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# BASEBALL PRACTICE PLAN FOR AGE 4-6 YEARS Week 9

## THIS WEEK'S OBJECTIVES

Objectives for this week's practice is to go back to the basics to make sure the players have developed a good fundamental base and understanding for the hitting, throwing and fielding mechanics. So this week, it's "Back to the Basics"!

## PRACTICE SCHEDULE

Duration	Activities	Video References
10 minutes	<p><b>Pre-Practice</b> – Discuss with the players that every sport has its own set of basic movements that every player, from beginners to major leaguers must do to play the game the right way. These are called fundamentals, or building blocks. When the players use building blocks to build a building, the bottom layer, or the base, must be able to support the rest of the building, otherwise it will fall over. It is important in baseball, and other sports, that the players have a good “base” to be able to get better.</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 8 minutes.</p> <p><b>Fielding- 2nd Base</b></p> <ol style="list-style-type: none"> <li>1) Side by Side Fielding Drill- <a href="#">Drill #43</a></li> </ol> <p><b>Fielding- Right Field</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Side by Side Drill</a></li> <li>• <a href="#">Windshield Wiper Catching Drill</a></li> <li>• <a href="#">Windshield Wiper</a></li> </ul>

Duration	Activities	Video References
	1) Windshield Wiper Catching the Ball Drill- <a href="#">Drill #69</a> <b>Throwing – Left Field</b> 1) One Knee Practice Drill- <a href="#">Drill #9</a> <b>Hitting – Home Plate</b> 1) Fence Drill- <a href="#">Drill #49</a>	<a href="#">High Low Drill</a> <ul style="list-style-type: none"> <li>• <a href="#">One Knee Practice Drill</a></li> <li>• <a href="#">Fence Drill</a></li> </ul>
5 minutes	<b>End of Day FUN Competition</b> – Run the Bases 1) Learning the Bases Drill- <a href="#">Drill #35</a> (or) Run the Bases Drill- <a href="#">Drill #67</a>	<ul style="list-style-type: none"> <li>• Learning the Bases Drill (coming soon)</li> <li>• Run the Bases Drill (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="#">Throwing Over the Top</a></li> <li>• <a href="#">T Ball Throwing Overhand</a></li> <li>• <a href="#">Field Goal Drill With A Circle</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="#">Pre-Pitch Lateral Movement Warmup</a></li> </ul>

### DRILL REFERENCES

Drill #	Age Group	Category	Description
43	T-Ball	Fielding	<b>Side to Side Fielding Drill:</b> Same as the Basic Fielding Drill, but roll the ball to their left and right, emphasizing the players need to get their body in front of the ball to field rather than just reaching for the ball with their glove whenever possible.

Drill #	Age Group	Category	Description
69	T-Ball	Fielding	<p><b>Windshield Wiper Catching the Ball Drill:</b> To begin this drill, the coach should work with each of their players to teach them the proper glove positioning when catching balls hit or thrown to the players in the air. Position the player 8'-10' from the coach and have the player start with their glove near or at their belt buckle or waist. The coach will begin throwing balls (start with soft balls or tennis balls until the player is comfortable with catching these), beginning with balls below their waist so the players understand that their glove fingers should be pointing down towards the ground to make these catchers. Again starting with the players glove at the belt buckle or waist, begin throwing balls above the waist so that the players glove fingers are pointing towards the sky to catch these balls. Begin throwing the balls underhand until the player is comfortable in catching these balls below the waist and above the waist. As the player gets more comfortable, begin throwing the ball overhand.</p>
9	T-Ball	Throwing	<p><b>One Knee Practice Drill:</b> Have the players pair up and have them face each other with their throwing side knee on the ground. Their glove side shoulder and 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>
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>
35	T-Ball	Running	<p><b>Learning the Bases Drill:</b> 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>
67	T-Ball	Running	<p><b>Run the Bases Drill:</b> Have the players line up at home plate.</p> <ul style="list-style-type: none"> <li>•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.</li> <li>•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.</li> <li>•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.</li> <li>•One by one, have each player run from home to first to second to third to home, a home run.</li> </ul>

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