams.
- Hold the ball with fingers instead of palm of hand
- Step forward and towards target on each throw

RECEIVING

ACTIVITY “SKY BALL” (15)

[Click here](#) for video demonstration

Description: One coach/parent helper for every two athletes. Athletes will practice using high tosses from a coach/parent helper. Self-competition can be included by:

3 Catching a higher thrown ball each time

4 Number of consecutive catches

Equipment: One badminton birdie per athlete

VARIATIONS AND PROGRESSION:

- C. Standing alone, athletes toss a badminton birdie and let it bounce on their head
- D. Standing alone, athletes toss a badminton birdie and catch it with their hat.

KEY POINTS

- Hands together, placed slightly above forehead

THROWING

ACTIVITY THE GUARDIAN (16)

[Click here](#) for video demonstration

Goal: Teach athletes a safe way to field a ground ball

Description: In pairs or with a coach/parent helper, athletes practice fielding the ball with one knee down

Equipment: Balls

VARIATIONS AND PROGRESSION:

- A. The coach rolls a ball and the athletes field the ball
- B. The coach rolls the ball, the athletes field and throw the ball

KEY POINTS

- Put one knee on the ground
- Upper body must be behind the ball
- Always face the ball



PRACTICE PLAN #6 LEVEL – ON DECK/HOME PLATE

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), t-ball, set of bases (minimum of four)

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. “There and back.”

VARIATIONS AND PROGRESSION:

- A. Military walk
- B. Shuffle steps
- C. Spring, baseball start
- D. Backpedal run

WARM-UP:

Description: Warming up with various exercises giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. Athletes simulate the mechanics without a ball
- B. Athletes sit with legs crossed
- C. On both knees
- D. Athletes are executing on command:

KEY POINTS

- *Throwing arm goes down*
- *Reach back*
- *Lift arm to shoulder height*
- *Appropriate arm action*

HITTING

ACTIVITY “T-BALL”

Description: With a partner or a coach/parent helper located to the side of the athlete, ask the athlete to hit the ball off a tee. Ensure the tee is placed in front of home plate and NOT on it. Teammates pick up the baseballs.

Equipment: Batting tee, various bats and balls

VARIATIONS AND PROGRESSION:

- A. Standard “t-ball”
- B. Hit the ball through a hoop

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

ACTIVITY “DRILL WITH PITCHER”

Description: With a coach/parent helper located at 20 feet in front of the batter, toss the ball with both knees on the ground while asking the batter to hit the ball.

Equipment: Bats and balls

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes stationed well behind batters to retrieve balls
- One athlete feeding balls to the coach
- Rest of athletes in the field (gathering balls)
- Athletes rotate (in pairs) from the field, to catching behind the batters, to hitting, and finally back to the field.
- After the coach/parent helper has thrown a ball to one batter, they immediately throw the next pitch to the other batter.
- Athletes rotate after each group has had 10-15 quality swings

VARIATIONS AND PROGRESSION:

- A. Baseball bats, small balls
- B. Baseball bats, wiffle balls

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

BASERUNNING

ACTIVITY “THE CHALLENGE”

Description: All athletes are at home plate. On their turn (after athlete in front has reached 1st base), athletes round the bases. Between each base, there is a challenge to perform.

Equipment: Set of bases (minimum four), various items for challenges

CHALLENGE EXAMPLES:

- | |
|---|
| A. Backpedal |
| B. Rounding cones |
| C. Roll |
| D. Jump between bats |
| E. Under a bat on two cones |
| F. Jump over a partner |
| G. Shuffle steps or other running drills |
| H. Batting tee |
| I. Field a ball, throw to a coach/parent helper |
| J. Other creative ideas |

KEY POINTS

- *More than one skill/task can be incorporated.*
- BE CREATIVE**

ACTIVITY “GOTCHA”

Description: Place 2-4 groups of athletes at each base or at home plate and 2nd base depending on numbers. Set up bases in diamond formation 20-30 feet apart.

On the signal ‘GO’, one player from each group starts running around the bases. The objective is to run passed the person ahead of you.

Score one point for your team for every athlete passed

Run for a set period of time (15-30 seconds).

Equipment: Set of bases (minimum of four)

VARIATIONS AND PROGRESSION:

- | |
|--|
| A. Use parent helpers so athletes can try to pass them |
| B. Backpedal |

KEY POINTS

- *AT ALL TIMES, athletes must touch all bases*

RECEIVING

ACTIVITY “THE CROCODILE” (14)

[Click here](#) for video demonstration

Description: Coach/parent helper instructs the athletes to simulate the proper way to receive a ground ball.

Equipment: Several types of balls (minimum one per athlete).

VARIATIONS AND PROGRESSION:

- A. Simulate receiving the ball
- B. Coach rolls a ground ball

*Do exercise with and without gloves

KEY POINTS

- *Always put hands out to simulate crocodile’s mouth*
- *“Pet” the ball when receiving it*
- *Feet and hands form a triangle*



PRACTICE PLAN #7 LEVEL – ON DECK/HOME PLATE

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), t-ball, set of bases (minimum of four)

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. “There and back.”

VARIATIONS AND PROGRESSION:

- D. Sitting, use only arms
- E. High knees
- F. Military walk

WARM-UP:

Description: Warming up with various exercises giving opportunities to stretch the body and prepare itself for baseball practice.



THROWING AND RECEIVING

ACTIVITY “HANDCUFFS” (7)

[Click here](#) for video demonstration

Description: Athletes pair up with each other or with a coach. On signal, athletes take a proper grip on the ball.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. From a seated position, pick up the ball off the ground and throw it to a partner (or coach/parent helper)
- B. Make sure they’re using the appropriate grip on the ball

THROWING

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:



KEY POINTS

- *Throwing arm goes down*
- *Reach back*
- *Lift arm to shoulder height*
- *Appropriate arm action*

HITTING

ACTIVITY “T-BALL”

Description: With a partner or a coach/parent helper located to the side of the athlete, ask the athlete to hit the ball off a tee. Ensure the tee is placed in front of home plate and NOT on it. Teammates pick up the baseballs.

Equipment: Batting tee, various bats and balls

VARIATIONS AND PROGRESSION:

- A. Standard “t-ball”
- B. Hit the ball through a hoop

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat



ACTIVITY “PRACTICE WITH TENNIS RACQUET” (23)

[Click here](#) for video demonstration

Description: With a coach/parent helper standing in front of the athlete at 30 feet and throwing overhand, simply ask the athlete to hit the ball with a tennis racquet.

Equipment: Tennis racquet and tennis balls

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes catching behind the batters from a safe distance
- One athlete feeding balls to the coach
- Rest of athletes in the field gathering balls
- Athletes rotate (in pairs) from the field, to catching behind the batters to hitting, and finally back to the field.

After the coach has thrown a ball to one batter, they immediately throw the next pitch to the other batter. Athletes rotate after each group has had 10-15 quality swings

BASERUNNING

ACTIVITY “BASEBALL TAG”

Description: Arrange hoops behind 1st base and home plate, and on 2nd and 3rd base. One or some athletes are “it”. Athletes have to reach the next base while following the basepaths. Athlete(s) who are “it” must leave the mound to tag teammates.

Equipment: Set of bases (4) and hoola hoops (4)

VARIATIONS AND PROGRESSION:

- A. Ask parents/guardians to participate

KEY POINTS

- *Explain the ability to run passed 1st base and home plate*
- *Make sure to avoid too many athletes at each base*



THROWING

ACTIVITY “THE TARGET” (10)

[Click here](#) for video demonstration

Description: While using proper throwing technique (giant step, arm action, and grip), the athlete tries to successfully reach a target from an appropriate distance.

Athletes are placed in 2-3 lines and throw one after the other. A parent helper, located behind the fence, returns the balls to the next athlete in line.

Equipment: Balls, targets (examples: can filled with water, basketball hoop or bullseye)

VARIATIONS AND PROGRESSION:

- A. Change distance in relation to ability

KEY POINTS

- Proper grip
- Glove side foot forward when throwing

ACTIVITY “THE RELAY” (11)

[Click here](#) for video demonstration

Description: Split athletes into two groups (depending on the number of athletes). Each team forms a line. A hoola hoop filled with balls of different kinds is located 30 feet in front of each team, with two cones placed at 15 and 30 feet from the hoop.

On signal, one athlete goes to the hoop and from there tries to throw a ball towards each cone. Two throws are allowed. The athlete then returns to the line and the next athlete attempts the task.

Equipment:

- Several balls (2 minimum)
- Two cones per team (4-6)
- 2-3 hoops

VARIATIONS AND PROGRESSION:

Adjust distance depending on ability

- A. If athlete hits 1st cone, 1 point is awarded
2nd cone = 3 points awarded
First team to finish = 2 additional points
- B. Add various challenges. Example: between line and hoop
- C. Without cones and hoops, teams are in line. Athletes throw to a partner. First team to go all the way and back gets the point

PRACTICE PLAN #8 LEVEL – ON DECK/HOME PLATE

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), t-ball, set of bases (minimum of four)

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. “There and back.”

VARIATIONS AND PROGRESSION:

- A. Sitting, use only arms
- B. High knees
- C. Military walk

WARM-UP:

Description: Warming up with various exercises giving opportunities to stretch the body and prepare itself for baseball practice.



THROWING AND RECEIVING

ACTIVITY “HANDCUFFS” (7)

[Click here](#) for video demonstration

Description: Athletes pair up with each other or with a coach. On signal, athletes take a proper grip on the ball.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. From a seated position, pick up the ball off the ground and throw it to a partner (or coach/parent helper)
- B. Make sure they’re using the appropriate grip on the ball

THROWING AND RECEIVING (continued)

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- Throwing arm goes down
- Reach back
- Lift arm to shoulder height
- Appropriate arm action

HITTING

ACTIVITY "T-BALL"

Description: With a partner or a coach/parent helper located to the side of the athlete, ask the athlete to hit the ball off a tee. Ensure the tee is placed in front of home plate and NOT on it. Teammates pick up the baseballs.

Equipment: Batting tee, various bats and balls

VARIATIONS AND PROGRESSION:

- A. Standard "t-ball"
- B. Hit the ball through a hoop

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

HITTING (continued)

ACTIVITY “DRILL WITH PITCHER”

Description: With a coach/parent helper located at 20 feet in front of the batter, toss the ball with both knees on the ground while asking the batter to hit the ball.

Equipment: Bats and balls

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes stationed well behind batters to retrieve balls
- One athlete feeding balls to the coach
- Rest of athletes in the field (gathering balls)
- Athletes rotate (in pairs) from the field, to catching behind the batters, to hitting, and finally back to the field.
- After the coach/parent helper has thrown a ball to one batter, they immediately throw the next pitch to the other batter.
- Athletes rotate after each group has had 10-15 quality swings

VARIATIONS AND PROGRESSION:

- A. Baseball bats, small balls
- B. Baseball bats, wiffle balls

KEY POINTS

- *Feet must be wider than shoulders*
- *Hands high and back*
- *Hands together on bat*



THROWING

ACTIVITY “THE NET” (9)

[Click here](#) for video demonstration

Description: Divide the athletes into two equal groups on each side of the net.

Using soft balls and wiffle balls, ask athletes to pick up a ball off the ground and to throw it over the net. Both teams are throwing and receiving balls over the net for one minute before taking a break and then repeating the activity.

Equipment:

- A minimum of six soft balls or wiffle balls
- One screen, fence or net

VARIATIONS AND PROGRESSION:

- A. Athletes are located farther from the screen/fence/net

KEY POINTS

- *Make sure the grip is appropriate*
- *Glove side foot forward when throwing*

A competition can be created where the goal is to send all balls to the other side.

RECEIVING

ACTIVITY “BIG FOOT”

Description: Partners start in lines, facing each other, approximately 10 feet apart. One coach/parent helper per pair. Athletes throw to each other (or coach/parent helper throws if skill level is too low for accurate throws). Each time a catch is made the partners move back one giant step.

The pair that ends up the farthest apart while still able to catch the ball is given the BIG FOOT AWARD.

Equipment: One ball for every two athletes

VARIATIONS AND PROGRESSION:

- A. Use different types of balls (tennis, incrediball, baseball, wiffle) depending on ability.



GAME & GENERAL KNOWLEDGE

ACTIVITY “OUT”

Goal: Explain to athletes how to make an out

Description: Play a mini game and instruct athletes to touch the runners to make an out

VARIATIONS AND PROGRESSION:

- A. Make two teams and play mini-games using only one base
- B. Play a mini-game using four bases
- C. Rotate the teams to change the learning environment

KEY POINTS

- *Touch the runner with the ball before the runner touches the base*



PRACTICE PLAN #9 LEVEL – ON DECK/HOME PLATE

Required equipment: TVB balls, various bats, various balls *baseball, wiffle balls, tennis, softballs, foam balls, batting tee, set of bases (minimum of four)

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. "There and back."

VARIATIONS AND PROGRESSION:

- D. Sitting, use only arms
- E. High knees
- F. Military walk

WARM-UP:

Description: Warming up with various exercises giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY "HANDCUFFS" (7)

[Click here](#) for video demonstration

Description: Athletes pair up with each other or with a coach. On signal, athletes take a proper grip on the ball.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. From a seated position, pick up the ball off the ground and throw it to a partner (or coach/parent helper)
- B. Make sure they're using the appropriate grip on the ball

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- Throwing arm goes down
- Reach back
- Lift arm to shoulder height
- Appropriate arm action



HITTING

ACTIVITY “T-BALL”

Description: With a partner or a coach/parent helper located to the side of the athlete, ask the athlete to hit the ball off a tee. Ensure the tee is placed in front of home plate and NOT on it. Teammates pick up the baseballs.

Equipment: Batting tee, various bats and balls

VARIATIONS AND PROGRESSION:

- A. Standard “t-ball”
- B. Hit the ball through a hoop

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat



ACTIVITY “WIFFLE BP” (22)

[Click here](#) for video demonstration

Description: With a coach/parent helper standing in front of the athlete at 20 feet and throwing, simply ask the athlete to hit the ball.

