

Baseball BC Grassroots 5u Practice Plans



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5u Practice #1 – Throwing

Division Coordinator meeting [10 min]

Objective of the Day [5 min]

- FUN
- Throwing

Equipment NEEDED for THIS PRACTICE

- Bean bags or wiffle balls
- Hoola hoops or putting nets

Parent Leader Meeting [5 mins]

 Introduction of Coach. Cover schedule, parent participation, objectives of year, and important dates

Player Meeting [5 mins]

• Fun introduction to learn names

Warm up [10 mins]

- Silly jog (follow the leader), jumping jacks, balancing on 1 foot
 - Teaching point stay on feet when running/balance

Intro to Throwing [10 mins]

- Show throwing position (no ball) parents to correct player form.
 - Introduce Strong legs (athletic position)
 - Introduce Ready-Aim-Throw
 - Play coach Says





Strong Legs - Athletic Position



Ready with ball facing out



Aim with glove to target



Throw - Release Point

Throwing Drill (10 minutes)

- Repeat where all throw in 1 direction (no one receiving, just throwing into an empty outfield).
 Collect balls and do again.
 - Use nets or hoola hoops (on ground)

Break [2 mins]

Game [5 mins]

• Freeze Tag. Freeze in Throwing Position

- Ask them to think of a team name.
- Team Cheer

^{***}Suggested that first practice be run for 1 hour and 15 minutes to let kids play for 1 hour. ***

5u Practice #2 – Hitting

Objective of the Day

- Have FUN;
- Intro basic hitting position

Equipment needed

- Foam or Plastic bat (NO METAL BATS ALLOWED)
- Large Wiffle balls
- Hoola hoops, bean bags, foam balls

Player Meeting [2 mins]

- Review strong legs and throwing position (last practice)
- What did they come up with for a team name?
- Quick overview of today's drills

Warm up [10 mins]

• Freeze tag in throwing position.

Instruction to Hitting Position [10 mins]

- Coach demo with players mimicking. Parents correct form. Break down in steps then put all together (no bats yet)
 - BAT SAFETY: Only swing the bat when you are at a tee. Carry bat with barrel
 - "Set your feet" (strong legs);
 - o "Set your hands";
 - "Bat position";
 - Focus on balance and stationary feet (no moving feet "happy feet")
 - Play Coach Says

Hitting Drill [10 min]

• Hit: use a tee. Position players for 5 hits off the tee.

Break [2 mins]

Station [10 mins]

- Station 1 (throwing)
 - Target throwing
 - Foam/wiffle balls
 - Bean Bags

Break [3 mins]

Game [10 mins]

Freeze Tag – Freeze in hitting or throwing

Practice End [3 mins]

- What was fun about today's practice?
- Review by asking players to show Throwing or hitting positions
- Team Cheer (with new team name). New player leads every week.









Position









Ready **Aim Throw**

5u Practice #3 – Catching/Baserunning

Objective of the Day

- Have FUN
- Intro to Catching
- Intro to Baserunning (direction)

Equipment needed

- **Bean Bags**
- Drop down bases
- Plastic or foam Bats
- Wiffle Balls
- Hoola hoops/nets

Player Meeting [2 mins]

- **Review Strong legs**
- Review throwing position
- Review hitting position

Warm up [5 mins]

• Freeze tag – in throwing or hitting positions.

Break [3 mins]

Instruction [5 mins]

- **Introduce Catching**
 - Ready (2 hands together and out);
 - Watch (eye on ball);
 - Catch (close hands)
 - Coach (Simon) says....

Catching Drill (10 minutes)

- With bean bag toss bean bag up by themselves (5 minutes)
- Play catch with partner (parent) with bean bag

Break [2 min]

Stations [20 mins]

Explanation of stations to Parents (Kids) – Parents can reinforce mechanics and instruction at the start of each station



Ready - Catch below waist





Catch – Squeeze Ball

- Station 1 (15 min) Hitting
 - Tee work
 - o Review Set feet, set hands, bat position
- Station 2 (5 min) INF positions
 - O Show players what each INF position is (1B, 2B, SS, 3B)
 - Have players run from home plate to a position coach calls out

Break [2 mins]

Game [10 mins]

- Follow the leader around bases. Name bases as you touch them
 - o Players lead without coach.
 - Run (in straight line), stop (under control), balance (stay on feet)
 - Swing and run around bases
 - Don't need to use a bat, can swing with "invisible bat"



Opposite Arm/Leg

- What was fun today?
- Review throwing, catching, hitting and running
 - Volunteer players show each skill
- Team Cheer



Rounding 1st Base

5u Practice #4 – Fielding

Objective of the Day

- Have FUN;
- Intro to fielding

Equipment NEEDED for THIS PRACTICE

- Bases
- T-balls
- Tees
- Bats
- Wiffle balls
- Targets (Hoola hoops, inflatables)
- Soccer ball/Beach ball/Rubber Ball

Player Meeting [2 mins]

- Review game/who had fun
- What did you learn from the game?

