



Baseball BC Grassroots 9u Practice Plans



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9U Practice Plan #1 – Introduction to skills

Parent Meeting [5 mins]

- Cover schedule, parent participation, objectives of year, and important dates

Player/Coaches Meeting [5 mins]

- Team expectations

Warm up [10 mins]

- Poles (there and back)
 - Introduce one other player to the team after poles
 - See how many names you can remember
- Active warm up
 - High knees, butt kicks, shuffles, trunk twists, sprints
 - Dynamic Stretches (arm swings, hugs, leg stretches)

Review/Introduction of Skills [15 minutes, 3 minutes each skill]

- Review/Intro Throwing
 - Grip, Ready, Aim, Throw, Follow through
 - Review “show the dog the ball”.



Ready with ball facing out



Aim with glove to target



Throw - Release Point



Arm Finish



Leg Follow Through

- Review/Intro Fielding
 - Ready position, fielding position, receive
 - Review **step and throw** after fielding ball (throwing foot, glove foot, throw)



Ready Position



Fielding Position



Alligator



Hands to Bellybutton



Step and Throw

- Review/Intro Catching
 - Ready, Watch, Move, Catch



Catch above
waist



Catch below
waist



Squeeze Ball



Catch Hands
Out



Catch after
cradle

- Review/Intro Baserunning
 - Review running through 1st base
 - Rounding bases (banana curve)
- Review/Intro Hitting
 - Set feet, set hands, bat position
 - Review POWER position into bat position (hands back/load)
 - Have players do dry swings with no bat stopping in each position. Parents/coaches make adjustments as needed
 -



Set Hands



Power Position



Swing/Squish bug at
contact



Follow Through

Stations [35 mins; 8 minutes each]

- Station 1: Throwing/Catching: To parents or partners
 - Introduce show the dog the ball (what it means, how to do it)
 - Progressions: 1 knee, square and throw, stand and throw (rock and fire), step and throw. Focus on alignment, balance, and proper arm circles.
 - Check the ball, make sure “show the dog” is there every throw
 - Catching: Work on ball above waist, and ball below waist. Close glove and cover with bare hand
 -
- Station 2: Baserunning
 - Players hit a wiffle ball and run through first base

- Coach can have them return to 1st base right after.
 - Have players continue from base to base until they reach home
 - Hit a wiffle ball, and round 1st base and go to second stopping on the base.
 - Players continue from 2nd base, round 3rd base and score on the next hit.
- Station 3: Tee hitting/soft toss
 - Hit balls off a tee/soft toss focusing on set up and level swing
 - Focus on balanced finish
 - Set feet, set hands, power position, swing, follow through
- Station 4: Fielding/Catching
 - Partner up, roll ground balls to each other
 - Can use a coach to roll balls to players in a line
 - Catching: underhand toss work on ball above waist, and ball below waist Close glove and cover with bare hand

Break [2 mins]

Game [10 mins]

- Base Race with ball hand off
- Wiffle ball game
 - Split into 2 teams

Practice End [2 mins]

- Debrief on day's activities
- Cheer
 - Team name?

9U Practice Plan #2

Player/Coaches Meeting [5 mins]

- Team expectations
- Today's activities

Warm up [10 mins]

- Poles (there and back)
 - Introduce one other player to the team after poles
 - See how many names you can remember
- Active warm up (these should be done at a high speed)
 - High knees, butt kicks, shuffles, trunk twists, sprints
 - Dynamic Stretches (arm swings, hugs, leg stretches)

Throwing [15 minutes]

- Review throwing mechanics.
- Progression throwing intro
 - Start square, soccer kick, step and ready, aim, throw, follow through
 - Rock and fire
 - Focus on alignment, balance, and proper arm circles.
 - Check the ball, make sure “show the dog” is there every throw

Fielding/Catching [15 minutes]

- Review fielding mechanics
 - Ready position, fielding position, alligator, field in the middle of the body
- 2 stations
 - Ground balls [7 minutes]
 - Players line up and ground balls are hit/rolled to them.
 - Progress into moving them left and right
 - Show how to catch a ball at 1B (NEW)
 - Fly balls [7 minutes]
 - Introduce how to catch a ball on the forehand (glove side) and the backhand (throwing side)
 - Use bean bags or soft balls and have them use bare hands to start. Start at a close distance so they learn how to react and turn their hand the right direction.
 - Progress to putting on their glove and have them do the same thing.

Infield/outfield [15 minutes]

- Here we want to focus on how to make outs (force play, tags, catch etc) and teach them the ways to get players out
 - Set up players in different positions in the infield and outfield
 - Have them play at least 1 infield, and 1 outfield position
 - Depending on team numbers, you might have to do infield and baserunning first, and then outfield and baserunning second.