Equipment: Various bats and balls (wiffle balls)

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes receiving behind the batters at a safe distance
- One athlete feeding balls to the coach
- Rest of the athletes in the field (gathering balls)

After the coach has thrown a ball to one batter, they immediately throw the next pitch to the other batter.

Athletes rotate after each group has had 10-15 quality swings.

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

BASERUNNING

ACTIVITY “GIMME 5”

Description: Arrange bases 30-40 feet from athletes; four groups of three. Athletes, in turn, take a swing at an imaginary ball, drop bat, run as fast as possible passed their base, give the coach a ‘high five’, and return to the base as if running to second.

Equipment: Set of four bases, two bats

VARIATIONS AND PROGRESSION:

- A. Simulate a swing with a plastic or aluminum bat
- B. Hit a tossed wiffle ball

KEY POINTS

- *Make sure athletes are running full speed across the bag, slowing down only after touching it*



GENERAL KNOWLEDGE

ACTIVITY “AROUND THE HORN”

Description: Have the athletes stand in a circle. Use an odd number of athletes if necessary. The coach gives a ball to one athlete. On signal, the athlete throws the ball underhand to their teammate on their right. While throwing the ball, they must say the name of the teammate catching the ball.

Equipment: Ball (baseball)

Once the athletes become comfortable with one ball, the coach can add a second, third and fourth ball. See how many balls the athletes can handle at the same time.



ACTIVITY “NAMES AND NUMBERS”

Description: Name each position and their number. Give each athlete a position name and instruct them to go to that position.

Equipment: Ball (baseball), bag/bucket

VARIATIONS AND PROGRESSION:

- A. Start off the pitching mound
- B. Write position numbers on balls, place the balls in a bag/bucket; athletes pick a ball from the bag/bucket and take it to the corresponding position.

- 1 pitcher
- 2 catcher
- 3 first base
- 4 second base
- 5 third base
- 6 shortstop
- 7 left field
- 8 centrefield
- 9 right field

GENERAL KNOWLEDGE (continued)

ACTIVITY “OUT”

Goal: Explain to athletes how to make an out

Description: Play a mini game and instruct athletes to touch the runners to make an out

VARIATIONS AND PROGRESSION:

- A. Make two teams and play mini-games using only one base
- B. Play a mini-game using four bases
- C. Rotate the teams to change the learning environment



KEY POINTS

- *Touch the runner with the ball before the runner touches the base*

PRACTICE PLAN #10 LEVEL – ON DECK/HOME PLATE

Required equipment: TVB balls, various bats, various balls *baseball, wiffle balls, tennis, softballs, foam balls, large), t-ball, set of bases (minimum of four)

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. "There and back."

VARIATIONS AND PROGRESSION:

- A. Shuffle steps
- B. Cross steps, front and back
- C. Football sprint
- D. Sprint, baseball start

WARM-UP:

Description: Warming up with various exercises giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY "HANDCUFFS" (7)

[Click here](#) for video demonstration

Description: Athletes pair up with each other or with a coach. On signal, athletes take a proper grip on the ball.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. From a seated position, pick up the ball off the ground and throw it to a partner (or coach/parent helper)
- B. Make sure they're using the appropriate grip on the ball

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- Throwing arm goes down
- Reach back
- Lift arm to shoulder height
- Appropriate arm action

HITTING

ACTIVITY “DRILL WITH PITCHER”

Description: With a coach/parent helper located at 20 feet in front of the batter, toss the ball with both knees on the ground while asking the batter to hit the ball.

Equipment: Bats and balls

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes stationed well behind batters to retrieve balls
- One athlete feeding balls to the coach
- Rest of athletes in the field (gathering balls)
- Athletes rotate (in pairs) from the field, to catching behind the batters, to hitting, and finally back to the field.
- After the coach/parent helper has thrown a ball to one batter, they immediately throw the next pitch to the other batter.
- Athletes rotate after each group has had 10-15 quality swings

VARIATIONS AND PROGRESSION:

- A. Baseball bats, small balls
- B. Baseball bats, wiffle balls

KEY POINTS

- *Feet must be wider than shoulders*
- *Hands high and back*
- *Hands together on bat*



GAME & GENERAL KNOWLEDGE

ACTIVITY “*BUCKET BALL*”

Goal: Throwing, fielding, BASE RUNNING, cooperation, and teamwork

Equipment: Two balls, Four bases, helmets, bucket or bag

Description: Two teams of six – one on offence – one on defense. The defensive team has a catcher at home plate and the other athletes at appropriate positions. The offensive team has one athlete throw from home plate and the other athletes awaiting their turn from a safe distance.

Activity: Offensive ‘batter’ throws out two balls at one time in quick succession and runs around the bases trying to make it home before the fielding team gets both balls in a bucket/bag.

If the ball is caught, the batter is out.

Fielders may NOT run with the ball. The ball must be thrown home. Relay the ball if necessary.

Remind athletes to make sure the catcher is looking; A coach/parent helper should be positioned in the home plate area.

VARIATIONS AND PROGRESSION:

- A. Batter throws two balls
- B. Batter hits two balls



SINGLE



LEVEL: SINGLE

SINGLE – FUNDAMENTAL MOVEMENT SKILLS

Coordination – Perform
10 jumping jacks
without stopping

ACTIVITY JACK-OF-ALL-TRADES

[Click here](#) for video demonstration

Goal: Introduce athletes to the importance of coordination in baseball.

Description: Stand with feet together, knees slightly bent, and arms to the sides. Jump while raising arms and separating legs to sides. Land on forefoot with legs apart and arms overhead. Jump again while lowering arms and returning legs to midline. Land on forefoot with arms and legs in original position and repeat.

Equipment: None

VARIATIONS AND PROGRESSION:

- A. Execute movement with arms only (legs not moving) creating “hug” movement
- B. Execute movement with arms going sideways without jumping
- C. Execute movement with hug movement (front) instead of sideways
- D. Execute movement jumping from basic position
- E. Execute movement front and back
- F. Execute movement front/back/side
- G. Increase intensity by making it quicker

LEVEL: SINGLE

SINGLE – THROWING

With a partner or a coach standing in front of the athlete at 25 feet, the athlete is asked to throw the ball. Accuracy is not important at this stage, only that the athlete be able to throw the distance.

Below is an activity that can be used to prepare for this skill:

ACTIVITY “THE NET” (9)

[Click here](#) for video demonstration

Goal: Teach the proper mechanics when throwing a ball.

Description: Divide the athletes into 2 equal groups on each side of the net.

Using soft balls and wiffle balls, ask athletes to pick up a ball off the ground and to throw it over the net. Both teams are throwing and receiving balls over the net for one minute before taking a break and then repeating the activity.

Equipment:

- A minimum of 6 soft balls or wiffle balls
- One screen, fence or net

VARIATIONS AND PROGRESSION:

- A. Athletes are located farther from the screen/fence/net

KEY POINTS

- *Make sure the grip is appropriate*
- *Glove side foot forward when throwing*

A competition can be created where the goal is to send all balls to the other side.

LEVEL: SINGLE

SINGLE – RECEIVING

With a partner or a coach standing in front of the athlete at 10 feet, throw the ball in the air at approximately 15 feet. Look for athletes who will catch the ball using both hands. To succeed, the athlete must catch three fly balls out of the five balls thrown.

Below is an activity that can be used to prepare for this skill:

ACTIVITY SKY BALL

[Click here](#) for video demonstration

Goal: Teach and reinforce the proper way to receive a fly ball

Description: One coach/parent helper for every two athletes. Athletes will practice using high tosses from a coach/parent helper. Self-competition can be included by:

- 1** Catching a higher thrown ball each time
- 2** Number of consecutive catches

VARIATIONS AND PROGRESSION:

- | |
|---|
| A. Standing alone, athletes toss a badminton birdie and let it bounce on their head |
| B. Standing alone, athletes toss a badminton birdie and catch it with their hat |
| C. Standing alone, athletes toss a ball in the air and try to catch it barehanded |
| D. Coach throws the ball |
| E. Coach hits a badminton birdie |
| F. With or without a glove |

Equipment: Various balls or objects to catch

KEY POINTS

- *Hands together slightly above forehead*

LEVEL: SINGLE

SINGLE – HITTING

With a partner or a coach standing at 45 degrees from the athlete, simply ask the athlete to hit the ball thrown from an underhand toss. Three out of five attempts should be successful. Distance is not important.

Below is an activity that can be used to prepare for this skill:

ACTIVITY LIGHT TOSS

[Click here](#) for video demonstration

Goal: Create opportunities for athletes to work on specific areas of their swing.

Description: Athletes can do this in pairs or in groups of three (each group needs 6-10 baseballs). Have a partner or a coach/parent helper located at 45 degrees beside the batter, simply ask the athlete to hit the ball from an underhand toss.

Have one coach/parent helper kneel in front and to the side of the batter and toss a ball with little or no arc in front of them.

After the batter has had 10-15 quality swings, get the athletes to switch. The pitcher should keep the delivery consistent so that batters can find their timing.

VARIATIONS AND PROGRESSION:

Use various types of bats and balls

- | |
|---|
| A. Regular toss at 45 degrees |
| B. Regular toss at 45 degrees with coloured balls |
| C. Regular toss without moving feet (no step) |
| D. Regular toss with one knee down |
| E. Regular toss with bottom hand only (use light bat) |
| F. Regular toss using two balls |

KEY POINTS

- Feet wider than shoulders
- Hands together on the bat
- Hands high and back



LEVEL: SINGLE

SINGLE – BASERUNNING

Able to run two bases
and stopping at the
final base

Below is an activity that can be used to prepare for this skill:

ACTIVITY STOP AND GO

[Click here](#) for video demonstration

Goal: Introduce athletes to deceleration when reaching a base safely

Description: Arrange athletes at the four bases. On coach's signal, have the first athlete at each base run full speed towards the next base. Using a whistle or another communication mean, ask athletes to execute a quick stop. Athletes should be able to stop with a maximum of three short steps. Next athlete in line starts on the next go until all athletes are involved. Repeat two or more times.

Equipment: None

VARIATIONS AND PROGRESSION:

- A. Use same exercise while having athletes stop on the next base without running passed the base



DOUBLE



LEVEL: DOUBLE

DOUBLE – FUNDAMENTAL MOVEMENT SKILLS

Agility – Touch six cones placed in a star shape while always looking forward

ACTIVITY HURDLE SLALOM

[Click here](#) for video demonstration

Goal: Introduce athletes to change of direction

Description: Place two sets of four hurdles (bats can be used) on the ground six feet apart. Position the hurdles so they are NOT in a straight line, thus forcing athletes to change direction before jumping to the next one.

Break the group into two and explain to the athletes that they will be competing in a relay race against one another. On the coach's signal, the first athlete from each line executes the run and comes back using the same pattern (run, jump with two feet together, change direction, etc). The first team to have all athletes complete the run wins.

Equipment: Bats or other sticks (8 total)

VARIATIONS AND PROGRESSION:

- A. Add a third team to allow for more repetitions
- B. Add a baseball at the end of the fourth hurdle and ask each athlete to bring it back or use it as a relay item.
- C. Ask athletes to use one way to go and use the other way to come back

LEVEL: DOUBLE

DOUBLE – THROWING

Position an athlete 25 feet from a backstop or fence where a 4 x 4 foot target is hung. The thrower will have five attempts to throw three balls at the target.

Below is an activity which can be used to prepare for this skill.

ACTIVITY THE TARGET

[Click here](#) for video demonstration

Goal: Execute a throw with precision and accuracy

Description: While using proper throwing technique (giant step, arm action, and grip), the athlete tries to successfully reach a target from an appropriate distance.

Athletes are placed in 2-3 lines and throw one after the other. A parent helper, located behind the fence, returns the balls to the next athlete in line.

Equipment: Balls, targets (examples: can filled with water, basketball hoop or bullseye)

VARIATIONS AND PROGRESSION:

A. Change distance in relation to ability

KEY POINTS

- Proper grip
- Glove side foot forward when throwing

LEVEL: DOUBLE

DOUBLE – RECEIVING

With a partner or a coach standing at home plate, roll or hit the ball on the ground at approximately 5-10 feet to the athlete's left and to the athlete's right. The objective is for the athlete to catch three out of the five grounders to the left and three out of the five grounders to the right.

Below is an activity which can be used to prepare for this skill.

ACTIVITY THE GUARDIAN

[Click here](#) for video demonstration

Goal: Teach athletes a safe way to field a ground ball.

Description: In pairs or with a coach/parent helper, athletes practice fielding the ball with one knee down

VARIATIONS AND PROGRESSION:

- A. The athletes simulate the action without a ball
- B. The athletes simulate the action with a stationary ball
- C. The coach rolls a ball and the athletes field the ball
- D. The coach rolls the ball, the athletes field and throw the ball to a specified target/area

KEY POINTS

- *Put one knee on the ground*
- *Upper body must be behind the ball*
- *Always face the ball*



LEVEL: DOUBLE

DOUBLE – HITTING

With a coach in front of the athlete from 20 feet and throwing overhand from their knees/one knee, simply ask the athlete to hit the ball. The ball must reach the outfield, rolling or in the air. This must be done three times out of five attempts.

Below is an activity which can be used to prepare for this skill.

ACTIVITY WIFFLE BP

[Click here](#) for video demonstration

Goal: This is a fun drill that allows athletes to get a lot of swings in a very short period.

Description: With a coach/parent helper standing in front of the athlete at 20 feet and throwing, simply ask the athlete to hit the ball.

Equipment: Various bats and balls (wiffle balls)

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes receiving behind the batters at a safe distance
- One athlete feeding balls to the coach
- Rest of the athletes in the field (gathering balls)

Athletes rotate (in pairs) from the field, to catching behind the batters, to hitting, and finally back to the field.

After the coach has thrown a ball to one batter, they immediately throw the next pitch to the other batter.

Athletes rotate after each group has had 10-15 quality swings.

