Week Five Youth Baseball Practice Template

0:00 Start Stretch

0:05 -0:15 minutes — Base Running

Organize into lines behind bases, 3 to 4 players per line. The players will watch an assistant coach/helper or another player. You can make sure every player is getting it or you can help specific players.

Leadafter (60/40 Position)

Lead-After with Pitcher (coach), Catcher (coach), and a ball

- if catcher catches ball- base runners go back to 1b
- if catcher does not catch ball- base runners go to 2b

How to Steal: Read Right-Handed (RH) Pitcher — Coach is RH pitcher

- when left heel (foot closest to home plate) goes up players yell "Go!"
- when right heel (foot closest to second base) comes up players yell "Back!"

"Break the Tape" Run Thrus

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Thinking a Double

0:20-0:25 Throwing and Receiving

Ready, break, throw (to coach with coach calling out)

- Put players on a foul line, turn the kids with pivot foot (throwing foot on line)
- Ready, break (thumb down and ball up, front elbow up) throw without ball
- Ready, break throw to coach

Partner up kids with like abilities—ready break throw to each other—have kids move to the ball

- **Coaching Tip!** Limit this to no more than 3 minutes of actual throwing and catching.

0:25-0:30 Receiving Drill

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Try to put 3 groups of 4/5—each group will put kids in a line with about 15 feet between each kid

Receiving

- Put kids in position with knees bent and glove in front, fingers down call up and now fingers go up—go back and forth with this
- Now toss ball underhand below belt and tell kids to catch ball with fingers down
- Now toss ball underhand above belt and tell kids to catch ball with fingers up
- **NEW**! Now toss ball and do not tell kids where it will be—let them adjust

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0:30-0:50 Drill Work (switch every 6 minutes - very important!)

Hitting

- Trombone Drill
- Underhand Toss trying to implement mechanics
- Power V

Infield

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- Wake up your feet
- Hop and roll ball, have them charge it and throw to coach
- Forehand Throwing Drill

Outfield

- Star Drill (Coach will throw and shorten distance)
- Drop and Cross (first to their right, then to their left)
- Coach Hits Fungoes (Fly balls) with tennis racket or bat
- **Coaching Tip**: Try to have players either catch the ball or touch the ball with their glove (depending on their skill level)
- Circle group up and have them catch fly ball above forehead with 2 hands

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0:50-0:55 Team Defense

Getting players to think of what do to when ball is hit while they are playing defense.

Put kids at infield positions and call out a situation

- Nobody on
- Man on 1st
- Man on 1st and 2nd and have kids react to ball

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0:55-1:05 Team Base Running

2nd to Home Base Running

- Use cones to help players run in proper arc towards 3rd base
- Reading coach — if coach stops runner get back to 3b, if coach does not stop runner keep running to Home

1:05-1:15 Competitive Games

3 kids at home plate; 2 kids at 2b; 5 kids at pitchers mound; coach at 1b

Coach at home rolls ball to right of 1b, player at home runs and pitcher covers 1b; after the play at 1b, the runner from 2b will try to score, pitcher will try to throw to coach catcher at home for points (2 points for this game-one at 1b and the other at home)

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1:15-1:30 Team talk/white board on game situations

- on fly balls, the baserunners will not run until the ball hits ground if runners run on a fly ball and it is caught, the fielder can throw ball to base and double up the runner (use whiteboard for this)—double play
- have kids ask questions about a situation and then answer it for them