- Have baserunners to learn how to base run and so the players have to make a decision about where to throw the ball.

Hitting [15 minutes, 5 minutes each]

- Review hitting mechanics
 - Set feet, set hands, power position, swing, follow through
 - Really focus on the power position (load) to swing hard
 - Set up stations to hit
- 3 hitting stations (split up evenly to maximize amount of swings)
 - Tee work
 - Focus on mechanics
 - Under hand side toss
 - Progression to hitting a moving ball
 - Over hand front toss (pitching)
 - Coach pitches on one knee

Game

- Base race

Practice End

- Review day
- Team cheer

9U Practice Plan #3

Player/Coaches Meeting [5 mins]

- Team expectations
- Today's activities

Warm up [10 mins]

- Poles (there and back)
 - Introduce one other player to the team after poles
 - See how many names you can remember
- Active warm up (these should be done at a high speed)
 - High knees, butt kicks, shuffles, trunk twists, sprints etc.
 - Dynamic Stretches (arm swings, hugs, leg stretches)

Baserunning [15 minutes]

- Review how to run through 1st base and how to round 1st base
- Introduction on stopping at bases (other than first base)
- Teach them proper way to leave 1st base when the ball is hit (chest to the plate)
 - Good running form, ready to go, and eyes on the ball
- Introduce what a tag up is.
 - When to tag? When you can leave the base (when the ball touches the fielders glove)

Throwing [15 minutes]

- Review throwing mechanics.
- Progression throwing
 - Start square (10 throws),
 - Break hands, arm circle, ready, aim, throw, follow through (arm)
 - Feet stay stationary
 - Soccer kick, step and ready, aim, throw, follow through (arm and legs) (15 throws)
 - Focus on alignment, balance, and proper arm circles.
 - Rock and fire (10 throws)
 - Check the ball, make sure "show the dog" is there every throw
 - Use legs and create momentum with lower body
 - Shuffle and throw (NEW) 10 throws
 - Take 2 shuffle steps and throw on the second shuffle

Catching [15 minutes]

- Review catching mechanics
 - Focus on the cradle/cushion and bringing the ball towards the middle of the body
 - Start with easy throws to them on both sides of their body (2 hands).
 - Progress into moving them left and right, towards the ball (forward), and also backwards (ball over their head) (NEW)
 - This should be done at a higher speed. They will struggle a bit, but need to learn how to run fast, get control of their body, and make a catch.

Hitting [15 minutes]

- Review hitting mechanics
 - Set feet, set hands, power position, swing, follow through
 - Really focus on the power position (load) to swing hard
 - Set up stations to hit
- 2 hitting stations (split up evenly to maximize amount of swings)
 - Tee work/Underhand side toss
 - Focus on mechanics
 - Over hand front toss (pitching)
 - Coach pitches on one knee
 - Throw some balls out of the strike zone (only a few) and make sure they are swinging at strikes.

Game [10 minutes]

- Wiffle ball game

Practice End

- Review day
- Team cheer

9U Practice Plan #4

Player/Coaches Meeting [5 mins]

- Team expectations
- Today's activities

Warm up [10 mins]

- Poles (there and back)
- Active warm up (these should be done at a high speed)
 - High knees, butt kicks, shuffles, trunk twists, sprints etc.
 - Dynamic Stretches (arm swings, hugs, leg stretches) etc.

Throwing [15 minutes]

- Review throwing mechanics.
- Progression throwing intro
 - Start square, soccer kick, step and ready, aim, throw, follow through
 - Rock and fire
 - Focus on alignment, balance, and proper arm circles.
 - Check the ball, make sure "show the dog" is there every throw
 - Shuffle Throws
 - Take 2 shuffle steps and throw on the second shuffle

Fielding/Catching [15 minutes]

- Review fielding mechanics
 - Ready position, fielding position, alligator, field in the middle of the body
- 2 stations
 - Ground balls [7 minutes]
 - Players line up and ground balls are hit/rolled to them.
 - Progress into moving them left and right
 - Introduce forehands and backhands for balls that they can't field in the middle of their body (NEW)
 - Also have players catch the ball like they are at 1B and practice "stretching" for the ball
 - Fly balls [7 minutes]
 - Catch a ball on the forehand (glove side) and the backhand (throwing side) with 1 hand (NEW)
 - Use bean bags or soft balls and have them use bare hands to start. Start at a close distance so they learn how to react and turn their hand the right direction.
 - Progress to putting on their glove and have them do the same thing.
 - Work on FB's in every direction. Forward, backward, left and right at high speed.
 - Communication with other players. Call "ball" or "I got it" when you know you are going to catch it.

