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Baseball Practice Plan for Age 4-6 Years Week 2

THIS WEEK'S OBJECTIVES

Objective for this week's practice is to reinforce the fundamentals introduced in the first week's practice plan. This week continues practicing basic catching, throwing, hitting, fielding and base running fundamentals.

PRACTICE SCHEDULE

Duration	Activities	Video References
10 minutes	<p>Pre-Practice – Walk the players through each of the positions and discuss practice plans and practice goals</p> <p>Warm-Ups– It is important to start all practices with a warm-up and set routine.</p>	<ul style="list-style-type: none"> • T Ball – Learn Positions
8 minutes	<p>1) Light stretching & calisthenics- if needed</p> <p>2) Light-medium jogs from foul pole to foul pole along warning track back & forth (1-2 total repetitions)</p> <p>Practice in Groups– Divide the players into groups of no more than 3-4 players, with each group having at least 1 coach, rotate groups every 8 -10 minutes.</p> <p>Fielding- Right Field</p> <p>1) Ready Position Drill- Drill #25 (and/or) Fielding BASICS Drill- Drill #3</p>	<ul style="list-style-type: none"> • Ready Position Drill • Basic Fielding Drill • Windshield Wiper Catching Drill • Windshield Wiper Hi Low Drill
30 -40 minutes	<p>Catching- Center Field</p> <p>1) Windshield Wiper Catching Drill- Drill #69</p> <p>Throwing – Left Field</p> <p>1) Sitting Down Throwing Drill 1- Drill #10 (and/or) Throw to Target Drill 1- Drill #19</p> <p>Hitting – Home Plate</p> <p>1) Stance, Swing & Follow Through Drill- Drill #33</p>	<ul style="list-style-type: none"> • Sitting Down / Field Goal Drill • Target Drill • Stance, Swing & Follow Through Drill (coming soon) • Belly Button to Tee Drill (coming soon)

Duration	Activities	Video References
	(and/or) Belly Button to Tee Drill- Drill #51	
5 minutes	End of Day FUN Competition – Run the Bases 1) High Five the Coach Drill – Drill #66	• High Five Drill
5 minutes	Final Review 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 Base Running mechanics	• T Ball – High Five Drill
15-20 min	Proper pitching & throwing mechanics- 25-50 Repetitions, Twice a Week	• T Ball – Basic Throwing
15-20 min	Proper hitting mechanics-25-50 Repetitions, Twice a Week	• Proper Way to Get Into The Batters Box • Batting Setup
15-20 min	Proper catching & fielding mechanics- 25-50 Repetitions, Twice a Week	• T Ball – Stay In Front Of The Ball • Basic Fielding Drill for Kids

DRILL REFERENCES

Drill #	Age Group	Category	Description
25	T-Ball	Fielding	Ready Position Drill: Have the players line up facing the coach. On the coach’s “ready” command the players will get into their position with their feet at shoulders width apart, hands out in front of their waist with their palms up, and their knees slightly bent at the knees (not bending at the waist). Repeat this as many times as time will permit.
3	T-Ball	Fielding	Fielding Basics Drill: Have the players line up facing the coach, the coach will then roll the ball to each of the players and have them field the ball and throw it back to the coach. Repeat until all of the players have participated.

Drill #	Age Group	Category	Description
69	T-Ball	Catching	<p>Windshield Wiper Catching the Ball Drill: To begin this drill, the coach should work with each of their players to teach them the proper glove positioning when catching balls hit or thrown to the players in the air. Position the player 8'-10' from the coach and have the player start with their glove near or at their belt buckle or waist. The coach will begin throwing balls (start with soft balls or tennis balls until the player is comfortable with catching these), beginning with balls below their waist so the players understand that their glove fingers should be pointing down towards the ground to make these catchers. Again starting with the players glove at the belt buckle or waist, begin throwing balls above the waist so that the players glove fingers are pointing towards the sky to catch these balls. Begin throwing the balls underhand until the player is comfortable in catching these balls below the waist and above the waist. As the player gets more comfortable, begin throwing the ball overhand.</p>
2	T-Ball	Catching	<p>Throw to the Coach Drill: 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>
10	T-Ball	Throwing	<p>Sitting Down Throwing Drill #1: Have the players pair up and have them face each other, sitting down on the ground with their legs extended in front of them. Have one side form a "field goal" with their arms up, elbow at shoulder height, and a ball in their throwing hand. On the coach's command the players will take the ball back and release the ball towards their partner. The partner will catch the ball and repeat the drill. Have the players make throws back and forth until each has completed at least 10 throws. This is a very good drill to reinforce keeping the throwing elbow at shoulder height and releasing the ball towards their target. The players should be only about 5-7 feet apart, and they should make sure their partner is ready to receive the thrown ball.</p>
19	T-Ball	Throwing	<p>Throw to Target Drill #1: The drill requires several hula hoop loops of varying sizes and anchoring the hoops, in a row, along a fence line with S-hooks. Have the players line up, with the first player throwing to each of the hoops, one at a time. The player scores points for throwing the ball within each of the hoops (larger hoop=1 point, medium hoop=2 points, the smaller hoop=1 point, and misses=0 points). The player with the most points, wins. To make the game more interesting, you can vary the distance the players throw from on each rotation. Number of rotations will depend upon the time available.</p>
33	T-Ball	Hitting	<p>Stance, Swing & Follow-Through Drill: Have the players line-up along the 3rd base line, with batting helmet on and holding a bat. Make sure the players have plenty of space between them. On the coach's "stance" command, the players will get into their stance position. The coach(es) should examine each of the player's stance to make any adjustments the first few times. Next the coach will call out "stance" and then "swing", the players should then swing at an imaginary ball and stop. Again the coach(es) should make any adjustments, and then repeat the drill again. After doing this drill a few times, the players will relax and wait</p>

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			for the coach's command. Lastly, the coach will call out "stance, swing and follow-through" and the players will get into their stance, swing the bat, and then follow-through with their swing. Remember that repetition is the key to learning the basic fundamental of forming a good swing, Repeat this drill as often as time will allow.
51	T-Ball	Hitting	Belly Button to Tee Drill: Have each of the players, one by one, step up to the batter's box with a tee at home plate. Ask the player where their belly button is, and have them place the handle end of the bat on their belly button in a horizontal position touching the batting tee, with the tee evenly between their legs which should be shoulder width apart. Have them do this several times as they should be about 20"-25" from the tee and this should be their "hitting ready" position, ready to swing.
66	T-Ball	Running	High Five the Coach Drill: Have the players line up at home plate, one by one, have the players take an imaginary swing, drop the bat and run through first base. The player should touch first base and continue running to the coach who should be positioned 10'-15' past the bag, giving the coach a "high five".

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