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Baseball Practice Plan for Age 4-6 Years

Week 3

THIS WEEK'S OBJECTIVES

Objectives for the this week's practice are to introduce sportsmanship, what being a teammate means and describing what an "out" is and how they are made. Also, a reinforcement of fundamentals continues with the practicing of basic catching, throwing, hitting and fielding fundamentals.

PRACTICE SCHEDULE

Duration	Activities	Video References
10 minutes	<p>Pre-Practice – Discuss with the players what sportsmanship is and the importance of being a good teammate. Also discuss what an "out" is and the different ways an out can be made.</p>	<ul style="list-style-type: none"> • Teach Kids Sportsmanship
8 minutes	<p>Warm-Ups- It is important to start all practices with a warm-up and set routine.</p> <p>1) Light stretching, calisthenics and agility drills 2) Light-medium jogs from foul pole to foul pole along warning track back & forth (1-2 total repetitions)</p>	
30 -40 minutes	<p>Practice in Groups – Groups of no more than 3-4 players plus 1 coach, rotate groups every 8 minutes.</p> <p>Fielding- Right Field 1) Ready Position Drill- Drill #25 (and/or) Fielding BASICS Drill- Drill #3</p> <p>Catching- Center Field 1) Throw to Coach Drill- Drill #2</p> <p>Throwing – Left Field 1) T-Position Drill- Drill #1 (and/or) Throw to Target Drill 1- Drill #19</p>	<ul style="list-style-type: none"> • Ready Position Drill • Basic Fielding Drill • Seeing Vs Looking At Target • Youth T-Position Drill • Sitting Down / Field Goal Drill • Target Drill • Stance, Swing &

Duration	Activities	Video References
	<p>Hitting – Home Plate 1) Stance, Swing & Follow Through Drill- Drill #33 (and/or) Batting Practice Drill- Drill #8</p>	<p>Follow Through Drill (coming soon)</p> <ul style="list-style-type: none"> • Batting Practice Drill (coming soon)
5 minutes	<p>End of Day FUN Competition – Run the Bases 1) High Five the Coach Drill- Drill #66 (or) Run the Bases Drill- Drill #67</p>	<ul style="list-style-type: none"> • High Five Drill • Run the Bases Drill (coming soon)
5 minutes	<p>Final Review Review today’s practice’s positives. Explain parents/player homework. Hand out homework to parents</p>	

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"> • T Ball – Stepping Towards Your Target
15-20 min	Proper hitting mechanics-25-50 Repetitions, Twice a Week	<ul style="list-style-type: none"> • Square stance
15-20 min	Proper catching & fielding mechanics- 25-50 Repetitions, Twice a Week	<ul style="list-style-type: none"> • Partner Fielding Basics Drill

DRILL REFERENCES

Drill #	Age Group	Category	Description
25	T-Ball	Fielding	<p>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.</p>
3	T-Ball	Fielding	<p>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.</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</p>

Drill #	Age Group	Category	Description
1	T-Ball	Throwing	<p>participated. Note: you may use a soft ball if young players need to build confidence in catching the ball.</p> <p>T-Position Drill: Have the players line up facing the coach, on T command, the players will position themselves with their shoulders, hip and feet (shoulder width apart) pointed toward the coach. Their elbows should be at shoulder height</p> <p>Throwing with a 90^o bend, with the ball pointed towards 2nd base, with fingers on top and the thumb pointed towards the ground. Coach should check each player for proper positioning. On Relax Command, everyone drops their arms and relaxes, until the Coach repeats the T command again.</p> <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>
19	T-Ball	Throwing	<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 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.</p>
33	T-Ball	Hitting	<p>Batting Practice Drill: 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>
8	T-Ball	Hitting	<p>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".</p>
66	T-Ball	Running	<p>Run the Bases Drill:</p>
67	T-Ball	Running	<p>Have the players line up at home plate.</p> <p>•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</p>

Drill #	Age Group	Category	Description
			<p>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.</p> <ul style="list-style-type: none">•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.•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.•One by one, have each player run from home to first to second to third to home, a home run.

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