KEY POINTS

- *Feet must be wider than shoulders*
- *Hands high and back*
- *Hands together on bat*

LEVEL: DOUBLE

DOUBLE – BASERUNNING

Able to run 10 feet
followed by feet first slide
(on grass, no bases)

Below is an activity which can be used to prepare for this skill.

ACTIVITY CRAB DANCE

[Click here](#) for video demonstration

Goal: Introduce athletes to the feet first slide

Description: From the crab position (athletes on their hands and feet in a reverse position), athletes use the following progression.

- A** From the crab position, athlete brings their feet forward to get to “figure 4” sliding position on grass.
- B** From the crab position, athlete walk three steps and brings their feet forward to get to “figure 4” sliding position on grass.
- C** From the push-up position, athlete brings their feet forward to get to “figure 4” sliding position on grass.
- D** From standing position, execute three steps before sliding at a base on grass.

Equipment: None

VARIATIONS AND PROGRESSION:

- A. This activity prepares athletes for the Double and Triple levels sliding criteria.

PRACTICE PLANS

LEVEL – SINGLE / DOUBLE



PRACTICE PLAN #1 LEVEL – SINGLE/DOUBLE

Required equipment: TVB balls, various bats, various balls (baseballs, wiffle balls, tennis, softballs, foam balls, large), batting tee, set of bases (minimum of four), hoops (4)

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. "There and back."

VARIATIONS AND PROGRESSION:

- A. Sitting, use only arms
- B. High knees
- C. Military walk

WARM-UP:

Description: Warming up with various activities giving opportunities to stretch the body and prepare for baseball practice.

THROWING AND RECEIVING

ACTIVITY "HANDCUFFS" (7)

[Click here](#) for video demonstration

Description: Athletes pair up with each other or with a coach. On signal, athletes take a proper grip on the ball.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. From a seated position, pick up the ball off the ground and throw it to a partner (or coach/parent helper)
- B. Make sure they're using the appropriate grip on the ball

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- Throwing arm goes down
- Reach back
- Lift arm to shoulder height
- Appropriate arm action

HITTING

ACTIVITY “BETWEEN THE TWO” (19)

[Click here](#) for video demonstration

Description: Each athlete has a bat in their hands. They watch and copy each batting position that the coach assumes.

Every time the coach asks the athletes how to position themselves, they answer “Between the Two”. In all cases, you want “Between the Two” extremes as a better method for your batters to start from.

Equipment: One “bat” per athlete

VARIATIONS AND PROGRESSION:

- A. Close feet (compact stance) VS Wide feet (wide stance)
- B. Straight legs VS Bent legs
- C. High hands VS Low hands
- D. Bat pointing straight up VS Lying on shoulder
- E. Complete swings without balls

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

ACTIVITY “T-BALL”

Description: With a partner or a coach/parent helper located to the side of the athlete, ask the athlete to hit the ball off a tee. Ensure the tee is placed in front of home plate and NOT on it. Teammates pick up the baseballs.

Equipment: Batting tee, various bats and balls

VARIATIONS AND PROGRESSION:

- A. Standard “t-ball”
- B. Three swings and hit

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat



RECEIVING

ACTIVITY CATCH THE BALL LIKE AN EGG (13)

[Click here](#) for video demonstration

Description: With a partner or a coach/parent helper located in front of the athlete at a distance of six feet, throw the ball underhand towards the athlete. Look for athletes who will catch the ball with two hands.

Place athletes opposite each other at a distance of six feet. With athletes on two knees, and barehanded, have the athletes play catch throwing the ball underhand. For younger athletes, it would be a good idea to match them with a coach/parent helper.

- A. On both knees, no glove, use tennis balls
- B. Standing up, no glove, use tennis balls or bigger balls, throw with one bounce

KEY POINTS

- Reach out for the ball
- Bring hands toward the body when catching the ball



ACTIVITY "ALL MESSED-UP" (18)

[Click here](#) for video demonstration

Description: In pairs with no gloves, athletes face each other approximately six feet apart. While stationary, athletes throw the ball to their partner, left, right, and below the waist; the receiving athlete must catch the ball without moving their feet.

Equipment: Various balls

VARIATIONS AND PROGRESSION:

- A. Use gloves
- B. Use tennis balls
- A. Use foam balls

KEY POINTS

- Put thumbs together when catching balls chest high or higher to the left and right
- Put pinky fingers together when catching balls below the waist
- Fingers always pointing to the outside
- Catch the ball using both hands

BASERUNNING

ACTIVITY “THE TRAIN” (25)

[Click here](#) for video demonstration

Description: Starting from home plate, athletes form a line and lightly jog around the bases, saying the name of the base as they touch it. Parent/guardians are encouraged to join in this activity!

Equipment: Set of bases (minimum of four)

VARIATIONS AND PROGRESSION:

- A. Individually, done while jogging
- B. Individually, done while backpedaling
- C. Have athletes start at different bases

KEY POINTS

- *Athlete must learn to run the bases in the correct order*
- *Learn the name of each base*



PRACTICE PLAN #2 LEVEL – SINGLE/DOUBLE

Required equipment: TVB balls, various bats, various balls (baseballs, wiffle balls, tennis, softballs, foam balls), batting tee, set of bases (minimum of four), hoola hoops (4), cones, throwing target.

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. “There and back.”

VARIATIONS AND PROGRESSION:

- *Sitting, using only arms*
- *High knees*
- *Heel to back of legs*
- *Military walk*

WARM-UP:

Description: Warming up with various activities giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY “HANDCUFFS” (7)

[Click here](#) for video demonstration

Description: Athletes pair up with each other or with a coach. On signal, athletes take a proper grip on the ball.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. From a seated position, pick up the ball off the ground and throw it to a partner (or coach/parent helper)
- B. Make sure they’re using the appropriate grip on the ball

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- *Throwing arm goes down*
- *Reach back*
- *Lift arm to shoulder height*
- *Appropriate arm action*

HITTING

ACTIVITY “T-BALL”

Description: With a partner or a coach/parent helper located to the side of the athlete, ask the athlete to hit the ball off a tee. Ensure the tee is placed in front of home plate and NOT on it. Teammates pick up the baseballs.

Equipment: Batting tee, various bats and balls

VARIATIONS AND PROGRESSION:

- A. Standard “t-ball”
- B. Three swings and hit

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat



ACTIVITY “LIGHT TOSS” (21)

[Click here](#) for video demonstration

Description: Athletes can do this in pairs or in groups of three (each group needs 6-10 baseballs). Have a partner or a coach/parent helper located at 45 degrees beside the batter, simply ask the athlete to hit the ball from an underhand toss.

Have one coach/parent helper kneel in front and to the side of the batter and toss a ball with little or no arc in front of them.

After the batter has had 10-15 quality swings, get the athletes to switch. The pitcher should keep the delivery consistent so that batters can find their timing.

Equipment: Various bats and balls

VARIATIONS AND PROGRESSION:

- A. Standard T-Ball

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

THROWING

ACTIVITY “THE RELAY” (11)

[Click here](#) for video demonstration

Description: Split athletes into two groups (depending on the number of athletes). Each team forms a line. A hoola hoop filled with balls of different kinds is located 30 feet in front of each team, with two cones placed at 15 and 30 feet from the hoop.

On signal, one athlete goes to the hoop and from there tries to throw a ball towards each cone. Two throws are allowed. The athlete then returns to the line and the next athlete attempts the task.

Equipment:

- Several balls (2 minimum)
- Two cones per team (4-6)
- 2-3 hoops

VARIATIONS AND PROGRESSION:

Adjust distance depending on ability

- If athlete hits 1st cone, 1 point is awarded
2nd cone = 3 points awarded
First team to finish = 2 additional points
- Add various challenges. Example: between line and hoop
- Without cones and hoops, teams are in line. Athletes throw to a partner. First team to go all the way and back gets the point

ACTIVITY “HOME RUN”

Description: Hang targets on a backstop or fence. Place one group of three athletes at each target. The closest line to the target is considered a single, the next closest a double, the next closest a triple, with the farthest line from the target being a Home Run. Distances can be adjusted, according to the ability of the athletes.

Target: Single, Double, Triple, Home Run

Athletes choose which distance they throw from in order to hit the target. Points are awarded as follows:

- 1 point = Single
- 2 points = Double
- 3 points = Triple
- 4 points = HOME RUN

See if each athlete can increase their points with each consecutive throw or turn the activity into a competition based on the total number of points made in each group.

KEY POINTS

- Place 2-3 fingers on the ball, without paying attention to the seams.
- Hold the ball with fingers instead of palm of hand
- Step forward and towards target on each throw

RECEIVING

ACTIVITY “THE CROCODILE” (14)

[Click here](#) for video demonstration

Description: Coach/parent helper instructs the athletes to simulate the proper way to receive a ground ball.

Equipment: Several types of balls (minimum one per athlete).

VARIATIONS AND PROGRESSION:

- A. Simulate receiving the ball
- B. Coach rolls a ground ball
- C. In pairs, one athlete rolls the ball and the other receives it

*Do activity with and without gloves

KEY POINTS

- Always put hands out to simulate crocodile’s mouth
- “Pet” the ball when receiving it
- Feet and hands form a triangle



RECEIVING (continued)

ACTIVITY “SKY BALL” (15)

[Click here](#) for video demonstration

Description: One coach/parent helper for every two athletes. Athletes will practice using high tosses from a coach/parent helper. Self-competition can be included by:

- 1 Catching a higher thrown ball each time
- 2 Number of consecutive catches

Equipment: Various balls or objects to catch

VARIATIONS AND PROGRESSION:

- A. Coach throws the ball
- B. With or without a glove

KEY POINTS

- Hands together, placed slightly above forehead



PRACTICE PLAN #3 LEVEL – SINGLE/DOUBLE

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), batting tee, set of bases (minimum of four), hoola hoops, cones, target.

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. “There and back.”

VARIATIONS AND PROGRESSION:

- *Sitting, using only arms*
- *High knees*
- *Heel to back of legs*
- *Military walk*

WARM-UP:

Description: Warming up with various activities giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY “HANDCUFFS” (7)

[Click here](#) for video demonstration

Description: Athletes pair up with each other or with a coach. On signal, athletes take a proper grip on the ball.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. From a seated position, pick up the ball off the ground and throw it to a partner (or coach/parent helper)
- B. Make sure they’re using the appropriate grip on the ball

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- *Throwing arm goes down*
- *Lift arm to shoulder height*
- *Reach back*
- *Appropriate arm action*



HITTING

ACTIVITY “T-BALL”

Description: With a partner or a coach/parent helper located to the side of the athlete, ask the athlete to hit the ball off a tee. Ensure the tee is placed in front of home plate and NOT on it. Teammates pick up the baseballs.

Equipment: Batting tee, various bats and balls

VARIATIONS AND PROGRESSION:

- C. Standard “t-ball”
- D. Three swings and hit

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat



ACTIVITY “LIGHT TOSS” (21)

[Click here](#) for video demonstration

Description: Athletes can do this in pairs or in groups of three (each group needs 6-10 baseballs). Have a partner or a coach/parent helper located at 45 degrees beside the batter, simply ask the athlete to hit the ball from an underhand toss.

Have one coach/parent helper kneel in front and to the side of the batter and toss a ball with little or no arc in front of them.

After the batter has had 10-15 quality swings, get the athletes to switch. The pitcher should keep the delivery consistent so that batters can find their timing.

Equipment: Various bats and balls

VARIATIONS AND PROGRESSION:

- A. Regular toss at 45 degrees
- B. Regular toss at 45 degrees with coloured balls
- C. Regular toss without moving feet (no step)
- D. Regular toss with one knee down
- E. Regular toss with bottom hand only (use light bat)
- F. Regular toss using two balls

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

HITTING (continued)

ACTIVITY “DRILL WITH PITCHER”

Description: With a coach/parent helper located at 20 feet in front of the batter, toss the ball with both knees on the ground while asking the batter to hit the ball.

Equipment: bats and balls

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes stationed well behind batters to retrieve balls
- One athlete feeding balls to the coach
- Rest of athletes in the field (gathering balls)
- Athletes rotate (in pairs) from the field, to catching behind the batters, to hitting, and finally back to the field.
- After the coach/parent helper has thrown a ball to one batter, they immediately throw the next pitch to the other batter.
- Athletes rotate after each group has had 10-15 quality swings

VARIATIONS AND PROGRESSION:

- A. Baseball bats, small balls
- B. Baseball bats, wiffle balls

KEY POINTS

- *Feet must be wider than shoulders*
- *Hands high and back*
- *Hands together on bat*



THROWING

ACTIVITY “THE TARGET” (10)

[Click here](#) for video demonstration

Description: While using proper throwing technique (giant step, arm action, and grip), the athlete tries to successfully reach a target from an appropriate distance.

Athletes are placed in 2-3 lines and throw one after the other. A parent helper, located behind the fence, returns the balls to the next athlete in line.

Equipment: Balls, targets (examples: can filled with water, basketball hoop or bullseye)

VARIATIONS AND PROGRESSION:

- A. Change distance in relation to ability

KEY POINTS

- Proper grip
- Glove side foot forward when throwing



RECEIVING

ACTIVITY “ALL MESSED-UP” (18)

[Click here](#) for video demonstration

Description: In pairs with no gloves, athletes face each other approximately six feet apart. While stationary, athletes throw the ball to their partner, left, right, and below the waist; the receiving athlete must catch the ball without moving their feet..

Equipment: Various balls

VARIATIONS AND PROGRESSION:

- A. Use gloves
- B. Use tennis balls
- C. Use foam balls

KEY POINTS

- Put thumbs together when catching balls chest high or higher to the left and right
- Put pinky fingers together when catching balls below the waist
- Fingers always pointing to the outside
- Catch the ball using both hands

PRACTICE PLAN #4 LEVEL – SINGLE/DOUBLE

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), batting tee, set of bases (minimum of four), hoola hoops, cones, target.

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. “There and back.”

VARIATIONS AND PROGRESSION:

- *Military walk*
- *Shuffle steps*
- *Sprint, baseball start*

WARM-UP:

Description: Warming up with various activities giving opportunities to stretch the body and prepare itself for baseball practice..

