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# Baseball Practice Plan for Age 4-6 Years

## Week 10

### THIS WEEK'S OBJECTIVES

Objectives for this week's practice is focusing on skill training in hitting, fielding and throwing. The practice ends with a drill to teach the players the correct order to run the bases, and also to look at the coaches at 1st and 3rd base for commands.

### PRACTICE SCHEDULE

Duration	Activities	Video References
10 minutes	<p><b>Pre-Practice</b> – Discuss with the importance of practicing at home with friends and/or parents. Practicing the drills they have learned over the past several weeks will accelerate their ability to play baseball and enjoy greater success, and have more fun because they are able to make the throws, hit the ball, field ground balls and catch the balls they weren't able to make before they began this program. Encourage them to continue their learning experience.</p>	
8 minutes	<p><b>Warm-Ups</b>– It is important to start all practices with a warm-up and set routine.</p> <ol style="list-style-type: none"> <li>1) Light stretching, calisthenics and agility drills</li> <li>2) Light-medium jogs from foul pole to foul pole along warning track back &amp; forth ( 1-2 total repetitions)</li> </ol>	
30 -40 minutes	<p><b>Practice in Groups</b> – Groups of no more than 3-4 players plus 1 coach, rotate groups every 10 minutes.</p> <p>Practice in Groups- Groups of no more than 3-4 players plus 1 coach, rotate groups every 10 minutes.</p> <p><b>Fielding- Right Field</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Cone Drill</a></li> <li>• <a href="#">Cone Drill 2</a></li> <li>• Face2Face Drill (coming soon)</li> <li>• Throw to Coach</li> </ul>

Duration	Activities	Video References
	1) Cone Drill- <a href="#">Drill #31</a> 2) Face2Face Line Drill- <a href="#">Drill #22</a> <b>Throwing – Left Field</b> 1) Throw to the Coach Drill- <a href="#">Drill #2</a> (and/or) Tee Throwing Drill- <a href="#">Drill #40</a> <b>Hitting – Home Plate</b> 1) Batting Practice Drill- <a href="#">Drill #8</a>	Drill(coming soon) <ul style="list-style-type: none"> <li>• Tee Throwing Drill(coming soon)</li> <li>• Batting Practice Drill(coming soon)</li> </ul>
5 minutes	<b>End of Day FUN Competition – Run the Bases</b> 1) Learning the Bases Drill- <a href="#">Drill #35</a> (or) Run the Bases Drill- <a href="#">Drill #67</a>	<ul style="list-style-type: none"> <li>• Learning The Bases Drill (coming soon)</li> <li>• Run the Bases Drill (coming soon)</li> </ul>
5 minutes	<b>Final Review</b> Review today’s practice’s positives. Explain parents/player homework. Hand out homework to parents	

## PARENTS EDUCATION / PLAYER HOMEWORK

Duration	Activity	Video References
15-20 min	Proper pitching & throwing mechanics- 25-50 Repetitions, Twice a Week	<ul style="list-style-type: none"> <li>• <a href="#">Field Goal Drill With A Circle</a></li> </ul>
15-20 min	Proper hitting mechanics-25-50 Repetitions, Twice a Week	<ul style="list-style-type: none"> <li>• <a href="#">“Simon Says” Hitting Drill for Kids</a></li> </ul>
15-20 min	Proper catching & fielding mechanics- 25-50 Repetitions, Twice a Week	<ul style="list-style-type: none"> <li>• <a href="#">Kids Side To Side Fielding Drill</a></li> <li>• <a href="#">Pick Up The Ball Drill</a></li> </ul>

## DRILL REFERENCES

Drill #	Age Group	Category	Description
31	T-Ball	Fielding	<b>Cone Drill:</b> Place two cones about 10 feet apart. Have the players line up behind one another, with the first player assuming the “ready” position between the two cones. Position the player in the middle of the cones and on the coach’s “ready” command, the player will repeat “ready” and get into a pre-pitch position. The coach will roll the ball directly to them and they will make the catch. Now roll

Drill #	Age Group	Category	Description
22	T-Ball	Fielding	<p>the ball to the left or right of them and have them shuffle their feet to get in front of the ball to make the catch. It is important for the player to get their body in front of the ball to make the play and not let the ball go past the cones. Instruct the players how to shuffle from side to side with their glove in front of them to get their entire body in front of the ball.</p> <p><b>Face to Face Line Drill:</b> Divide the players into two groups. Line up the groups in a straight line facing each other about 15 feet apart. The first player in one line will throw a grounder to the first player in the opposite line, and then move to the back of their line. The player receiving the ball in the other line will field the ball and then throw a grounder to the first person in line of the other group, and then move to the end of their line. Each of the players receiving the grounders should get into a “Ready” position, ready to field the ground ball being thrown to them, and should step and throw when throwing the grounder to the other team.</p> <p><b>Throw to the Coach Drill:</b> Have the players line up facing the coach, the coach throws to the first player who catches the ball and then throws it back to the coach. The coach then repeats the process until all of the players have participated. Note: you may use a soft ball if young players need to build confidence in catching the ball.</p> <p><b>Tee Throwing Drill:</b> Have the player kneel down with their throwing side knee on the ground and their glove side foot on the ground. Place a batting tee behind the player and place a ball on the tee at approximately the player’s shoulder height. On the coach’s command, the player will reach back to grasp the ball and then throw the ball to the coach. The player’s glove side shoulder should be facing the coach, and the player’s throwing side shoulder facing directly away from the coach. This is a great drill to reinforce the player’s elbow is at or slightly above the players shoulder height when throwing a baseball.</p>
2	T-Ball	Fielding	<p><b>Batting Practice Drill:</b> One at a time, have the players hit at least 5 balls placed on a batting tee. On the last swing, have the batter drop the bat and run towards 1st base. Coaches should adjust the height of the tee for each player, and correct the players swing if necessary.</p> <p><b>Run the Bases Drill:</b></p> <p>Have the players line up at home plate.</p> <ul style="list-style-type: none"> <li>•One by one, have the players run to first base (a single) and then veer off to the right. Once all of the players have run to first have them line up and have them run from first base to third base and then line up in foul territory to wait for everyone to run to third. Then have the players run from third base to home plate.</li> <li>•One by one, have the each player run from home plate to second base ( a double), and then line up behind second base. Next have the players run from second base to home.</li> <li>•One by one, have each player run from home plate to third base (a triple). Then have them walk to home plate and line up.</li> </ul>
40	T-Ball	Throwing	
8	T-Ball	Hitting	
67	T-Ball	Running	

<b>Drill #</b>	<b>Age Group</b>	<b>Category</b>	<b>Description</b>
			•One by one, have each player run from home to first to second to third to home, a home run.

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