

Game Plan: Week 1

10 minutes — Run the bases: Home to 1st Base

- Batter steps into the batter's box on the appropriate side of the plate using the rubber footprints. On the coach's command, batter takes a full swing (practice swing, no ball is pitched)
 - Batter runs from Batter's Box to 1st base (infield single)
 - Touches 1st base and continues running through the cone finish line
 - Coach hands scoring coin to batter (as a reward for running through 1st properly)
 - Batter turns right into foul ground, drops coin in bucket and goes back to batting line

COACH: Focus on athletic swing & proper bat drop (no slinging). Make sure each batter follows arrows and runs through the 1st base bag

Both Teams



Baserunning Warmup

BREAKOUT INSTRUCTION — 4 stations/Rotate on Hitting Station every 3-4 minutes/Mix teams at each station/waterbreak at end

STATION 1: Throwing to Target — from Pitcher's mound

POSITIONING: Single file line beside cones on mound or pitcher's circle

- Throwing player gets into throwing position, ball in hand
- AutoUmp is located 10' in front of player
- Each player throws 3 times at target then rotates to the back of the line

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COACH: After everyone has thrown, have players hustle to retrieve the balls and put them back into the ball bucket



Throwing-to-Target station

STATION 2: Throwing Progression — located on RF foul line

POSITIONING: Players toe line, each one straddles their field cone

- "Foul Shots" - Grip & Wrist Flips
- Use 2-3 fingers to grip the ball firmly like an egg
- Flip to coach

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COACH: To receive throws from each player, move down the line and back in typewriter fashion



Throwing Station

STATION 3: Hitting Progression — 2nd base serves as home plate

POSITIONING: Batter at 2nd base, others in group in outfield positions

- Use footprints to assist in batting stance
- Coach takes a knee, underhand front toss to hitter
- Focus on tossing ball into batter's natural swing plane
- 5 swings per batter and rotate in the next batter

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COACH: Do not change batter's natural swing plane. If necessary, use overhand "dart" toss to connect with extreme uppercut swing



Hitting station

STATION 4: Fielding Progression — located on LF foul line

POSITIONING: Each player stands behind a field cone, lines up belt buckle with cone

- Use cones and rubber feet to establish "athletic position"
- Focus on catching soft line drive - first with bean bag toss
- Demo "Step-Catch-Clap" catching technique

4

COACH: To receive throws from players, move down the line and back in typewriter fashion



Fielding station

Scoring Coins



OFFENSE

- 1-pt. coin awarded for each safe hit
- 2-pt. coin awarded for over-the-fence HR

DEFENSE

- 1-pt. coin awarded for each out recorded by the defense

Game time! Cycle Format/Singles

BATTING TEAM - Hit for singles only

- Coach that pitches takes a knee and throws front soft-toss to each batter
- Batters get up to 5 swings per at bat. If they fail to connect, they run on the 5th swing regardless. If no ball is put into play, the coach/pitcher randomly rolls a ball into fair play for the defense as the batter runs to 1st base

FIELDING TEAM - Throw all batted balls to first base in all innings

- Use numbered field spots to assign positions
- Fielders play a different position each inning
- Coach/helper plays 1st base
- Defense scoring bucket is stationed by first base, in foul ground. Offense scoring bucket is positioned in foul ground behind the batting line