THROWING AND RECEIVING

ACTIVITY “HANDCUFFS” (7)

[Click here](#) for video demonstration

Description: Athletes pair up with each other or with a coach. On signal, athletes take a proper grip on the ball.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- From a seated position, pick up the ball off the ground and throw it to a partner (or coach/parent helper)
- Make sure they’re using the appropriate grip on the ball

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- On both knees
- Athletes are executing on command:

KEY POINTS

- *Throwing arm goes down*
- *Reach back*
- *Lift arm to shoulder height*
- *Appropriate arm action*



THROWING

ACTIVITY “THE RELAY” (11)

[Click here](#) for video demonstration

Description: Split athletes into two groups (depending on the number of athletes). Each team forms a line. A hoola hoop filled with balls of different kinds is located 30 feet in front of each team, with two cones placed at 15 and 30 feet from the hoop.

On signal, one athlete goes to the hoop and from there tries to throw a ball towards each cone. Two throws are allowed. The athlete then returns to the line and the next athlete attempts the task.

Equipment:

- Several balls (2 minimum)
- Two cones per team (4-6)
- 2-3 hoops

VARIATIONS AND PROGRESSION:

Adjust distance depending on ability

- If athlete hits 1st cone, 1 point is awarded
2nd cone = 3 points awarded
First team to finish = 2 additional points
- Add various challenges. Example: between line and hoop
- Without cones and hoops, teams are in line. Athletes throw to a partner. First team to go all the way and back gets the point

ACTIVITY “SPACE SHUTTLE”

Description: One coach/parent helper and one ball (space shuttle) for every two athletes; one marker for each athlete; try to assign pairs as close in ability as possible.

Pairs stand behind a line and see how far they can throw (send the ball into space). The coach/parent helper leader can be in the area of the throw to mark the spot.

Competition can be introduced by seeing if pairs can throw farther each time and by competing against each other.

Equipment: One ball for every pair

VARIATIONS AND PROGRESSION:

- Use different types of balls (tennis, incredible, baseball, wiffle)

HITTING

ACTIVITY “LIGHT TOSS” (21)

[Click here](#) for video demonstration

Description: Athletes can do this in pairs or in groups of three (each group needs 6-10 baseballs). Have a partner or a coach/parent helper located at 45 degrees beside the batter, simply ask the athlete to hit the ball from an underhand toss.

Have one coach/parent helper kneel in front and to the side of the batter and toss a ball with little or no arc in front of them.

After the batter has had 10-15 quality swings, get the athletes to switch. The pitcher should keep the delivery consistent so that batters can find their timing.

Equipment: Various bats and balls

VARIATIONS AND PROGRESSION:

A. Standard T-Ball

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

ACTIVITY “DRILL WITH PITCHER”

Description: With a coach/parent helper located at 20 feet in front of the batter, toss the ball with both knees on the ground while asking the batter to hit the ball.

Equipment: Bats and balls

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes stationed well behind batters to retrieve balls
- One athlete feeding balls to the coach
- Rest of athletes in the field (gathering balls)
- Athletes rotate (in pairs) from the field, to catching behind the batters, to hitting, and finally back to the field.
- After the coach/parent helper has thrown a ball to one batter, they immediately throw the next pitch to the other batter.
- Athletes rotate after each group has had 10-15 quality swings

VARIATIONS AND PROGRESSION:

A. Baseball bats, small balls

B. Baseball bats, wiffle balls

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

BASERUNNING

ACTIVITY “KILL THE MOSQUITO”

Description: Put three athletes at each base. Pretend there is a mosquito on the inside corner of each base.

Athletes in turn, take a swing at an imaginary ball, drop the bat, run as fast as possible to the next base, stepping on the ‘mosquito’ as they round the base. Athletes then wait their turn at the base they just rounded.

Equipment: Four bases and four cones

KEY POINTS

- *Remind athletes it's easier to step on the mosquito if they run a little to the outside of the baseline as they approach the base*
- *It's beneficial to put markers down for athletes to go around as shown in the diagram.*



GENERAL KNOWLEDGE

ACTIVITY “NAMES AND NUMBERS”

Description: Name each position and their number. Give each athlete a position name and instruct them to go to that position.

Equipment: Ball (baseball), bag/bucket

VARIATIONS AND PROGRESSION:

A. Start off the pitching mound

B. Write position numbers on balls, place the balls in a bag/bucket; athletes pick a ball from the bag/bucket and take it to the corresponding position.

- 1 pitcher
- 2 catcher
- 3 first base
- 4 second base
- 5 third base
- 6 shortstop
- 7 left field
- 8 centrefield
- 9 right field

PRACTICE PLAN #5 LEVEL – SINGLE/DOUBLE

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), batting tee, set of bases (minimum of four), basket.

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. “There and back.”

VARIATIONS AND PROGRESSION:

- *Military walk*
- *Shuffle steps*
- *Sprint, baseball start*
- *Backpedal run*

WARM-UP:

Description: Warming up with various activities giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- *Throwing arm goes down*
- *Reach back*
- *Lift arm to shoulder height*
- *Appropriate arm action*

HITTING

ACTIVITY “T-BALL”

Description: With a partner or a coach/parent helper located to the side of the athlete, ask the athlete to hit the ball off a tee. Ensure the tee is placed in front of home plate and NOT on it. Teammates pick up the baseballs.

Equipment: Batting tee, various bats and balls

VARIATIONS AND PROGRESSION:

- C. Standard “t-ball”
- D. Three swings and hit

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

ACTIVITY “LIGHT TOSS” (21)

[Click here](#) for video demonstration

Description: Athletes can do this in pairs or in groups of three (each group needs 6-10 baseballs). Have a partner or a coach/parent helper located at 45 degrees beside the batter, simply ask the athlete to hit the ball from an underhand toss.

Have one coach/parent helper kneel in front and to the side of the batter and toss a ball with little or no arc in front of them.

After the batter has had 10-15 quality swings, get the athletes to switch. The pitcher should keep the delivery consistent so that batters can find their timing.

Equipment: Various bats and balls

VARIATIONS AND PROGRESSION:

- A. Standard T-Ball

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

HITTING (continued)

ACTIVITY “DRILL WITH PITCHER”

Description: With a coach/parent helper located at 20 feet in front of the batter, toss the ball with both knees on the ground while asking the batter to hit the ball.

Equipment: bats and balls

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes stationed well behind batters to retrieve balls
- One athlete feeding balls to the coach
- Rest of athletes in the field (gathering balls)
- Athletes rotate (in pairs) from the field, to catching behind the batters, to hitting, and finally back to the field.
- After the coach/parent helper has thrown a ball to one batter, they immediately throw the next pitch to the other batter.
- Athletes rotate after each group has had 10-15 quality swings

VARIATIONS AND PROGRESSION:

A. Baseball bats, small balls

B. Baseball bats, wiffle balls

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat



RECEIVING

ACTIVITY THE GUARDIAN (16)

[Click here](#) for video demonstration

Goal: Teach athletes a safe way to field a ground ball

Description: In pairs or with a coach/parent helper, athletes practice fielding the ball with one knee down

Equipment: Balls

VARIATIONS AND PROGRESSION:

- A. The athletes simulate the action without a ball
- B. The athletes simulate the action with a stationary ball
- C. The coach rolls a ball and the athletes field the ball
- D. The coach rolls the ball, the athletes field and throw the ball to a specified target/area

KEY POINTS

- *Put one knee on the ground*
- *Upper body must be behind the ball*
- *Always face the ball*



GAME & GENERAL KNOWLEDGE

ACTIVITY “*BUCKET BALL*”

Goal: Throwing, fielding, base running, cooperation, and teamwork

Equipment: Two balls, Four bases, helmets, bucket or bag

Description: Two teams of six – one on offence – one on defense. The defensive team has a catcher at home plate and the other athletes at appropriate positions. The offensive team has one athlete throw from home plate and the other athletes awaiting their turn from a safe distance.

Activity: Offensive ‘batter’ throws out two balls at one time in quick succession and runs around the bases trying to make it home before the fielding team gets both balls in a bucket/bag.

If the ball is caught, the batter is out.

Fielders may NOT run with the ball. The ball must be thrown home. Relay the ball if necessary.

Remind athletes to make sure the catcher is looking; A coach/parent helper should be positioned in the home plate area.

VARIATIONS AND PROGRESSION:

- A. Batter throws two balls
- B. Batter hits two balls



PRACTICE PLAN #6 LEVEL – SINGLE/DOUBLE

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), batting tee, set of bases (minimum of four), cones, basket.

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. “There and back.”

VARIATIONS AND PROGRESSION:

- *Military walk*
- *Cross steps, front and back*
- *Sprint, baseball start*
- *Backpedal run*

WARM-UP:

Description: Warming up with various activities giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- *Throwing arm goes down*
- *Reach back*
- *Lift arm to shoulder height*
- *Appropriate arm action*

HITTING

ACTIVITY “LIGHT TOSS” (21)

[Click here](#) for video demonstration

Description: Athletes can do this in pairs or in groups of three (each group needs 6-10 baseballs). Have a partner or a coach/parent helper located at 45 degrees beside the batter, simply ask the athlete to hit the ball from an underhand toss.

Have one coach/parent helper kneel in front and to the side of the batter and toss a ball with little or no arc in front of them.

After the batter has had 10-15 quality swings, get the athletes to switch. The pitcher should keep the delivery consistent so that batters can find their timing.

Equipment: Various bats and balls

VARIATIONS AND PROGRESSION:

A. Standard T-Ball

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

ACTIVITY “WIFFLE BP” (22)

[Click here](#) for video demonstration

Description: With a coach/parent helper standing in front of the athlete at 20 feet and throwing, simply ask the athlete to hit the ball.

Equipment: Various bats and balls (wiffle balls)

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes receiving behind the batters at a safe distance
- One athlete feeding balls to the coach
- Rest of the athletes in the field (gathering balls)

Athletes rotate (in pairs) from the field, to catching behind the batters, to hitting, and finally back to the field.

After the coach has thrown a ball to one batter, they immediately throw the next pitch to the other batter.

Athletes rotate after each group has had 10-15 quality swings.

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

BASERUNNING

ACTIVITY “THE CHALLENGE”

Description: All athletes are at home plate. On their turn (after athlete in front has reached 1st base), athletes round the bases. Between each base, there is a challenge to perform.

Equipment: Set of bases (minimum four), various items for challenges

CHALLENGE EXAMPLES:

- | |
|---|
| A. Backpedal |
| B. Rounding cones |
| C. Roll |
| D. Jump between bats |
| E. Under a bat on two cones |
| F. Jump over a partner |
| G. Shuffle steps or other running drills |
| H. Batting tee |
| I. Field a ball, throw to a coach/parent helper |
| J. Other creative ideas |

KEY POINTS

- *More than one skill/task can be incorporated.*
- BE CREATIVE**

ACTIVITY “GOTCHA”

Description: Place 2-4 groups of athletes at each base or at home plate and 2nd base depending on numbers. Set up bases in diamond formation 20-30 feet apart.

On the signal ‘GO’, one player from each group starts running around the bases. The objective is to run passed the person ahead of you.

Score one point for your team for every athlete passed

Run for a set period of time (15-30 seconds).

Equipment: Set of bases (minimum of four)

VARIATIONS AND PROGRESSION:

- | |
|--|
| A. Use parent helpers so athletes can try to pass them |
| B. Backpedal |

KEY POINTS

- *AT ALL TIMES, athletes must touch all bases*

GAME & GENERAL KNOWLEDGE

ACTIVITY “*BUCKET BALL*”

Goal: Throwing, fielding, base running, cooperation, and teamwork

Equipment: Two balls, Four bases, helmets, bucket or bag

Description: Two teams of six – one on offence – one on defense. The defensive team has a catcher at home plate and the other athletes at appropriate positions. The offensive team has one athlete throw from home plate and the other athletes awaiting their turn from a safe distance.

Activity: Offensive ‘batter’ throws out two balls at one time in quick succession and runs around the bases trying to make it home before the fielding team gets both balls in a bucket/bag.

If the ball is caught, the batter is out.

Fielders may NOT run with the ball. The ball must be thrown home. Relay the ball if necessary.

Remind athletes to make sure the catcher is looking; A coach/parent helper should be positioned in the home plate area.

VARIATIONS AND PROGRESSION:

- A. Batter throws two balls
- B. Batter hits two balls



PRACTICE PLAN #7 LEVEL – SINGLE/DOUBLE

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), batting tee, set of bases (minimum of four), hoola hoops (2-3), cones (4-6), badminton birdies, tennis racquets.

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. “There and back.”

VARIATIONS AND PROGRESSION:

- *Military walk*
- *Backpedal run*
- *Football sprint*

WARM-UP:

Description: Warming up with various activities giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- *Throwing arm goes down*
- *Reach back*
- *Lift arm to shoulder height*
- *Appropriate arm action*

BASERUNNING

ACTIVITY “THE GAZELLE”

Description: Athlete takes a swing with a bat. Athlete must leave the box using the right foot. Athlete takes quick steps towards first base and stops at 1/4 of the distance.

Equipment:

- Two bases
- One bat and one ball

VARIATIONS AND PROGRESSION:

- A. Simulate a swing with a foam or aluminum bat
- B. Hit a badminton birdie

KEY POINTS

- *Athletes use their batting stance and take a swing*
- *Don't look at the ball after it is hit*
- *Never throw the bat*
- *Right-handed batters' first step is with the right foot and left-handed batters' first step is with the left foot.*

HITTING

ACTIVITY “PRACTICE WITH TENNIS RACQUET (23)”

[Click here](#) for video demonstration

Description: With a coach/parent helper standing in front of the athlete at 30 feet and throwing overhand, simply ask the athlete to hit the ball with a tennis racquet.

Equipment: Tennis racquet and tennis balls

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes receiving behind the batters at a safe distance
- One athlete feeding balls to the coach
- Rest of the athletes in the field (gathering balls)
- Athletes rotate (in pairs) from the field, to catching behind the batters to hitting, and finally back to the field.

After the coach has thrown a ball to one batter, they immediately throw the next pitch to the other batter.

