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# Baseball Practice Plan for Age 4-6 Years

## Week 6

### THIS WEEK'S OBJECTIVES

Objectives for this week's practice is to continue the building of fundamentals through drill practice focusing on hitting, catching, fielding and throwing. The practice ends with dividing the team into two groups for a competitive running drill to teach the players the spirit of cheering on your teammates.

### PRACTICE SCHEDULE

Duration	Activities	Video References
10 minutes	<p><b>Pre-Practice</b> – Review with the players what they have learned so far and the importance of practicing their hitting, throwing, fielding and other skills at home. Point out the successes the team and individual players have had. Based on the first week discussion on the season's goals, how much progress have the players made in reaching those goals?</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 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></p> <ol style="list-style-type: none"> <li>1) Fly Ball Racquetball Drill- <a href="#">Drill #24</a></li> </ol> <p><b>Fielding-2nd Base</b></p> <ol style="list-style-type: none"> <li>2) Ready Position to Throw Drill- <a href="#">Drill #26</a></li> </ol> <p><b>Throwing – 3rd Base Line</b></p> <ol style="list-style-type: none"> <li>1) Throw to Target Drill 1- <a href="#">Drill #19</a></li> </ol> <p><b>Hitting – Home Plate</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Ready Position Drill</a></li> <li>• <a href="#">Target Drill</a></li> <li>• Fly Ball Racquetball Drill (coming soon)</li> <li>• Batting Practice Drill (coming soon)</li> </ul>

Duration	Activities	Video References
5 minutes	1) Batting Practice Drill- <a href="#">Drill #8</a>  <b>End of Day FUN Competition</b> – Run the Bases 1) Team Race- <a href="#">Drill #17</a>	<ul style="list-style-type: none"> <li>• Team Race (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="#">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="#">Grip &amp; A Tip on Hitting off the Tee</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="#">T Ball – Catching Above and Below The Waist</a></li> <li>• <a href="#">Kids Two Hands No Glove Drill</a></li> </ul>

## DRILL REFERENCES

Drill #	Age Group	Category	Description
24	T-Ball	Fielding	<b>Fly Ball Racquetball Drill:</b> Using a racquet or tennis racket, the coach will use softballs or tennis balls to hit fly balls or grounders to fielders. Have the players in the group line up in single file in the outfield. The first player will get into a “Ready” position and the coach will hit a ball to the fielder. The player will then place the ball into a bucket and proceed to the back of the line. The next player then takes his position.
26	T-Ball	Fielding	<b>Ready Position to Throw Drill:</b> Have players in the group line up in single file at the 2nd base position. On the coach’s command, the first player in line will get into a “Ready” position. The coach will roll a grounder to the player and the player will then throw the ball to the first baseman. Once the players are comfortable with fielding the ground balls and making the throw, have the players move to shortstop and repeat the drill. Once a player makes the play, they move to the back of the line.

Drill #	Age Group	Category	Description
19	T-Ball	Throwing	<p><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.</p>
8	T-Ball	Hitting	<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>
17	T-Ball	Running	<p><b>Team Race:</b> Divide the players into two groups. One group will run towards 1st base and the other towards 3rd base. The players will continue running in opposite direction until they reach home plate, when the next player on that team will begin running. The first team to have all runners complete the run and reach home, wins. Place a coach at 2nd base to make sure to avoid a collision.</p>

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