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Baseball Practice Plan for Age 4-6 Years

Week 4

THIS WEEK'S OBJECTIVES

Objectives for this week's practice is focusing on offensive skill training in hitting, and defensive skill training on catching the ball and fielding ground balls. 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>Pre-Practice – Discuss with the players safety rules, such as dropping the bat when a hit is made rather than throwing the bat, making sure that the player they are throwing to is looking at them and that no one is near them when they are taking practice swings.</p>	
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 10 minutes.</p> <p>Fielding- Right Field 1) Alligator Fielding Drill- Drill #32 2) Face2Face Line Drill- Drill #22</p> <p>Throwing – Left Field 1) One Knee Practice Drill-Drill #9(and/or) Throw to Target Drill 1-Drill #19</p> <p>Hitting – Home Plate</p>	<ul style="list-style-type: none"> • Target Drill • Fence Drill • Alligator Fielding Drill (coming soon) • Face2Face Drill (coming soon) • One Knee Practice Drill • Bat in Bucket Drill

Duration	Activities	Video References
	1) Bat in the Bucket Drill- Drill #57 (and/or) Fence Drill- Drill #49	
5 minutes	End of Day FUN Competition – Run the Bases 1) Learning the Bases Drill- Drill #35 (or) Run the Bases Drill- Drill #67	<ul style="list-style-type: none"> • Learn the Bases Drill (coming soon) • Run the Bases Drill (coming soon)
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	<ul style="list-style-type: none"> • Base Running course chapter 1 – Home to First Base
15-20 min	Proper pitching & throwing mechanics- 25-50 Repetitions, Twice a Week	<ul style="list-style-type: none"> • Throwing Over the Top • Target Drill
15-20 min	Proper hitting mechanics-25-50 Repetitions, Twice a Week	<ul style="list-style-type: none"> • “Simon Says” Hitting Drill for Kids
15-20 min	Proper catching & fielding mechanics- 25-50 Repetitions, Twice a Week	<ul style="list-style-type: none"> • Partner Fielding Basics Drill • Windshield Wiper Catching Drill

DRILL REFERENCES

Drill #	Age Group	Category	Description
32	T-Ball	Fielding	Alligator Fielding Drill: Have the players form a line facing the coach. To start this drill, the players will start on their knees, with their glove hand (no glove,

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			just bare hand) out front and on the ground, their throwing hand is then placed on top of their glove hand, like an alligator mouth. The coach will roll a ball to each player and the player will catch the ball, glove hand on ground and the throwing hand, palm to palm, on top. After several repetitions of this drill, have the players stand up, get into a “ready” position, and field ground balls rolled to them using the same technique. This will require them to bend their knees to get the hands down to the ground.
22	T-Ball	Fielding	<p>Face to Face Line Drill: 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>One Knee Practice Drill: Have the players pair up and have them face each other with their throwing side knee on the ground. Their glove side shoulder and</p>
9	T-Ball	Throwing	<p>knee should be facing their partner. On the coach’s command the players will take the ball out of their glove and make a throw to their partner. Have the players make throws back and forth until each has completed at least 10 throws.</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>Bat in the Bucket Drill: To prevent players from throwing their bats after they hit the ball, place a bucket about 1-2 steps down the first base line. After the player has hit the ball off the tee, they should begin running to first base and as they pass the bucket, they should place the bat in the bucket. Repeat this drill as often as necessary to make this a habit of dropping, not throwing the bat after they hit the ball. While this is not a skill development drill, it is a safety habit that needs to be learned as early as possible.</p>
57	T-Ball	Hitting	<p>Fence Drill: Place a batting tee about 4’-5’ from a fence. Place a whiffle ball or soft ball on the tee. Have the player take their hitting stance and have them hit the ball into the fence, focusing on their hitting fundamentals.</p>
49	T-Ball	Hitting	<p>Learning the Bases Drill: Gather all of the players, and beginning at Home plate, have the players follow the coach to first base, then second base, then third base, and then home base. Explain to the players what happens when you hit the ball and that they first run to first base. This drill should be repeated at least a couple of times in practice until you are confident they understand what they are supposed to do when they hit the ball, and the order of running from base to base.</p>
35	T-Ball	Running	

Drill #	Age Group	Category	Description
			Run the Bases Drill: Have the players line up at home plate. •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.
67	T-Ball	Running	•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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