Athletes rotate after each group has had 10-15 quality swings

RECEIVING

ACTIVITY “BIG FOOT”

Description: Partners start in lines, facing each other, approximately 10 feet apart. One coach/parent helper per pair. Athletes throw to each other (or coach/parent helper throws if skill level is too low for accurate throws). Each time a catch is made the partners move back one giant step.

The pair that ends up the farthest apart while still able to catch the ball is given the BIG FOOT AWARD.

Equipment: One ball for every two athletes

VARIATIONS AND PROGRESSION:

- A. Use different types of balls (tennis, incrediball, baseball, wiffle) depending on ability.



THROWING

ACTIVITY “THE RELAY” (11)

[Click here](#) for video demonstration

Description: Split athletes into two groups (depending on the number of athletes). Each team forms a line. A hoola hoop filled with balls of different kinds is located 30 feet in front of each team, with two cones placed at 15 and 30 feet from the hoop.

On signal, one athlete goes to the hoop and from there tries to throw a ball towards each cone. Two throws are allowed. The athlete then returns to the line and the next athlete attempts the task.

Equipment:

- Several balls (2 minimum)
- Two cones per team (4-6)
- 2-3 hoops

VARIATIONS AND PROGRESSION:

Adjust distance depending on ability

- A. If athlete hits 1st cone, 1 point is awarded
2nd cone = 3 points awarded
First team to finish = 2 additional points
- B. Add various challenges. Example: between line and hoop
- C. Without cones and hoops, teams are in line. Athletes throw to a partner. First team to go all the way and back gets the point

GAME & GENERAL KNOWLEDGE

ACTIVITY “OUT”

Goal: Explain to athletes how to make an out

Description: Play a mini game and instruct athletes to touch the runners to make an out

VARIATIONS AND PROGRESSION:

- A. Make two teams and play mini-games using only one base
- B. Play a mini-game using four bases
- C. Rotate the teams to change the learning environment

KEY POINTS

- *Touch the runner with the ball before the runner touches the base*



PRACTICE PLAN #8 LEVEL – SINGLE/DOUBLE

Required equipment: TVB balls, various bats , various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), batting tee, set of bases (minimum of four), hoola hoops (four), cones.

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. “There and back.”

VARIATIONS AND PROGRESSION:

- *Military walk*
- *Backpedal run*
- *Football sprint*

WARM-UP:

Description: Warming up with various activities giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- *Throwing arm goes down*
- *Reach back*
- *Lift arm to shoulder height*
- *Appropriate arm action*

HITTING – BASERUNNING

ACTIVITY “500” (20)

[Click here](#) for video demonstration

Description: Two groups of six athletes have their own playing area. One athlete is the batter while the others are in the field. The other group does the same activity.

Equipment: Two bats, four balls

Activity:

- Batter will bat off a tee or via thrown pitch
- Each batter gets 10 swings or hits
- Fielders can get points by fielding the ball,
 - *100 for caught fly,
 - *50 for one bouncer,
 - *25 for a grounder

100 points FOR CAUGHT FLY

50 points FOR ONE BOUNCER

25 points FOR A GROUNDER

ACTIVITY “THE CHALLENGE”

Description: All athletes are at home plate. On their turn (after athlete in front has reached 1st base), athletes round the bases. Between each base, there is a challenge to perform.

Equipment: Set of bases (minimum four), various items for challenges

CHALLENGE EXAMPLES:

- | |
|---|
| A. Backpedal |
| B. Rounding cones |
| C. Roll |
| D. Jump between bats |
| E. Under a bat on two cones |
| F. Jump over a partner |
| G. Shuffle steps or other running drills |
| H. Batting tee |
| I. Field a ball, throw to a coach/parent helper |
| J. Other creative ideas |

KEY POINTS

- *More than one skill/task can be incorporated.*
- BE CREATIVE**

BASERUNNING

ACTIVITY “BASEBALL TAG”

Description: Arrange hoops behind 1st base and home plate, and on 2nd and 3rd base. One or some athletes are “it”. Athletes have to reach the next base while following the basepaths. Athlete(s) who are “it” must leave the mound to tag teammates.

Equipment: Set of bases (4) and hoola hoops (4)

VARIATIONS AND PROGRESSION:

- A. Ask parents/guardians to participate

KEY POINTS

- *Explain the ability to run passed 1st base and home plate*
- *Make sure to avoid too many athletes at each base*



GAME & GENERAL KNOWLEDGE

ACTIVITY “OUT”

Goal: Explain to athletes how to make an out

Description: Play a mini game and instruct athletes to touch the runners to make an out

VARIATIONS AND PROGRESSION:

- A. Make two teams and play mini-games using only one base
- B. Play a mini-game using four bases
- C. Rotate the teams to change the learning environment



KEY POINTS

- *Touch the runner with the ball before the runner touches the base*

PRACTICE PLAN #9 LEVEL – SINGLE/DOUBLE

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), batting tee, set of bases (minimum of four)

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. “There and back.”

VARIATIONS AND PROGRESSION:

- *Military walk*
- *Backpedal run*
- *Football sprint*

WARM-UP:

Description: Warming up with various activities giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- *Throwing arm goes down*
- *Reach back*
- *Lift arm to shoulder height*
- *Appropriate arm action*

GAME & GENERAL KNOWLEDGE

ACTIVITY “OUT”

Goal: Explain to athletes how to make an out

Description: Play a mini game and instruct athletes to touch the runners to make an out

VARIATIONS AND PROGRESSION:

- A. Make two teams and play mini-games using only one base
- B. Play a mini-game using four bases
- C. Rotate the teams to change the learning environment

KEY POINTS

- *Touch the runner with the ball before the runner touches the base*



PRACTICE PLAN #10 LEVEL – SINGLE/DOUBLE

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), batting tee

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the activity on a 45 foot distance, going and returning.

VARIATIONS AND PROGRESSION:

- *Military walk*
- *Backpedal run*
- *Football sprint*

WARM-UP:

Description: Warming up with various activities giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- *Throwing arm goes down*
- *Reach back*
- *Lift arm to shoulder height*
- *Appropriate arm action*

HITTING

ACTIVITY “DRILL WITH PITCHER”

Description: With a coach/parent helper located at 20 feet in front of the batter, toss the ball with both knees on the ground while asking the batter to hit the ball.

Equipment: Bats and balls

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes stationed well behind batters to retrieve balls
- One athlete feeding balls to the coach
- Rest of athletes in the field (gathering balls)
- Athletes rotate (in pairs) from the field, to catching behind the batters, to hitting, and finally back to the field.
- After the coach/parent helper has thrown a ball to one batter, they immediately throw the next pitch to the other batter.
- Athletes rotate after each group has had 10-15 quality swings

VARIATIONS AND PROGRESSION:

- A. Baseball bats, small balls
- B. Baseball bats, wiffle balls

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

ACTIVITY “THE GAME”

Complete your practice by playing a game as per Rally Cap rules.



TRIPLE



LEVEL: TRIPLE

TRIPLE – FUNDAMENTAL MOVEMENT SKILLS

Balance – Squat like a catcher and squat jump to the right and then to the left (five times each)

ACTIVITY FROG RACE

[Click here](#) for video demonstration

Goal: Introduce athletes to change of direction

Description: Create two or three teams with no more than four athletes per team. Executing a relay, teams are against each other while adopting the squat position (frog). Athletes are placed so two athletes from each team are facing each other. On signal, the first athlete from the line begins. When they reach the other line, they high five their teammate to start their turn. Repeat until all athletes have done the race.

VARIATIONS AND PROGRESSION:

- A. Athletes can be dispersed across a determined area and a game of tag can be played. Remember to keep the playing area small as athletes won't move quickly based on the position they're in.



LEVEL: TRIPLE

TRIPLE – THROWING

With a partner or a coach standing in front of the athlete at 50 feet, the athlete is asked to throw the ball. Accuracy is not important at this stage, only that the athlete is able to throw the distance.

Below is an activity which can be used to prepare for this skill.

ACTIVITY “THE RELAY” (11)

[Click here](#) for video demonstration

Goal: Execute a throw with precision and accuracy.

Description: Split athletes into two groups (depending on the number of athletes). Each team forms a line. A hoola hoop filled with balls of different kinds is located 30 feet in front of each team, with two cones placed at 15 and 30 feet from the hoop.

On signal, one athlete goes to the hoop and from there tries to throw a ball towards each cone. Two throws are allowed. The athlete then returns to the line and the next athlete attempts the task.

Equipment:

- Several balls (2 minimum)
- Two cones per team (4-6)
- 2-3 hoops

VARIATIONS AND PROGRESSION:

- A. If athlete hits 1st cone, 1 point is awarded
2nd cone = 3 points awarded
First team to finish = 2 additional points
- B. Add various challenges. Example: between line and hoop
- C. Without cones and hoops, teams are in line. Athletes throw to a partner. First team to go all the way and back gets the point

KEY POINTS

- *None. Let's have fun here!*

LEVEL: TRIPLE

TRIPLE – RECEIVING

With a partner or a coach standing in front of the athlete at 20 feet, throw the ball in the air at 5-10 feet to the athlete's right and to the athlete's left. The objective is for the athlete to catch three flyballs out of five attempts to the right and three flyballs out of five attempts to the left.

Below is an activity which can be used to prepare for this skill.

ACTIVITY "FIELD 3" (17)

[Click here](#) for video demonstration

Goal: Hitting, fielding, catching, throwing

Description: Form two teams of six - one batter, one catcher, the rest are fielders. Set up two separate activity areas at a safe distance. There will be one coach/parent helper pitcher in each area for each group of six. Set up bases on diamond.

Equipment: Two bats, two balls, two sets of catcher's equipment, two sets of bases

- One batter at a time hits off coach/parent helper pitcher, with one athlete as catcher
- When a fielder has successfully fielded three groundballs or has caught one fly ball, they become the batter.

Athletes rotate positions

Make sure all athletes get an opportunity to bat and catch

LEVEL: TRIPLE

TRIPLE – HITTING

With a coach standing in front of the athlete at 30 feet and throwing overhand, simply ask the athlete to hit the ball. The ball must reach 75 feet or more, rolling or in the air. This must be done three times out of five attempts.

Below is an activity which can be used to prepare for this skill.

ACTIVITY *TENNIS BASEBALL*

Goal: This is a fun drill that allows athletes to hit a moving object. It is an easy drill helping coordination eye-hand and athlete confidence.

Description: With a coach/parent helper standing in front of the athlete at 30 feet apart, and throwing overhand, simply ask the athlete to hit the ball with a tennis racquet.

Equipment: Tennis racquet and tennis balls

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes catching behind the hitters
- One athlete feeding balls to the coach
- Rest of athletes in the field gathering balls

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

After the coach has thrown a ball to one hitter, they immediately throw the next pitch to the other hitter.

Athletes rotate after each group has had 10-15 quality swings.

LEVEL: TRIPLE

TRIPLE – BASERUNNING

A coach is standing at 2nd base. The athlete takes a position at 1st base keeping only one foot on the base. When the athlete is ready, the coach says "GO" signalling the athlete to leave. To be successful, the athlete must run the distance with a proper slide at 2nd base using: bent leg with other leg extended in the air, hands in the air, weight on bottom.

Below is an activity which can be used to prepare for this skill.

ACTIVITY *SLIDING*

[Click here](#) for video demonstration

Goal: Execute proper base sliding techniques.

Description: Place a mat (or sliding surface) on an open area of grass. Have athletes line up in single file approximately 10 to 15 feet away from the mat. Have athletes run and complete the slide into the mat, one at a time.

For all sliding techniques, the coach can shorten the 'run up' distance to slow the athletes down and focus on the technique of the slide, then slowly increase the speed of the athletes after they feel more comfortable.

Equipment: Mats (optional), a long piece of cardboard also works

Bent Leg Slide:

Make sure the athletes have their hands in the air to avoid Injury. Stay low throughout the approach of the slide to decrease the amount of impact with the ground.

VARIATIONS AND PROGRESSION:

- A. Sliding with legs forming a '4'
- B. Football slide



HOME RUN



LEVEL: HOME RUN

HOME RUN – FUNDAMENTAL MOVEMENT SKILLS

Coordination - Juggling two balls with two hands for five seconds using transfer or cross method.

ACTIVITY JUGGLING IN PAIRS

[Click here](#) for video demonstration

Goal: Introduce the importance of eye-hand coordination to athletes.

Description: Athletes are arranged in pairs. Holding a ball in their right hand, the athletes underhand toss their ball to their partner at the same time, making sure they throw the ball with their right hand and receive it with their left hand (Catch and Throw using only one hand). Repeat the same drill with opposite hands (throw with right and catch with left).

Equipment: Baseballs or any type of ball

VARIATIONS AND PROGRESSION:

- A. Repeat under toss with right hand while executing shuffle steps towards one direction.
- B. Repeat previous exercise tossing from left.
- C. Repeat first exercise with one hop from the right side.
- D. Repeat second exercise with one hop from the left side.
- E. Repeat exercise with athletes moving in a circle.



LEVEL: HOME RUN

HOME RUN – THROWING

One-at-a-time, roll five balls to an athlete who's standing at the shortstop position and have the athlete throw each ball to a teammate positioned on 1st base. At this stage, the athlete should be evaluated based on their ability to throw the ball the full distance to 1st base without the ball bouncing. Also evaluate accuracy because it is important that the athlete receiving at 1st base be able to keep one foot on the bag while catching the ball. This must be done three times out of five attempts.

Below is an activity which can be used to prepare for this skill.

ACTIVITY “CHAMP”

[Click here](#) for video demonstration

Goal: Practice throwing and receiving

Description: One coach/parent helper for every two athletes or athletes in partners if they are capable of throwing and throwing the ball back and forth.

Every time a ball is caught by one of the two athletes, they get a letter from the word “CHAMP”. Partners can compete against other partners to see which pair can spell CHAMP first

Letters can be awarded for good throws back to the coach/parent helper as well.

