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BASEBALL PRACTICE PLAN FOR AGE 4-6 YEARS Week 7

THIS WEEK'S OBJECTIVES

Objectives for this week's practice is "Let's Have Some Fun". The drills selected for this week are all focused on learning the fundamentals and having fun doing them. Playing the game of baseball should be fun and these drills bring out the "fun".

PRACTICE SCHEDULE

Duration	Activities	Video References
10 minutes	<p>Pre-Practice – Discuss with the players that playing and practicing the game of baseball is fun, and that by making games out of fundamental drills they can have fun while getting better. How many times can they catch a ball in a row, throw a ball to a specific location, etc. Make a game out of everything they do and have fun doing it.</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 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) Goalie- Drill #23</p> <p>Throwing – Left Field 1) Bucket Ball Drill-Drill #12(and/or) Knock the Ball Off the Tee Drill- Drill #48</p> <p>Hitting – Home Plate</p>	<ul style="list-style-type: none"> • Goalie Drill • Bucket Ball Drill (coming soon) • Knock the Ball Off Tee Drill (coming soon) • Simon Says Drill

Duration	Activities	Video References
	1) Simon Says Drill- Drill #15 (and/or) Tee Drill with Big Ball Drill- Drill #34	<ul style="list-style-type: none"> • Tee Drill with Big Ball (coming soon)
5 minutes	End of Day FUN Competition – Run the Bases 1) Don't Let the Coach Catch You Drill- Drill #65	<ul style="list-style-type: none"> • Don't Let the Coach Catch You 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 pitching & throwing mechanics- 25-50 Repetitions, Twice a Week	<ul style="list-style-type: none"> • Knee Drill • Field Goal Drill
15-20 min	Proper hitting mechanics-25-50 Repetitions, Twice a Week	<ul style="list-style-type: none"> • Squash The Bug Theory
15-20 min	Proper catching & fielding mechanics- 25-50 Repetitions, Twice a Week	<ul style="list-style-type: none"> • Outfield Do or Die Drill

DRILL REFERENCES

Drill #	Age Group	Category	Description
23	T-Ball	Fielding	Goalie Drill: Set up 2 cones approximately 10-15 feet apart. Have one of the players position themselves halfway between the two cones. The coach will roll grounders between the two cones and the fielder will try to stop the ball before it gets past the two cones, much like a goalie in hockey or soccer would do. After fielding a number of grounders, the player will then go to the back of the line and the backup player will then position themselves within the cones. To make a competition of this drill, the player with the fewest balls “scoring”, wins.
12	T-Ball	Throwing	Bucket Ball Drill: Place a bucket at a base about 15-20 feet from the players and have them take turns throwing a ball to the bucket. To add competition to this drill, award 3 points for balls thrown into the bucket, 2 points for balls that hit the bucket, and 1 for the ball thrown nearest the bucket, but not in the bucket.

Drill #	Age Group	Category	Description
48	T-Ball	Throwing	<p>Knock the Ball Off the Tee Drill: Place a batting tee at first base, place a large funnel used for liquids where baseballs are usually placed on the tee. Now put a large ball on the funnel to be used as a target. Have the players form a line at second base and have them make throws and have them throw the ball to first base trying to knock the ball off the tee. Make a game out of this drill, seeing who can knock the ball off the tee the most times. This drill can also be used as a ground ball fielding and throwing drill.</p>
15	T-Ball	Hitting	<p>Simon Says Drill: Have the players line up facing the coach. The coach will call out commands, players who do not follow what “Simon Says” are eliminated from the game. Commands are:</p> <p>Hands-players grip an imaginary bat.</p> <p>Feet- players jump with feet apart facing an imaginary tee</p> <p>Stance- players stand in a batting position with arms raised ready to swing</p> <p>Squash the Bug- players step and swing the bat, and rotate on the ball of their rear foot (squashing the bug)</p> <p>Swing and Drop- players do a full swing, including dropping the imaginary bat.</p>
34	T-Ball	Hitting	<p>Tee Drill with Big Ball Drill: With the players wearing their helmets and having their bats, the players (one by one) should step up to the plate to hit the ball off the tee. Place an oversized ball (such as a kick ball or ball similar in size) on the tee and have the players begin with their stance, and on the coach’s command, swing at the ball. Once the players are comfortable with their swings and gain confidence in making contact, begin placing smaller balls on the tee and continue the drill, until the players feel comfortable swinging at a baseball on the tee.</p>
65	T-Ball	Running	<p>Don’t Let the Coach Catch You Drill: Have the players get into groups of 3 or 4 players. The first group will start, one at a time with each player getting a 5 second head start before starting the next player. Once all the players in the group have started running, the coach will then start heading around the bases. Each runner should try to catch the runner in front of them, and if they do, the caught runner is out of the game. Once the coach begins running he will try to catch each of the players. If a player runs off the baseline, or if they run to the wrong base, they will be out of the game. This drill will teach the players to run hard and fast when on the bases.</p>

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