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# Baseball Practice Plan for Age 4-6 Years

## Week 5

### THIS WEEK'S OBJECTIVES

Objectives for this week's practice is focused on fundamental repetitions. The practice ends with a drill to teach the players to run hard through first base.

### PRACTICE SCHEDULE

Duration	Activities	Video References
10 minutes	<p><b>Pre-Practice</b> – Discuss with the players the importance of covering their area for any balls hit into that area, and knowing where to throw the ball. Also repeat what is an “out” and the different ways an out can be made.</p>	
8 minutes	<p><b>Warm-Ups</b>– 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 &amp; forth ( 1-2 total repetitions)</p>	
30 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><b>Fielding- Right Field</b>            1) Partner Fielding Basics Drill- <a href="#">Drill #4</a>            2) Pick the Ball Up Drill- <a href="#">Drill #14</a></p> <p><b>Throwing – Left Field</b>            1) Tee Throwing Drill- <a href="#">Drill #40</a> (and/or) Throw to Target Drill 1- <a href="#">Drill #19</a></p> <p><b>Hitting – Home Plate</b>            1) Fence Drill- <a href="#">Drill #49</a></p>	<ul style="list-style-type: none"> <li>• <a href="#">Partner Fielding Drill</a></li> <li>• <a href="#">Pick the Ball Up Drill</a></li> <li>• <a href="#">Target Drill</a></li> <li>• <a href="#">Fence Drill</a></li> <li>• Tee Throwing Drill (coming soon)</li> </ul>
5 minutes	<p><b>End of Day FUN Competition</b> – Run the Bases            1) High Five the Coach Drill- <a href="#">Drill #66</a></p>	<ul style="list-style-type: none"> <li>• <a href="#">High Five Drill</a></li> </ul>

Duration	Activities	Video References
5 minutes	<p><b>Final Review</b></p> <p>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"> <li>• <a href="#">Throwing Fundamentals with Shoulder Rotation</a></li> <li>• <a href="#">Youth T Drill</a></li> </ul>
15-20 min	Proper hitting mechanics-25-50 Repetitions, Twice a Week	<ul style="list-style-type: none"> <li>• <a href="#">Kids Fence Drill</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="#">Pick Up The Ball Drill</a></li> <li>• <a href="#">Pre-Pitch Lateral Movement Warmup</a></li> </ul>

## DRILL REFERENCES

Drill #	Age Group	Category	Description
4	T-Ball	Fielding	<p><b>Partner Fielding Basics Drill:</b> Pair up the players and have them face each other about 10-12 feet apart, Have them roll balls to each other practicing their fielding skills.</p>
14	T-Ball	Fielding	<p><b>Pick the Ball Up:</b> Have the players line up shoulder to shoulder facing home plate. Place balls on the ground about 10-15 feet in front of them. One by one, on the coach's command, have them run to the ball and pick it up with their bare hand, set their feet, and have them throw to the coach stationed at home plate. To add competition to this drill, the coach can call out the amount of time it takes each player to complete this drill.</p>
40	T-Ball	Throwing	<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>

Drill #	Age Group	Category	Description
19	T-Ball	Throwing	<b>Throw to Target Drill #1:</b> 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.
49	T-Ball	Hitting	<b>Fence Drill:</b> 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.
66	T-Ball	Running	<b>High Five the Coach Drill:</b> 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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