Equipment: One ball for every two athletes

VARIATIONS AND PROGRESSION:

A. Let athletes select their own words (example: HOME RUN)

LEVEL: HOME RUN

HOME RUN – RECEIVING

With a partner or a coach standing in front of the athlete at 15 feet, the athlete will receive five ground balls, five fly balls and five thrown balls. In all cases, the athlete must catch all of them.

Below is an activity which can be used to prepare for this skill.

ACTIVITY “ALL MESSED UP” (18)

[Click here](#) for video demonstration

Goal: Help athletes catch the ball from every direction.

Description: In pairs with no gloves, athletes face each other about six feet apart. Stationary, athletes throw the ball up in the air, left, right, and below the waist; the receiving athlete must catch the ball without moving their feet.

Equipment: Various balls

VARIATIONS AND PROGRESSION:

- A. Use gloves
- B. Use tennis balls
- C. Use foam balls

KEY POINTS

- *Put thumbs together when catching the ball chest high or higher, to the left and right*
- *Put pinky fingers together when catching the ball below the waist*
- *Fingers always pointing to the outside*
- *Catch the ball using both hands*



LEVEL: HOME RUN

HOME RUN – HITTING

Able to hit three of five fair balls from a pitching machine (from 44 feet and a speed of 32-34 mph) or overhand.

Adjust angle by ensuring that the throw is coming from the appropriate height. Have the pitcher take a knee if needed.

Below is an activity which can be used to prepare for this skill.

ACTIVITY *PRECISION HITTER*

[Click here](#) for video demonstration

Goal: Hit the ball between two cones.

Description: A coach is positioned at 20 to 40 feet in front of the athlete. With one knee on the ground, the coach throws the ball to an awaiting hitter. You will need four cones for this drill. Cones 1 & 2 are on the shortstop side, 15 feet apart while cones 3 & 4 are on the second base side, again 15 feet apart.

Equipment: Cones (4), balls and bats.

VARIATIONS AND PROGRESSION:

- A. Ask the athletes to choose either side of the field and hit on that side as many times as possible in seven attempts.
- B. Ask the athletes to successfully hit the ball three times through the cones in ten attempts.
- C. Ask the athletes to successfully bat the ball through the cones; they score a run every time they succeed. They have five tries.



LEVEL: HOME RUN

HOME RUN – BASERUNNING

A coach is positioned at 3rd base. The athlete takes a position at 1st base keeping only one foot on the base. When the athlete is ready, the coach says “Go” so the athlete can leave. To be successful, the athlete must run the distance with a correct slide at 3rd base using the proper technique: bent leg with other leg extended in the air, hands in the air, weight on the bottom.

Below is an activity which can be used to prepare for this skill.

ACTIVITY “SLIDING” (29)

[Click here](#) for video demonstration

Goal: Improve base sliding techniques.

Description: Place a mat (or sliding surface) on an open area of grass. Have athletes line up in single file approximately 10 to 15 feet away from the mat. Have athletes run and complete the slide into the mat, one at a time.

For all sliding techniques, the coach can shorten the ‘run up’ distance to slow the athletes down and focus on the technique of the slide, then slowly increase the speed of the athletes after they feel more comfortable.

Equipment: Mats (optional), a long piece of cardboard also works

Bent Leg Slide:

Make sure the athletes have their hands in the air to avoid Injury. Stay low throughout the approach of the slide to decrease the amount of impact with the ground.

VARIATIONS AND PROGRESSION:

A. Sliding with legs forming a ‘4’

PRACTICE PLANS

LEVEL – TRIPLE/HOME RUN



PRACTICE PLAN #1 LEVEL – TRIPLE/HOME RUN

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), batting tee, set of bases (minimum of 4), hoola hoops (4).

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. "There and back."

VARIATIONS AND PROGRESSION:

- A. Sitting, use only arms
- B. High knees
- C. Heel to back of legs
- D. Military walk

WARM-UP:

Description: Warming up with various exercises giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY "HANDCUFFS" (7)

[Click here](#) for video demonstration

Description: Athletes pair up with each other or with a coach. On signal, athletes take a proper grip on the ball.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. From a seated position, pick up the ball off the ground and throw it to a partner (or coach/parent helper)
- B. Make sure they're using the appropriate grip on the ball

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- Throwing arm goes down
- Reach back
- Lift arm to shoulder height
- Add one step with the glove side (giant step), just before throwing
- Appropriate arm action



HITTING

ACTIVITY “BETWEEN THE TWO” (19)

[Click here](#) for video demonstration

Description: Each athlete has a bat in their hands. They watch and copy each batting position that the coach assumes.

Every time the coach asks the athletes how to position themselves, they answer “Between the Two”. In all cases, you want “Between the Two” extremes as a better method for your batters to start from.

Equipment: One “bat” per athlete

VARIATIONS AND PROGRESSION:

- A. Close feet (compact stance) VS Wide feet (wide stance)
- B. Straight legs VS Bent legs
- C. High hands VS Low hands
- D. Bat pointing straight up VS Lying on shoulder
- E. Complete swings without balls

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

ACTIVITY “T-BALL”

Description: With a partner or a coach/parent helper located to the side of the athlete, ask the athlete to hit the ball off a tee. Ensure the tee is placed in front of home plate and NOT on it. Teammates pick up the baseballs.

Equipment: Batting tee, various bats and balls

VARIATIONS AND PROGRESSION:

- A. Standard “t-ball”
- B. Three swings and hit

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat



PRACTICE PLAN #1 LEVEL – TRIPLE/HOME RUN (continued)

HITTING (continued)

ACTIVITY “LIGHT TOSS” (21)

[Click here](#) for video demonstration

Description: Athletes can do this in pairs or in groups of three (each group needs 6-10 baseballs). Have a partner or a coach/parent helper located at 45 degrees beside the batter, simply ask the athlete to hit the ball from an underhand toss.

Have one coach/parent helper kneel in front and to the side of the batter and toss a ball with little or no arc in front of them.

After the batter has had 10-15 quality swings, get the athletes to switch. The pitcher should keep the delivery consistent so that batters can find their timing.

Equipment: Various bats and balls

VARIATIONS AND PROGRESSION:

A. Standard T-Ball

KEY POINTS

- *Feet must be wider than shoulders*
- *Hands high and back*
- *Hands together on bat*



RECEIVING

ACTIVITY “THE CROCODILE” (14)

[Click here](#) for video demonstration

Description: Coach/parent helper instructs the athletes to simulate the proper way to receive a ground ball.

Equipment: Several types of balls (minimum one per athlete).

VARIATIONS AND PROGRESSION:

- A. Simulate receiving the ball
- B. Coach rolls a ground ball
- C. In pairs, one athlete rolls the ball and the other receives it

*Do activity with and without gloves

KEY POINTS

- Always put hands out to simulate crocodile's mouth
- “Pet” the ball when receiving it
- Feet and hands form a triangle



ACTIVITY “SKY BALL” (15)

[Click here](#) for video demonstration

Description: One coach/parent helper for every two athletes. Athletes will practice using high tosses from a coach/parent helper. Self-competition can be included by:

- 1 Catching a higher thrown ball each time
- 2 Number of consecutive catches

Equipment: Various balls or objects to catch

VARIATIONS AND PROGRESSION:

- A. Coach throws the ball
- B. With or without a glove

KEY POINTS

- Hands together, placed slightly above forehead

BASERUNNING

ACTIVITY “THE TRAIN” (25)

[Click here](#) for video demonstration

Description: Starting from home plate, athletes form a line and lightly jog around the bases, saying the name of the base as they touch it. Parent/guardians are encouraged to join in this activity!

Equipment: Set of bases (minimum of four)

VARIATIONS AND PROGRESSION:

- A. Individually, done while jogging
- B. Individually, done while backpedaling
- C. Have athletes start at different bases

KEY POINTS

- Athlete must learn to run the bases in the correct order
- Learn the name of each base

ACTIVITY “BASEBALL TAG”

Description: Arrange hoops behind 1st base and home plate, and on 2nd and 3rd base. One or some athletes are “it”. Athletes have to reach the next base while following the basepaths. Athlete(s) who are “it” must leave the mound to tag teammates.

Equipment: Set of bases (4) and hoola hoops (4)

VARIATIONS AND PROGRESSION:

- A. Ask parents/guardians to participate

KEY POINTS

- Explain the ability to run passed 1st base and home plate
- Make sure to avoid too many athletes at each base

PRACTICE PLAN #2 LEVEL – TRIPLE/HOME RUN

Required equipment: TVB balls, various, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), batting tee, set of bases {minimum of 4}, cones (4 to 6), hoola hoops (2 to 3), target.

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. "There and back."

VARIATIONS AND PROGRESSION:

- E. Sitting, use only arms
- F. High knees
- G. Heel to back of legs
- H. Military walk

WARM-UP:

Description: Warming up with various exercises giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- Throwing arm goes down
- Reach back
- Lift arm to shoulder height
- Add one step with the glove side (giant step), just before throwing
- Appropriate arm action

HITTING

ACTIVITY “T-BALL”

Description: With a partner or a coach/parent helper located to the side of the athlete, ask the athlete to hit the ball off a tee. Ensure the tee is placed in front of home plate and NOT on it. Teammates pick up the baseballs.

Equipment: Batting tee, various bats and balls

VARIATIONS AND PROGRESSION:

- A. Standard “t-ball”
- B. Three swings and hit

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat



ACTIVITY “LIGHT TOSS” (21)

[Click here](#) for video demonstration

Description: Athletes can do this in pairs or in groups of three (each group needs 6-10 baseballs). Have a partner or a coach/parent helper located at 45 degrees beside the batter, simply ask the athlete to hit the ball from an underhand toss.

Have one coach/parent helper kneel in front and to the side of the batter and toss a ball with little or no arc in front of them.

After the batter has had 10-15 quality swings, get the athletes to switch. The pitcher should keep the delivery consistent so that batters can find their timing.

Equipment: Various bats and balls

VARIATIONS AND PROGRESSION:

- A. Regular toss at 45 degrees with coloured balls
- B. Regular toss without moving feet (no step)
- C. Regular toss with one knee down

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

THROWING

ACTIVITY “THE RELAY” (11)

[Click here](#) for video demonstration

Description: Split athletes into two groups (depending on the number of athletes). Each team forms a line. A hoola hoop filled with balls of different kinds is located 30 feet in front of each team, with two cones placed at 15 and 30 feet from the hoop.

On signal, one athlete goes to the hoop and from there tries to throw a ball towards each cone. Two throws are allowed. The athlete then returns to the line and the next athlete attempts the task.

Equipment:

- Several balls (2 minimum)
- Two cones per team (4-6)
- 2-3 hoops

VARIATIONS AND PROGRESSION:

Adjust distance depending on ability

- If athlete hits 1st cone, 1 point is awarded
2nd cone = 3 points awarded
First team to finish = 2 additional points
- Add various challenges. Example: between line and hoop
- Without cones and hoops, teams are in line. Athletes throw to a partner. First team to go all the way and back gets the point

KEY POINTS

- *None. Let's have fun here!*

ACTIVITY “HOME RUN”

Description: Hang targets on a backstop or fence. Place one group of three athletes at each target. The closest line to the target is considered a single, the next closest a double, the next closest a triple, with the farthest line from the target being a Home Run. Distances can be adjusted, according to the ability of the athletes.

Target: Single, Double, Triple, Home Run

Athletes choose which distance they throw from in order to hit the target. Points are awarded as follows:

- 1 point = Single
- 2 points = Double
- 3 points = Triple
- 4 points = HOME RUN

See if each athlete can increase their points with each consecutive throw or turn the activity into a competition based on the total number of points made in each group.

KEY POINTS

- *Place 2-3 fingers on the ball, without paying attention to the seams.*
- *Hold the ball with fingers instead of palm of hand*
- *Step forward and towards target on each throw*

RECEIVING

ACTIVITY “THE CROCODILE” (14)

[Click here](#) for video demonstration

Description: Coach/parent helper instructs the athletes to simulate the proper way to receive a ground ball.

Equipment: Several types of balls (minimum one per athlete).

VARIATIONS AND PROGRESSION:

- A. Coach rolls a ground ball
- B. In pairs, one athlete rolls the ball and the other receives it

*Do activity with and without gloves

KEY POINTS

- Always put hands out to simulate crocodile’s mouth
- “Pet” the ball when receiving it
- Feet and hands form a triangle

ACTIVITY “ALL MESSED-UP” (18)

[Click here](#) for video demonstration

Description: In pairs with no gloves, athletes face each other approximately six feet apart. While stationary, athletes throw the ball to their partner, left, right, and below the waist; the receiving athlete must catch the ball without moving their feet..

Equipment: Various balls

VARIATIONS AND PROGRESSION:

- A. Use gloves
- B. Use tennis balls
- C. Use foam balls

KEY POINTS

- Put thumbs together when catching balls chest high or higher to the left and right
- Put pinky fingers together when catching balls below the waist
- Fingers always pointing to the outside
- Catch the ball using both hands

PRACTICE PLAN #3 LEVEL – TRIPLE/HOME RUN

Required equipment: Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), batting tee, set of bases (minimum of 4), hoola hoops, cones, mat (sliding surface).

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. “There and back.”

VARIATIONS AND PROGRESSION:

- A. High knees
- B. Heel to back of leg
- C. Military walk
- D. Shuffle steps

WARM-UP:

Description: Warming up with various exercises giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY “HANDCUFFS” (7)

[Click here](#) for video demonstration

Description: Athletes pair up with each other or with a coach. On signal, athletes take a proper grip on the ball.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. From a seated position, pick up the ball off the ground and throw it to a partner (or coach/parent helper)
- B. Make sure they’re using the appropriate grip on the ball

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- Throwing arm goes down
- Reach back
- Lift arm to shoulder height
- Add one step with the glove side (giant step), just before throwing
- Appropriate arm action



HITTING

ACTIVITY “LIGHT TOSS” (21)

[Click here](#) for video demonstration

Description: Athletes can do this in pairs or in groups of three (each group needs 6-10 baseballs). Have a partner or a coach/parent helper located at 45 degrees beside the batter, simply ask the athlete to hit the ball from an underhand toss.