Warm up [8 mins]

- Follow the leader around the bases
- Base race/dragon race

Intro to Fielding [10 min]

- Ready position (strong legs)
- Fielding position (sit on a chair)
- Receive (alligator)
 - o Field and Freeze
 - Play Coach says

Fielding Drill [8 min]

- Play PIGGY
 - Roll a ball to players, and have them stop the ball with their glove/hand
 - o If they stop the ball, they get a letter. (Letters are good!)
 - Once they get PIGGY, they get to run around and "oink" at their teammates. The kids think this is awesome and so much fun!



Ready Position



Fielding Position



Receive - Alligator

Break [2 min]

Stations [20 mins]

- Explanation of stations to Parents (Kids) Parents can reinforcement of mechanics and instruction at the start of each station, then do a drill.
- Station 1
 - Hitting instruction objective for parent: reinforce hitting position, show player where to stand in relation to tee or plate. Reinforce the process of swing and run to 1st.
 - o Pick a hitting drill to do
- Station 2
 - Throwing target practice
 - Count how many times can you hit a target. Fun competition individually

Game [10 mins]

• California Kick ball

- What was fun today?
- Review fielding
- Team Cheer

5u Practice Plan #5 - Throwing/Catching

Objective of the Day

- Have FUN;
- Throwing review
- Catching review

Equipment NEEDED for THIS PRACTICE

- Bases
- Cones
- T-balls
- Wiffle balls
- Bats
- Targets (hoola hoops, inflatables)

Player Meeting [2 mins]

- Strong Legs review
- Hitting review

Warm up [10 mins]

- Run the Bases, yell out each base as you touch it
- Obstacle course/slalom
 - o Focus on FMS
 - Include Jumping, running, turning

Throwing Review/Follow-through Intro [5 mins]

- Show throwing position (no ball) parents to correct player form. (INSERT PICS)
 - o Review Strong legs (athletic position)
 - o Introduce Grip
 - Review Ready-Aim-Throw



Ready with ball facing out



Aim with glove to target



Throw - Release Point



- Play coach Says
 - Check grip after "ready"

Stations [30 mins]

- Explanation of stations to Parents (Kids) Parents can reinforcement of mechanics and instruction at the start of each station, then do a drill.
- Station 1 (10 minutes) Throwing
 - Repeat where all throw in 1 direction (no one receiving, just throwing into an empty outfield). Collect balls and do again.
 - Use nets or hoola hoops (on ground) for target practice
- Station 2 (10 minutes) Catching
 - Catching instruction objective for parent: catch the ball in the air (below the waist) with finders down. Let kids practice with wiffle balls or beanbag throwing to self no gloves. Progress to parents throwing.
 - Focus on Fingers down, catch below the waist, close hands.
- Station 3 (10 minutes) Hitting
 - Instruction objective for parent: reinforce hitting position; SET FEET; SET HANDS; BAT POSITION. show player where to stand in relation to tee or plate. Reinforce the process of swing (no bat), then progress with a bat.
 - Hit off Tee. Hit 5 balls to outfield

Break [2 mins]

Game [10 mins]

- Freeze Tag
 - Freeze in any position (throwing, catching, hitting).

- What was fun today?
- Team Cheer



Set Feet Set Hands Bat Position

5u Practice Plan #6 - Fielding/Baserunning

Objective of the Day

- Have FUN
- Fielding review
- Base running review

Equipment NEEDED for THIS PRACTICE

- **Bases**
- T-balls
- **Bats**
- Wiffle balls

Player Meeting [3 mins]

- Review strong legs
- Review where each base is

Warm up [10 mins]

- Freeze tag (freeze in fielding position)
- Active warm up
 - High knees, butt kicks, shuffles, military walk
- Base Shuttle Game

Review of Fielding [5 mins]

- Review fielding fundamentals
 - o Ready Position (strong legs)
 - o Fielding position (sit on a chair)
 - o Receive (alligator)







