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# BASEBALL PRACTICE PLAN FOR AGE 4-6 YEARS Week 8

## THIS WEEK'S OBJECTIVES

Objectives for this week's practice is focusing on hitting with a couple of drills using a wooden dowel as a bat, along with training for throwing, catching and fielding the ball. At the end of practice, a competitive running drill will train the players in running hard whenever they are on the bases.

## PRACTICE SCHEDULE

Duration	Activities	Video References
10 minutes	Pre-Practice – Discuss with the players safety rules, also the importance of running to and from the dugout between innings, and being a good teammate and encouraging each other.	
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> <p><b>Practice in Groups</b>– Groups of no more than 3-4 players plus 1 coach, rotate groups every 10 minutes.</p>	
30 minutes	<p><b>Fielding- Right Field</b></p> <p>1) Ready Position Drill- <a href="#">Drill #25</a>            2) Ready Position to Throw Drill- <a href="#">Drill #26</a></p> <p><b>Throwing – Left Field</b></p> <p>1) Throw and Catch Contest Drill-<a href="#">Drill #60</a> (and/or)            Throw to Target Drill 1- <a href="#">Drill #19</a></p> <p><b>Hitting – Home Plate</b></p> <p>1) Swing Practice Drill- <a href="#">Drill #6</a>(and/or) Fence Drill- <a href="#">Drill</a></p>	<ul style="list-style-type: none"> <li>• <a href="#">Ready Position Drill</a></li> <li>• Ready Position to Throw Drill (coming soon)</li> <li>• Throw &amp; Catch Contest Drill (coming soon)</li> <li>• <a href="#">Target Drill</a></li> <li>• Swing Practice Drill</li> </ul>

Duration	Activities	Video References
	<a href="#">#49</a>	(coming soon) • <a href="#">Fence Drill</a>
5 minutes	<b>End of Day FUN Competition</b> – Run the Bases 1) Team Race- <a href="#">Drill #17</a>	• Team Race Drill (coming soon)
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	• <a href="#">Target Drill</a>
15-20 min	Proper hitting mechanics-25-50 Repetitions, Twice a Week	• <a href="#">Load &amp; Stride</a>
15-20 min	Proper catching & fielding mechanics- 25-50 Repetitions, Twice a Week	• <a href="#">Pre-Pitch and Glove Position</a> • <a href="#">Windshield Wiper Catching Drill</a>

## DRILL REFERENCES

Drill #	Age Group	Category	Description
25	T-Ball	Fielding	<b>Ready Position Drill:</b> 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.
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
60	T-Ball	Throwing	<p><b>Throw &amp; Catch Contest Drill:</b> Have the players team up with another player and have them face each other at a comfortable distance. Give each team a ball and have them throw to their teammate, who has to catch the ball in the air and then throw it accurately back to their partner. If a throw is errant, or the ball is not caught, the team has to stop playing, and the last team to successfully catch and throw the ball wins. To make this drill more challenging, have the teams take a step back after each round of throwing and catching.</p>
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>
6	T-Ball	Hitting	<p><b>Swing Practice #2 Drill:</b> Have the players line up facing the coach, with enough room for them to practice their swings using a real bat. On the coach's command, the players will practice their swing (stand, swing, follow-through and dropping the bat and taking 3 steps towards 1<sup>st</sup> base). Coaches should watch and correct any player's swings.</p>
49	T-Ball	Hitting	<p><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.</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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