

Coaches Corner #5

Quote/Thought of the week

Building Leaders

Are leaders born or are leaders made? To be honest, I am not sure, but I know that as coaches we can help our players to become “Little Leaders” on and off the field. Encouraging leadership will pay dividends for years to come.

Here are some ideas on how to help foster leadership in players.

1. Ask your prospective leaders to stay and help clean up after practice and games. If players see this player or group of players staying to help it will build a helping atmosphere through the team. Also if one of you more experienced player can stay and help
2. Ask your prospective leader/s “Who do you think is a really hard worker?” Then ask the leader to go up to that player later in practice and let them know they have been working hard
3. Ask your leaders to lend a helping hand to players in need. If a player seems down, have another player check in on him or her to see if they can help

Drill of the Week

Quick Catch

Previous plans have included “Quick Catch”. QC can be done either at the end of your throwing progressing or as a station. QC is performed from a short distance. Try to make quick transfers from glove to hand and throw the ball back and forth as quick as possible. Games can be done in short increments such as 30 seconds or played to a limit such as 50 throws

AA + Practice Plan

Time	Station	Notes
0-15	Dynamic Warm Up & Baserunning	Home to 1st 1st to 3rd 3rd to home

15-25	Catch Progression	Play games of quick catch once warm
30-60	Stations	
Infield Station #1	PFP's	Using P & 1B have players call ball ball ball and bag bag bag to communicate on ball hit to right side. If all goes well add a 2nd
Infield Station #2	Flips @ SS/2B	Using 3rd base as 2nd base practice rolled ground balls to SS (who is actually down the 3b line if foul territory) and 2B (who is standing near where a 3B would stand in game). Have the player cover bag and get force out.
Hitting Station	Home run derby wiffle	Have players work swinging as hard as they can while still being in control.
95-115	Fun Game/Competition	Optional

Tball/ A Practice Plan

Time	Station	Notes
0-5	Baserunning	Home through first First to 2nd
5-15	Catch With Coach	Break into small groups and have players play catch with a coach working on fundamentals
20-30	Ground balls with Coach	In small groups, to get more reps work on groundball fundamentals. Add right to left movement if possible
30-60	Learning scrimmage teaching the fundamentals of force outs, tag plays, etc	For Single A try to stick to 3 pitches then add use the tee to keep things moving. For fun you can also play with an

		old mini basketball or soccer ball off the tee (no gloves required)
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