Fielding Position

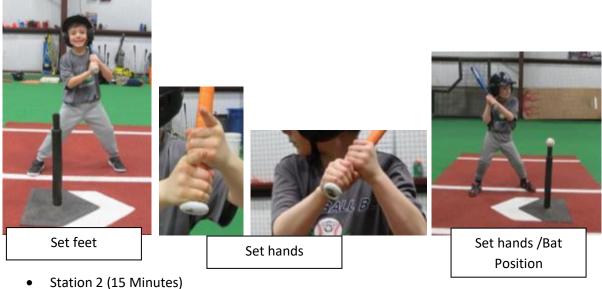
Alligator

Drill for Fielding [10 mins]

- Play coach says
- Play PIGGY
 - Roll a ball to players, and have them stop the ball with their glove/hand
 - If they stop the ball, they get a letter. (Letters are good!)
 - Once they get PIGGY, they get to run around and "oink" at their teammates. The kids think this is awesome and so much fun!

Stations [20 mins]

- Explanation of stations to Parents (Kids) Parents can reinforcement of mechanics and instruction at the start of each station, then do a drill.
- Station 1 (5 Minutes)
 - Hitting Coach Says Drill.
 - Break down into hitting positions Set feet, set hands, bat position, swing



- - Hitting invisible bat drill
 - Players set up and swing without a bat. Parents help with cues to keep balance throughout the swing
 - Hitting off Tee
 - Players hit a ball off a tee into the outfield. Reinforce balance and try to hit the ball as far as possible.

Game [10 mins]

- Freeze Tag
 - In hitting/fielding positions

- What did we enjoy today?
- **Team Cheer**

5u Practice #7 – Throwing/Hitting

Objective of the Day

- Have fun!
- Throwing and hitting practice

Equipment NEEDED for THIS PRACTICE

- Cones
- Bats
- T-balls
- Targets (Hoola hoop, inflatables)
- Bats
- Tees

Player Meeting [5 mins]

- Review strong legs
- Review 3 steps for each skill
 - Throwing Ready-Aim-Throw



Warm up [10 mins]

- Freeze Tag
- Obstacle course

Review of Throwing [5 mins]

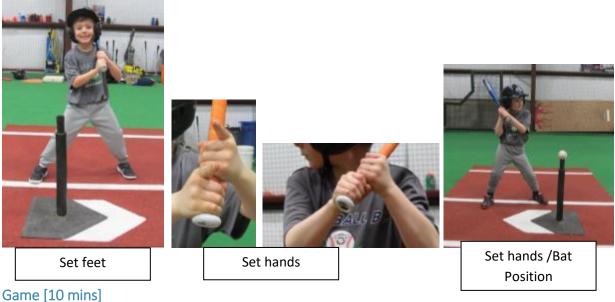
- With no ball, have them set up in stages; Ready, Aim, and Throw
 - Have parents help get them into right positions

Drill for Throwing [10 mins]

- Throw into outfield and run to the ball. Keep throwing back and forth
- Throw to targets or to a partner if they have progressed to that
 - Use parents as each players partner

Stations [20 mins]

- Station 1 Hitting
 - o With no bat, have players line up and get into their positons (Set hands, set feet, bat position). Then have them swing and keep balance (stay standing on feet)
 - Parents help with positioning
- Station 2
 - Have players hit balls off a tee into an open field.
 - Parents help with positioning and reinforce hitting keys
 - Set feet, set hands, bat position



- Clean the yard
- Freeze tag
 - In hitting/throwing positions

- What did we enjoy today?
- **Team Cheer**

5u Practice #8 – Catching/Fielding

Objective of the Day

- Have Fun
- Catching and Fielding practice

Equipment NEEDED for THIS PRACTICE

- Bean bags
- T-balls
- Foam balls
- Wiffle balls
- Bats
- Tees

Player Meeting [5 mins]

- Review Strong legs
- Review 2 catching positions
 - Above waist fingers up
 - o Below waist fingers down

Warm up [10 mins]

- Active warm up
 - o High knees, butt kicks, shuffles, military walk
- Freeze tag
 - In catching positions (fingers up or down) or fielding positions (Ready, Fielding position, Receive)
 - o Have to give high/low 5 to get unfrozen (for catching positions)

Review of Catching [5 mins]

Ready (2 hands together and in out), Watch (eye on ball), Catch (close hands)





Drill for [10 mins]

- With bean bags, have players toss bean bag up by themselves and catch it
- Play catch with a partner (parent) with bean bag
 - Underhand throws only
 - Have them set up with fingers up or down, and throw to that location

Stations [20 mins]

- Station 1
 - Fielding Instruction objective for parent: reinforce fielding keys (Ready, Fielding position, Receive (alligator)), and demonstrate if necessary.