Have one coach/parent helper kneel in front and to the side of the batter and toss a ball with little or no arc in front of them.

After the batter has had 10-15 quality swings, get the athletes to switch. The pitcher should keep the delivery consistent so that batters can find their timing.

Equipment: Various bats and balls

VARIATIONS AND PROGRESSION:

- A. Regular toss at 45 degrees with coloured balls
- B. Regular toss without moving feet (no step)
- C. Regular toss with one knee down

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat



THROWING

ACTIVITY “THE RELAY” (11)

[Click here](#) for video demonstration

Description: Split athletes into two groups (depending on the number of athletes). Each team forms a line. A hoola hoop filled with balls of different kinds is located 30 feet in front of each team, with two cones placed at 15 and 30 feet from the hoop.

On signal, one athlete goes to the hoop and from there tries to throw a ball towards each cone. Two throws are allowed. The athlete then returns to the line and the next athlete attempts the task.

Equipment:

- Several balls (2 minimum)
- Two cones per team (4-6)
- 2-3 hoops

VARIATIONS AND PROGRESSION:

Adjust distance depending on ability

- If athlete hits 1st cone, 1 point is awarded
2nd cone = 3 points awarded
First team to finish = 2 additional points
- Add various challenges. Example: between line and hoop
- Without cones and hoops, teams are in line. Athletes throw to a partner. First team to go all the way and back gets the point

BASERUNNING

ACTIVITY “SLIDING” (29)

[Click here](#) for video demonstration

Description: Place a mat (or sliding surface) on an open area of grass. Have athletes line up in single file approximately 10 to 15 feet away from the mat. Have athletes run and complete the slide into the mat, one at a time.

For all sliding techniques, the coach can shorten the ‘run up’ distance to slow the athletes down and focus on the technique of the slide, then slowly increase the speed of the athletes after they feel more comfortable.

Equipment: Mats (optional), a long piece of cardboard also works

Bent Leg Slide:

Make sure the athletes have their hands in the air to avoid Injury.

Stay low throughout the approach of the slide to decrease the amount of impact with the ground.

VARIATIONS AND PROGRESSION:

- Sliding with legs forming a ‘4’

RECEIVING

ACTIVITY *THE GUARDIAN (16)*

[Click here](#) for video demonstration

Goal: Teach athletes a safe way to field a ground ball

Description: In pairs or with a coach/parent helper, athletes practice fielding the ball with one knee down

Equipment: Balls

VARIATIONS AND PROGRESSION:

- A. The coach rolls a ball and the athletes field the ball
- B. The coach rolls the ball, the athletes field and throw the ball to a specified target/area

KEY POINTS

- *Put one knee on the ground*
- *Upper body must be behind the ball*
- *Always face the ball*



PRACTICE PLAN #4 LEVEL – TRIPLE/HOME RUN

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), batting tees, set of bases (2 sets of 4), catcher's equipment (2 sets), bucket.

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. "There and back."

VARIATIONS AND PROGRESSION:

- A. Military walk
- B. Shuffle Steps
- C. Sprint, baseball start

WARM-UP:

Description: Warming up with various exercises giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY "HANDCUFFS" (7)

[Click here](#) for video demonstration

Description: Athletes pair up with each other or with a coach. On signal, athletes take a proper grip on the ball.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. From a seated position, pick up the ball off the ground and throw it to a partner (or coach/parent helper)
- B. Make sure they're using the appropriate grip on the ball

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- Throwing arm goes down
- Reach back
- Lift arm to shoulder height
- Add one step with the glove side (giant step), just before throwing
- Appropriate arm action

HITTING

ACTIVITY “T-BALL”

Description: With a partner or a coach/parent helper located to the side of the athlete, ask the athlete to hit the ball off a tee. Ensure the tee is placed in front of home plate and NOT on it. Teammates pick up the baseballs.

Equipment: Batting tee, various bats and balls

VARIATIONS AND PROGRESSION:

- A. Standard “t-ball”
- B. Three swings and hit

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

ACTIVITY “DRILL WITH PITCHER”

Description: With a coach/parent helper located at 20 feet in front of the batter, toss the ball with both knees on the ground while asking the batter to hit the ball.

Equipment: bats and balls

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes stationed well behind batters to retrieve balls
- One athlete feeding balls to the coach
- Rest of athletes in the field (gathering balls)
- Athletes rotate (in pairs) from the field, to catching behind the batters, to hitting, and finally back to the field.
- After the coach/parent helper has thrown a ball to one batter, they immediately throw the next pitch to the other batter.
- Athletes rotate after each group has had 10-15 quality swings

VARIATIONS AND PROGRESSION:

- A. Baseball bats, wiffle balls
- B. Baseball bats, tennis balls
- C. Cut hockey stick, wiffle balls

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

RECEIVING

ACTIVITY “FIELD 3” (17)

[Click here](#) for video demonstration

Description: Form two teams of six - one batter, one catcher, the rest are fielders. Set up two separate activity areas at a safe distance. There will be one coach/parent helper pitcher in each area for each group of six. Set up bases on diamond.

Equipment: Two bats, two balls, two sets of catcher's equipment, two sets of bases

- One batter at a time hits off coach/parent helper pitcher, with one athlete as catcher
- When a fielder has successfully fielded three groundballs or has caught one fly ball, they become the batter.

Athletes rotate positions

Make sure all athletes get an opportunity to bat and catch



GAME & GENERAL KNOWLEDGE

ACTIVITY “BUCKET BALL”

Goal: Throwing, fielding, base running, cooperation, and teamwork

Equipment: Two balls, Four bases, helmets, bucket or bag

Description: Two teams of six – one on offence – one on defense. The defensive team has a catcher at home plate and the other athletes at appropriate positions. The offensive team has one athlete throw from home plate and the other athletes awaiting their turn from a safe distance.

Activity: Offensive ‘batter’ throws out two balls at one time in quick succession and runs around the bases trying to make it home before the fielding team gets both balls in a bucket/bag.

If the ball is caught, the batter is out.

Fielders may NOT run with the ball. The ball must be thrown home. Relay the ball if necessary.

Remind athletes to make sure the catcher is looking; A coach/parent helper should be positioned in the home plate area.

VARIATIONS AND PROGRESSION:

- A. Batter throws two balls
- B. Batter hits two balls

ACTIVITY “SINGLE/DOUBLE/TRIPLE/HOME RUN”

Single

A hit that gets a batter to 1st base safely is called a single

Double

A hit that gets a batter to 2nd base safely is called a double

Triple

A hit that gets a batter to 3rd base safely is called a triple

Sometimes, a batter makes it around all three bases and back to home plate in one attempt. Getting around all the bases with one hit is called a “home run” or at higher levels of the game when a batted ball lands beyond the home run fence!

PRACTICE PLAN #5 LEVEL – TRIPLE/HOME RUN

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), batting tee, set of bases (minimum of 4), cones (4 to 6), hoops (2 to 3), bucket.

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. “There and back.”

VARIATIONS AND PROGRESSION:

- A. Military walk
- B. Shuffle steps
- C. Spring, baseball start
- D. Backpedal run

WARM-UP:

Description: Warming up with various exercises giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- Throwing arm goes down
- Reach back
- Lift arm to shoulder height
- Add one step with the glove side (giant step), just before throwing
- Appropriate arm action

HITTING

ACTIVITY “LIGHT TOSS” (21)

[Click here](#) for video demonstration

Description: Athletes can do this in pairs or in groups of three (each group needs 6-10 baseballs). Have a partner or a coach/parent helper located at 45 degrees beside the batter, simply ask the athlete to hit the ball from an underhand toss.

Have one coach/parent helper kneel in front and to the side of the batter and toss a ball with little or no arc in front of them.

After the batter has had 10-15 quality swings, get the athletes to switch. The pitcher should keep the delivery consistent so that batters can find their timing.

Equipment: Various bats and balls

VARIATIONS AND PROGRESSION:

- A. Regular toss at 45 degrees with coloured balls
- B. Regular toss without moving feet (no step)
- C. Regular toss with one knee down

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

ACTIVITY “WIFFLE BP” (22)

[Click here](#) for video demonstration

Description: With a coach/parent helper standing in front of the athlete at 20 feet and throwing, simply ask the athlete to hit the ball.

Equipment: Various bats and balls (wiffle balls)

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes receiving behind the batters at a safe distance
- One athlete feeding balls to the coach
- Rest of the athletes in the field (gathering balls)

Athletes rotate (in pairs) from the field, to catching behind the batters, to hitting, and finally back to the field.

After the coach has thrown a ball to one batter, they immediately throw the next pitch to the other batter.

Athletes rotate after each group has had 10-15 quality swings.

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

THROWING

ACTIVITY “THE RELAY” (11)

[Click here](#) for video demonstration

Description: Split athletes into two groups (depending on the number of athletes). Each team forms a line. A hoola hoop filled with balls of different kinds is located 30 feet in front of each team, with two cones placed at 15 and 30 feet from the hoop.

On signal, one athlete goes to the hoop and from there tries to throw a ball towards each cone. Two throws are allowed. The athlete then returns to the line and the next athlete attempts the task.

Equipment:

- Several balls (2 minimum)
- Two cones per team (4-6)
- 2-3 hoops

VARIATIONS AND PROGRESSION:

Adjust distance depending on ability

- If athlete hits 1st cone, 1 point is awarded
2nd cone = 3 points awarded
First team to finish = 2 additional points
- Add various challenges. Example: between line and hoop
- Without cones and hoops, teams are in line. Athletes throw to a partner. First team to go all the way and back gets the point

ACTIVITY “CHAMP”

[Click here](#) for video demonstration

Goal: Practice throwing and receiving

Description: One coach/parent helper for every two athletes or athletes in partners if they are capable of throwing and throwing the ball back and forth.

Every time a ball is caught by one of the two athletes, they get a letter from the word “CHAMP”. Partners can compete against other partners to see which pair can spell CHAMP first

Letters can be awarded for good throws back to the coach/parent helper as well.

Variations and progression: Let athletes select their own words (example: HOME RUN)

Equipment: One ball for every two athletes

GAME & GENERAL KNOWLEDGE

ACTIVITY “*BUCKET BALL*”

Goal: Throwing, fielding, base running, cooperation, and teamwork

Equipment: Two balls, Four bases, helmets, bucket or bag

Description: Two teams of six – one on offence – one on defense. The defensive team has a catcher at home plate and the other athletes at appropriate positions. The offensive team has one athlete throw from home plate and the other athletes awaiting their turn from a safe distance.

Activity: Offensive ‘batter’ throws out two balls at one time in quick succession and runs around the bases trying to make it home before the fielding team gets both balls in a bucket/bag.

If the ball is caught, the batter is out.

Fielders may NOT run with the ball. The ball must be thrown home. Relay the ball if necessary.

Remind athletes to make sure the catcher is looking; A coach/parent helper should be positioned in the home plate area.

VARIATIONS AND PROGRESSION:

- A. Batter throws two balls
- B. Batter hits two balls



PRACTICE PLAN #6 LEVEL – TRIPLE/HOME RUN

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, forge), batting tee, set of bases (one set of four), badminton birdies, catcher's equipment (two sets).

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. "There and back."

VARIATIONS AND PROGRESSION:

- A. Military walk
- B. Cross steps, front and back
- C. Spring, baseball start
- D. Backpedal run

WARM-UP:

Description: Warming up with various exercises giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- *Throwing arm goes down*
- *Reach back*
- *Lift arm to shoulder height*
- *Add one step with the glove side (giant step), just before throwing*
- *Appropriate arm action*

HITTING

ACTIVITY “WIFFLE BP”(22)

[Click here](#) for video demonstration

Description: With a coach/parent helper standing in front of the athlete at 20 feet and throwing, simply ask the athlete to hit the ball.

Equipment: Various bats and balls (wiffle balls)

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes receiving behind the batters at a safe distance
- One athlete feeding balls to the coach
- Rest of the athletes in the field (gathering balls)

Athletes rotate (in pairs) from the field, to catching behind the batters, to hitting, and finally back to the field.

After the coach has thrown a ball to one batter, they immediately throw the next pitch to the other batter.

Athletes rotate after each group has had 10-15 quality swings.

KEY POINTS

- *Feet must be wider than shoulders*
- *Hands high and back*
- *Hands together on bat*



BASERUNNING

ACTIVITY “GIMME 5”

Description: Place bases 30-40 feet from athletes. Athletes, on their turn, take a swing at an imaginary ball, drop bat, run as fast as possible passed their base, give the coach a “high 5” and return to base as if running to 2nd base.

Equipment: Set of bases (4), bats (2)

VARIATIONS AND PROGRESSION:

- A. Simulate a swing with a plastic or aluminum bat
- B. Hit a badminton birdie
- C. Hit a tossed wiffle ball
- D. Hit an object and run towards 1st base

KEY POINTS

- Make sure athletes are running full speed across the bag slowing down only after touching it



RECEIVING

ACTIVITY “ALL MESSED UP” (18)

[Click here](#) for video demonstration

Description: In pairs with no gloves, athletes face each other about six feet apart. Stationary, athletes throw the ball up in the air, left, right, and below the waist; the receiving athlete must catch the ball without moving their feet.

Equipment: Various balls

VARIATIONS AND PROGRESSION:

- A. Use gloves
- B. Use tennis balls
- C. Use foam balls

KEY POINTS

- Put thumbs together when catching the ball chest high or higher, to the left and right
- Put pinky fingers together when catching the ball below the waist
- Fingers always pointing to the outside
- Catch the ball using both hands

RECEIVING

ACTIVITY “FIELD 3” (17)

[Click here](#) for video demonstration

Description: Form two teams of six - one batter, one catcher, the rest are fielders. Set up two separate activity areas at a safe distance. There will be one coach/parent helper pitcher in each area for each group of six. Set up bases on diamond.

Equipment: Two bats, two balls, two sets of catcher's equipment, two sets of bases

- One batter at a time hits off coach/parent helper pitcher, with one athlete as catcher
- When a fielder has successfully fielded three groundballs or has caught one fly ball, they become the batter.

