

Easy Level Basic Practice Plan

Warm Ups/Stretching: 10 minutes

Goal: Get warmed up and stretched before practice or games to prevent injury.

Lap

Stretch - upper and lower body

Form run (agility) - High Knees, Power Skips, Shuffle, etc.

Throwing: 15 Minutes

(Players Partner Up)

Description of the Drill:

Players in partners spread out along the right or left field foul line. The player on the foul line will stay in that spot as their partner moves back to each distance.

Partners go through the following throwing progression together:

One Knee (5-10 ft.)

- Players down on their throwing side knee, glove side knee is up, shoulders square to their partner and throw back and forth, following through on each throw.
- Players each make 10 throws, then move back to next progression.

Close Squared Throwing (10-15 ft.)

- Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands together and throw back and forth, letting the elbows close on release.
- Players each make 10 throws, then move back to next progression.

Squared Throwing (15-20 ft.)

- Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands rotating together and throw back and forth, letting the elbows close on release.
- Players each make 10 throws, then move back to next progression.

Standing Throwing Position (30-40 ft.)-(45 ft.)-(60 ft.)

- Players stand in normal starting position of throwing, take a deep breath, and throw to their partner, rotating and following through. Players take their time throwing back and forth.
- Players each make 10 throws, then move to next progression.

Standing Throwing Position (90 ft.)

- Players stand in normal starting position of throwing, take a deep breath, and throw to their partner, rotating and following through. Players take their time throwing back and forth.
- Players each make 8 throws, then move to next progression.

Throwing Position (120 ft.)-(130-140 ft.)

- Players throw the ball back and forth using good throwing mechanics A crow hop should be used to reduce strain on the arm.
- Players each make 5 throws, then move back to next progression

Cool Down

- Players should slowly start working their way back to the 45 foot distance, making throws on their way back in.

Key points to remember throughout the long toss progression are to:

- Keep good throwing form with elbow closed on release without flying open.
- Keep throws on as much of a line as possible, do not put high arc on throws to increase distance.
- It is okay if the ball bounces before getting to the partner.

Defense (Infield)

Drop Step Groundballs - 5 Minutes

(Players Partner Up)

Goal: Use a drop step to get behind the ball and field it in front of the body

Description of the Drill:

- Partners 10 feet apart facing each other in defense ready position.
- Throwing partner rolls a groundball 10 feet to either side of their partner.
- Receiving partner takes a deep step back and runs to get behind the groundball, so that they field it directly in front of them.
- Receiving partner stays low while running to get behind the ball and keeps their eyes on the ball, fields the ball directly in front.
- Receiving partner then gets reset and rolls a groundball 10 feet to either side of their partner.
- Partners throw groundballs back and forth to each other until each partner has had 5 repetitions.

Defense (Infield) Continued

Shuffle Throw Gather Fungo - 10 Minutes

Goal: Field the ball, shuffle feet once, gather the ball in the band, to throw to 1st baseman

Description of the Drill:

- Players are at least 60 feet away from the coach in a line (or in the infield positions), one player at 1st base.
- Coach is near home plate, hits groundballs to players.
- Players field ground ball, staying low, and come up to shuffle feet once, gather the ball in the throwing hand, to throw to 1st base.
- Players should stay under control when shuffling and get themselves in a better position to throw.
- Players field and throw the ball, then rotate to the back of the line.
- Coach hits groundballs so that each player receives 10 repetitions.

Defense (Outfield)

Fly Balls - 5 Minutes

(Players Partner Up)

Goal: Move to get under the ball and catch the ball in front of the bill of the hat

Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 20 feet away in left/right field.
- Throwing partner tosses ball up high in the air to the receiving partner.
- Receiving partner takes a slight step back with one foot (drop step) to find the ball and then moves forward or backward to get under where the ball will land.
- Receiving partner catches the ball in front of bill of the hat, fingers of the glove pointed up, keeping eyes on the ball.
- Partners throw fly balls back and forth to each other until each player has received 10 fly balls.