- Play PIGGY
 - Roll a ball to players, and have them stop the ball with their glove/hand
 - If they stop the ball, they get a letter. (Letters are good!)
 - Once they get PIGGY, they get to run around and "oink" at their teammates. The kids think this is awesome and so much fun!
- Station 2
 - o Invisible bat -
 - Parents help with positioning and reinforce hitting keys
 - Hitting Have players hit balls off a tee into an open field. (3 tee drill)
 - Parents help with positioning and reinforce hitting keys
 - Set feet, set hands, bat position

Game [10 mins]

Freeze tag in fielding/catching positions

- What did we enjoy today?
- Team Cheer

5u Practice # 9 – Baserunning

Objective of the Day

- Have Fun!
- Baserunning practice with position knowledge

Equipment NEEDED for THIS PRACTICE

- Bases
- T-balls
- Bats
- Targets (Cones, Hoola hoops, inflatables)
- Tees
- Wiffle Balls

Player Meeting [5 mins]

- Review bases
- Review Infield positions

Warm up [10 mins]

- Shuttle Base (use 3 bases)
 - Put 2 balls and 2 players at every base. Goal is to move all the balls from your base to another base. 1 minute time limit per game. Switch partners

Review of Baserunning [5 mins]

- Review 3 keys of running/baserunning
 - o Run (straight line), Stop (under control), Balance (stay on feet)

Drill for Baserunning [10 mins]

- Follow the leader
 - o Pick a different leader at each base. Yell the base you touch
- With no bat, have each player swing and run to first and stop on first (next base drill)
 - Once all have run to first, have them all run to second (individually)
 - o From second to third, and third to home

Stations [20 mins]

- Station 1
 - Hitting target practice off tee
 - Set up some targets in the outfield, try to have them hit the targets or through different coned off areas.
- Station 2
 - Position knowledge

Yell out a position, players have to run to that position. Correct where necessary. Can use positions, and bases.

Game [10 mins]

• Base race

- What did we enjoy today?
- Team Cheer

5u Practice # 10 – Throwing/Fielding

Objective of the Day

- Have fun!
- Throwing and fielding practice

Equipment NEEDED for THIS PRACTICE

- T-balls
- Bats
- Tees
- Wiffle balls
- Targets (cones, helmet, inflatables)

Player Meeting [5 mins]

- Review strong legs
- Review throwing positions
- Review fielding positions

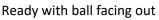
Warm up [10 mins]

- Silly jog (follow the leader)
- Base race

Review of Throwing [5 mins]

- With no ball, have them set up in stages; Ready, Aim, and Throw
 - o Have parents help get them into right positions











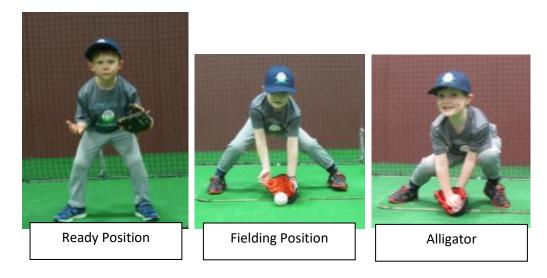
Throw - Release Point

Drill for Throwing [10 mins]

- Throw into outfield and run to the ball. Keep throwing back and forth
- Throw to targets or to a partner if they have progressed to that
 - Use parents as each players partner

Stations [20 mins]

• Station 1: Fielding – Instruction objective for parent: reinforce fielding keys (ready, fielding position, receive (alligator)), and demonstrate if necessary.



- o Play PIGGY
 - Roll a ball to players, and have them stop the ball with their glove/hand
 - If they stop the ball, they get a letter. (Letters are good!)
 - Once they get PIGGY, they get to run around and "oink" at their teammates. The kids think this is awesome and so much fun!
- Station 2
 - Invisible bat
 - Parents help with positioning and reinforce hitting keys
 - Hitting Have players hit balls off a tee into an open field. (3 tee drill)
 - Parents help with positioning and reinforce hitting keys
 - Set feet, set hands, bat position

Game [10 mins]

Clean the yard

- What did we enjoy today?
- Team Cheer