Athletes rotate positions

Make sure all athletes get an opportunity to bat and catch



GAME & GENERAL KNOWLEDGE

ACTIVITY “OUT”

Goal: Explain to athletes how to make an out

Description: Play a mini game and instruct athletes to touch the runners to make an out

VARIATIONS AND PROGRESSION:

- A. Make two teams and play mini-games using only one base
- B. Play a mini-game using four bases
- C. Rotate the teams to change the learning environment

KEY POINTS

- *Touch the runner with the ball before the runner touches the base*



ACTIVITY “BALL/STRIKE”

Strike: A strike is when a batter swings and misses at a pitch or doesn't swing at a pitch that goes through the strike zone in the umpire's judgement. It also counts as a strike if a batter hits a pitched ball into foul territory (see 'The Field'). This is called a foul ball.

Ball: A ball, the opposite of a strike, is a pitch that does not go through the strike zone, and the batter chooses not to swing at.

The Strike Zone is an imaginary area that is as wide as home plate and extends from the batter's chest to their knees.

A Strikeout is when the pitcher throws three strikes (called strikes or swinging strikes) to the batter.

However, a batter can never strike out (be given a third strike) on a foul ball.

If a batter gets four balls before getting three strikes, it is called a 'walk' and the batter is awarded first base.

PRACTICE PLAN #7 LEVEL – TRIPLE/HOME RUN

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), batting tee, set of bases (minimum of 4), hoola hoops (2 to 3), tennis racquets, small footballs (2 or 3).

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. "There and back."

VARIATIONS AND PROGRESSION:

- A. Military walk
- B. Backpedal run
- C. Football sprint

WARM-UP:

Description: Warming up with various exercises giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- Throwing arm goes down
- Reach back
- Lift arm to shoulder height
- Add one step with the glove side (giant step), just before throwing
- Appropriate arm action

HITTING

ACTIVITY “TENNIS BASEBALL” (23)

Description: With a coach/parent helper standing in front of the athlete at 30 feet apart, and throwing overhand, simply ask the athlete to hit the ball with a tennis racquet.

Equipment: Tennis racquet and tennis balls

Athletes are usually set up as follows:

- Two athletes hitting
 - Two athletes catching behind the hitters
 - One athlete feeding balls to the coach
 - Rest of athletes in the field gathering balls
-
- Athletes rotate (in pairs) from the field, to catching behind the hitters to hitting, and finally back to the field.

After the coach has thrown a ball to one hitter, they immediately throw the next pitch to the other hitter. Athletes rotate after each group has had 10-15 quality swings



THROWING

ACTIVITY “THE FOOTBALL PASS”

Description: Split athletes into 2-3 groups (depending on total number of athletes). On signal, the first athlete in line does a banana path. The following athlete in line throws a ball to the first athlete who attempts to catch it. The athlete then returns to their line and becomes the one who will throw the ball to their partner.

Equipment: Several balls of all kinds

- 2-3 small footballs

VARIATIONS AND PROGRESSION:

Change the distance depending on athletes' abilities (closer or farther away) and use several types of balls and maybe even a small football.

- A. The athlete catching is walking with their glove.
- B. The athlete catching is running with their glove.
- C. The athlete catching is running barehanded (softer balls).



RECEIVING

ACTIVITY “PFP”

Goal: Teach athletes to field a ball and throw to a target

Description: Form two lines of three. One athlete is located on the mound and the two others at first base (or at home plate if two groups).

One athlete is halfway between home plate and first base and rolls a ball at the athlete standing on the mound. They field the ball and throws to the athlete at first base. Then rotate (follow the throw).

Equipment: Various balls

VARIATIONS AND PROGRESSION:

- A. Use different types of balls
- B. Create a competition between the two groups (how many repetitions)
- C. Have the athletes move to greater distance
- D. Place athletes in infield, shortstop throws to first base, second base throws to third base

KEY POINTS

- *Take your time: Field, step and throw towards target*



GAME & GENERAL KNOWLEDGE

ACTIVITY “OUT”

Goal: Explain to athletes how to make an out

Description: Play a mini game and instruct athletes to touch the runners to make an out

VARIATIONS AND PROGRESSION:

- A. Make two teams and play mini-games using only one base
- B. Play a mini-game using four bases
- C. Rotate the teams to change the learning environment

KEY POINTS

- *Touch the runner with the ball before the runner touches the base*

ACTIVITY “FAIR/FOUL BALL”

The infield and outfield area make up what is known as ‘fair territory’. Batters want to hit the ball into this area as it allows them to start running the bases and scoring runs!

Straight lines drawn on the field from home plate to the outfield fence are known as foul lines and they separate fair territory from foul territory. If a batter hits a ball behind or outside of fair territory it is called a ‘foul ball’. A batter cannot start running the bases on a foul ball.



PRACTICE PLAN #8 LEVEL – TRIPLE/HOME RUN

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), batting tee, set of bases (minimum of 4), mat.

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. “There and back.”

VARIATIONS AND PROGRESSION:

- A. Shuffle steps
- B. Cross steps, front and back
- C. Backpedal run
- D. Football sprint

WARM-UP:

Description: Warming up with various exercises giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- *Throwing arm goes down*
- *Reach back*
- *Lift arm to shoulder height*
- *Add one step with the glove side (giant step), just before throwing*
- *Appropriate arm action*

HITTING – RECEIVING

ACTIVITY “500” (20)

[Click here](#) for video demonstration

Description: Two groups of six athletes have their own playing area. One athlete is the batter while the others are in the field. The other group does the same activity.

Equipment: Two bats, four balls

Activity:

- Batter will bat off a tee or via thrown pitch
- Each batter gets 10 swings or hits
- Fielders can get points by fielding the ball,
 - *100 for caught fly,
 - *50 for one bouncer,
 - *25 for a grounder

100 points

FOR CAUGHT FLY

50 points

FOR ONE BOUNCER

25 points

FOR A GROUNDER

ACTIVITY “LIGHT TOSS” (21)

[Click here](#) for video demonstration

Description: Athletes can do this in pairs or in groups of three (each group needs 6-10 baseballs). Have a partner or a coach/parent helper located at 45 degrees beside the batter, simply ask the athlete to hit the ball from an underhand toss.

Have one coach/parent helper kneel in front and to the side of the batter and toss a ball with little or no arc in front of them.

After the batter has had 10-15 quality swings, get the athletes to switch. The pitcher should keep the delivery consistent so that batters can find their timing.

Equipment: Various bats and balls

VARIATIONS AND PROGRESSION:

- A. Regular toss at 45 degrees
- B. Regular toss at 45 degrees with coloured ball

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

BASERUNNING

ACTIVITY “SLIDING” (29)

[Click here](#) for video demonstration

Description: Place a mat (or sliding surface) on an open area of grass. Have athletes line up in single file approximately 10 to 15 feet away from the mat. Have athletes run and complete the slide into the mat, one at a time.

For all sliding techniques, the coach can shorten the ‘run up’ distance to slow the athletes down and focus on the technique of the slide, then slowly increase the speed of the athletes after they feel more comfortable.

Equipment: Mats (optional), a long piece of cardboard also works

Bent Leg Slide:

Make sure the athletes have their hands in the air to avoid Injury.

Stay low throughout the approach of the slide to decrease the amount of impact with the ground.

VARIATIONS AND PROGRESSION:

A. Sliding with legs forming a ‘4’

B. Football slide

ACTIVITY “GOTCHA”

Description: Place 2-4 groups of athletes at each base or at home plate and 2nd base depending on numbers. Set up bases in diamond formation 20-30 feet apart.

On the signal ‘GO’, one player from each group starts running around the bases. The objective is to run passed the person ahead of you.

Score one point for your team for every athlete passed

Run for a set period of time (15-30 seconds).

Equipment: Set of bases (minimum of four)

VARIATIONS AND PROGRESSION:

A. Use parent helpers so athletes can try to pass them

B. Backpedal

KEY POINTS

• *AT ALL TIMES, athletes must touch all bases*

GAME & GENERAL KNOWLEDGE

ACTIVITY *“BE POSITIONED DEPENDING ON THE HITTER”*

The defensive positioning will vary depending on who comes up to the plate. For example, a weak left-handed batter will allow the athletes on the left side of the field to play in. The opposite is true when a weak right-handed batter comes up.

The athletes will have to cover more ground when a power hitter comes up to the plate. The defense will also have to shift to the right or left depending on the hitter's tendencies.

ACTIVITY *“THE GAME”*

Complete your practice by playing a game as per Rally Cap rules.

*refer to “General Information” section to get information about rules and game format.



PRACTICE PLAN #9 LEVEL – TRIPLE/HOME RUN

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), t-ball, set of bases (minimum of 4), badminton birdies.

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. “There and back.”

VARIATIONS AND PROGRESSION:

- A. Shuffle steps
- B. Cross steps, front and back
- C. Football sprint
- D. Sprint, baseball start

WARM-UP:

Description: Warming up with various exercises giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- *Throwing arm goes down*
- *Reach back*
- *Lift arm to shoulder height*
- *Add one step with the glove side (giant step), just before throwing*
- *Appropriate arm action*

HITTING

ACTIVITY “THE ACCURATE HITTER”

[Click here](#) for video demonstration

Description: With a coach/parent helper standing in front of the athlete from 30 feet, and throwing overhand, simply ask the athlete to hit the ball.

Equipment: Cones (4), balls, bats

Cones #1 and #2 placed at shortstop at 15 feet apart while cones #3 and #4 will be placed between 1st and 2nd base at 15 feet apart.

On the first five balls thrown, three must be hit between cones at shortstop. On the next five balls, three must be hit between the cones in the middle (cones 2 and 3), and on the last five balls, three have to be hit between cones between 1st and 2nd base areas (3 and 4).

The ball must reach the outfield, rolling or in the air.

VARIATIONS AND PROGRESSION:

- A. Start with one area only
- B. Add a point system

KEY POINTS

- Feet wider than shoulders
- Hands high and back
- Hands together on the bat

ACTIVITY “SINGLE/DOUBLE/TRIPLE/HOME RUN”

Single

A hit that gets a batter to 1st base safely is called a single

Double

A hit that gets a batter to 2nd base safely is called a double

Triple

A hit that gets a batter to 3rd base safely is called a triple

Sometimes, a batter makes it around all three bases and back to home plate in one attempt. Getting around all the bases with one hit is called a “home run” or at higher levels of the game when a batted ball lands beyond the home run fence!



GAME & GENERAL KNOWLEDGE

ACTIVITY “BALL/STRIKE”

Strike: A strike is when a batter swings and misses at a pitch or doesn't swing at a pitch that goes through the strike zone in the umpire's judgement. It also counts as a strike if a batter hits a pitched ball into foul territory (see “The Field”). This is called a foul ball.

Ball: A ball, the opposite of a strike, is a pitch that does not go through the strike zone, and the batter chooses not to swing at.

The Strike Zone is an imaginary area that is as wide as home plate and extends from the batter's chest to their knees.

A Strikeout is when the pitcher throws three strikes (called strikes or swinging strikes) to the batter.

However, a batter can never strike out (be given a third strike) on a foul ball.

If a batter gets four balls before getting three strikes, it is called a ‘walk’ and the batter is awarded first base.

ACTIVITY “THE GAME”

Complete your practice by playing a game as per Rally Cap rules.



PRACTICE PLAN #10 LEVEL – TRIPLE/HOME RUN

Required equipment: TVB balls, various bats, various balls (baseball, wiffle balls, tennis, softballs, foam balls, large), t-ball, set of bases (minimum of 4), badminton birdies.

WARM-UP

RUNNING DRILLS:

Description: All athletes are side by side on a line. Athletes do the exercises with 45 feet of running distance in front of them. “There and back.”

VARIATIONS AND PROGRESSION:

- A. Sprint, baseball start
- B. Backpedal run
- C. Football sprint

WARM-UP:

Description: Warming up with various exercises giving opportunities to stretch the body and prepare itself for baseball practice.

THROWING AND RECEIVING

ACTIVITY THE WHEEL (8)

[Click here](#) for video demonstration

Description: In pairs, the athletes play catch using proper throwing mechanics.

Equipment: One ball for each pair

VARIATIONS AND PROGRESSION:

- A. On both knees
- B. Athletes are executing on command:

KEY POINTS

- Throwing arm goes down
- Reach back
- Lift arm to shoulder height
- Add one step with the glove side (giant step), just before throwing
- Appropriate arm action



HITTING

ACTIVITY “DRILL WITH PITCHER”

Description: With a coach/parent helper located at 20 feet in front of the batter, toss the ball with both knees on the ground while asking the batter to hit the ball.

Equipment: bats and balls

Athletes are usually set up as follows:

- Two athletes hitting
- Two athletes stationed well behind batters to retrieve balls
- One athlete feeding balls to the coach
- Rest of athletes in the field (gathering balls)
- Athletes rotate (in pairs) from the field, to catching behind the batters, to hitting, and finally back to the field.
- After the coach/parent helper has thrown a ball to one batter, they immediately throw the next pitch to the other batter.
- Athletes rotate after each group has had 10-15 quality swings

VARIATIONS AND PROGRESSION:

- A. Plastic bats, badminton birdies
- B. Cut hockey stick, wiffle balls

KEY POINTS

- *Feet must be wider than shoulders*
- *Hands high and back*
- *Hands together on bat*



GAME & GENERAL KNOWLEDGE

ACTIVITY “FAIR/FOUL BALL”

The infield and outfield area make up what is known as ‘fair territory’. Batters want to hit the ball into this area as it allows them to start running the bases and scoring runs!

Straight lines drawn on the field from home plate to the outfield fence are known as foul lines and they separate fair territory from foul territory. If a batter hits a ball behind or outside of fair territory it is called a ‘foul ball’. A batter cannot start running the bases on a foul ball.

ACTIVITY “THE GAME”

Complete your practice by playing a game as per Rally Cap rules.



FOR MORE INFORMATION ABOUT RALLY CAP
VISIT [RALLYCAP.CA](https://rallycap.ca)



MINI-BOOK