Add Difficulty:

To add a degree of difficulty, make sure the receiving partner is catching the fly ball in a slightly turned stance, with their glove shoulder and foot angled at the ball, so that they are in position to throw the ball quickly .

Defense (Outfield) Continued

Outfield Groundballs - 10-15 Minutes

Goal: 1st Rotation- Field the ball down on one knee, 2nd Rotation- Field the ball on the run

Description of the Drill:

- Players start in a line in the centerfield position.
- Coach stands at home plate (or closer) and hits ground balls to players.
- For the first rotation, coach should hit softer ground balls, players charge the ball, then drop down on their throwing side knee to field the ground ball, throw it back to the coach, and get in the back of the line

- For the second rotation, coach hits harder ground balls, players charge the ball, then field the ball in stride to the outside of their glove foot, or inside of their throwing foot (player preference) and push through it to get to throwing position, throw it back to the coach, and get in the back of the line.
- Players should rotate through the line so that they each get 10 repetitions

Offense (Hitting)

Set up two stations (more if extra help is available), players spend 10 minutes then rotate to next drill station.

1-2-3- Drill (Tee) - 10 Minutes

(Players Partner Up/multiple stations)

Goal: Load so that weight is shifted mostly to back foot, stride while staying balanced.

Description of the Drill:

- Tee set up toward fence to hit into.
- Hitter sets up even with the plate, while other partner puts a ball on the tee
- Hitter gets ready, looks forward to visualize a pitcher
- Partner then calls out “1, 2, 3” pausing after each number, on each number hitter will:
 - 1: Hitter loads shifting weight to back foot.
 - 2: Hitter strides while staying balanced, hands separate to move back from the shoulder.
 - 3: Hitter swings and hits the ball.

- Hitter tries to hit the ball back up the middle.
- Partners switch after 5 swings.

Offense (Hitting) Continued

Fastball Front Toss - 10 Minutes

Description of Drill:

- Hitter sets up even with the plate.
- Coach underhand throws the ball down the middle of the plate on a line at a slow to medium speed from behind the screen.
- Hitter tries to hit the ball back up the middle, working on timing with the coach's pitches.
- Focus should be on good quality swings, with hitters finishing their swing and staying balanced.
- Players switch after 10 swings.

Add Difficulty:

To add a degree of difficulty, coaches can throw pitches inside and outside.

Hitters should hit outside pitches to the opposite field (or opposite side in a cage).

Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle.

Baserunning

All the Way Through 1st Base - 10 Minutes

Equipment Required: Base, bat, cone

Goal: Run through 1st base, striking the front of the bag and breaking down at the cone

Description of the Drill:

- Player starts in the batter's box with a bat, other players in a line behind them against the fence of the backstop.
- Coach goes through a wind-up without a ball for every hitter.
- Cone set up 10 feet behind 1st base.
- The batter swings, drops the bat, and runs all the way through 1st base, striking the front of the bag with their foot.
- The runner slows down after crossing the bag, breaking down at the cone using wide feet, short choppy steps, and looking towards the 1st base side fence to see if the ball was over thrown.
- Once the runner comes to a stop, they jog back to home plate to get back in line.
- Each player rotates through the line so that they each run all the way through 1st base 5 times.

Baserunning Continued

Rounding 1st Base - 10 Minutes

Equipment Required: Base, bat, cone

Goal: Round 1st base by staying inside the cone and striking the inside corner of the bag.

Description of the Drill:

- Player starts in the batter's box with a bat, other players in a line behind them against the fence of the backstop.
- Coach goes through a wind-up without a ball for every hitter.
- Cone set up 5 feet in foul territory from the 1st base foul line, 10 feet up the line from 1st base.
- The batter swings, drops the bat, and runs to first, staying inside of the cone and striking the front inside corner of 1st base.
- The runner slows down after rounding the bag, coming to a shuffle and then getting back to 1st base, then jogs to the back of the line at home plate.
- Each player rotates through the line so that they each round 1st base 5 times.