Infield/outfield [15 minutes]

- Here we want to focus on how to make outs (force play, tags, catch etc) and teach them the ways to get players out
 - Set up players in different positions in the infield and outfield
 - Have them play at least 1 infield, and 1 outfield position
 - Depending on team numbers, you might have to do infield and baserunning first, and then outfield and baserunning second.
 - Have baserunners to learn how to base run and so the players must make a decision about where to throw the ball.

Hitting [15 minutes, 5 minutes each]

- Review hitting mechanics
 - Set feet, set hands, power position, swing, follow through
 - Really focus on the power position (load) to swing hard
 - Set up stations to hit
- 3 hitting stations (split up evenly to maximize amount of swings)
 - Tee work
 - Focus on mechanics
 - Under hand side toss
 - Progression to hitting a moving ball
 - Over hand front toss (pitching)
 - Coach pitches on one knee

Game

- Base race

Practice End

- Review day
- Team cheer

9U Practice Plan #5

Player/Coaches Meeting [5 mins]

- Team expectations
- Today's activities

Warm up [10 mins]

- Poles (there and back)
- Active warm up (should be done at a high speed)
 - High knees, butt kicks, shuffles, trunk twists, sprints etc.
 - Dynamic Stretches (arm swings, hugs, leg stretches)

Baserunning [15 minutes]

- Review how to run through 1st base and how to round 1st base
- Review stopping at bases (other than first base)
- Review proper way to leave 1st base when the ball is hit
 - Good running form, ready to go, and eyes on the ball
- Review Tag ups. When to do it? How to leave the base properly.

Throwing [15 minutes]

- Review throwing mechanics.
- Progression throwing
 - Start square (10 throws),
 - Break hands, arm circle, ready, aim, throw, follow through (arm)
 - Feet stay stationary
 - Soccer kick, step and ready, aim, throw, follow through (arm and legs) (15 throws)
 - Focus on alignment, balance, and proper arm circles.
 - Rock and fire (10 throws)
 - Check the ball, make sure “show the dog” is there every throw
 - Use legs and create momentum with lower body
 - Shuffle Throws (10 throws)
 - Take 2 shuffle steps and throw on the second shuffle

Catching [15 minutes]

- Review catching mechanics
 - Focus on the cradle/cushion and bringing the ball towards the middle of the body
 - Start with easy throws to them on both sides of their body.
 - Progress into moving them left and right, forward, and backward
 - This should be done at a higher speed. They will struggle a bit, but need to learn how to run fast, get control of their body and make a catch.
 -

Hitting [15 minutes]

- Review hitting mechanics
 - Set feet, set hands, power position, swing, follow through
 - Really focus on the power position (load) to swing hard

- Set up stations to hit
- 2 hitting stations (split up evenly to maximize amount of swings)
 - Tee work/Underhand side toss
 - Focus on mechanics
 - Over hand front toss (pitching)
 - Coach pitches on one knee
 - Throw a few pitches out of the zone so they don't just swing at everything.

Game [15 minutes]

- Wiffle ball game

Practice End

- Review day
- Team cheer

9U Practice Plan #6

Player/Coaches Meeting [5 mins]

- Team expectations
- Today's activities

Warm up [10 mins]

- Poles (there and back)
- Active warm up (these should be done at a high speed)
 - High knees, butt kicks, shuffles, trunk twists, sprints etc.
 - Dynamic Stretches (arm swings, hugs, leg stretches) etc.

Throwing [15 minutes]

- Review throwing mechanics.
- Progression throwing intro
 - Start square, soccer kick, step and ready, aim, throw, follow through
 - Rock and fire
 - Focus on alignment, balance, and proper arm circles.
 - Check the ball, make sure "show the dog" is there every throw
 - Shuffle Throws
 - Take 2 shuffle steps and throw on the second shuffle

Intro to Pitching {15 minutes}

- Explain and demonstrate what the pitching motion looks like (refer to manual on each position)
 - 1) Set position (hands together)
 - 2) Leg lift/Balance position
 - 3) Stride
 - 4) Landing position (foot pointed directly at catcher)
 - 5) Release point

Infield/outfield [15 minutes]

- Here we want to focus on how to make outs (force play, tags, catch etc) and teach them the ways to get players out
 - Set up players in different positions in the infield and outfield
 - Have them play at least 1 infield, and 1 outfield position
 - Depending on team numbers, you might have to do infield and baserunning first, and then outfield and baserunning second.
 - Have baserunners to learn how to base run and so the players must make a decision about where to throw the ball.

Hitting [15 minutes, 5 minutes each]

- Review hitting mechanics
 - Set feet, set hands, power position, swing, follow through
 - Really focus on the power position (load) to swing hard
 - Set up stations to hit
- 3 hitting stations (split up evenly to maximize amount of swings)

- Tee work
 - Focus on mechanics
- Under hand side toss
 - Progression to hitting a moving ball
- Over hand front toss (pitching)
 - Coach pitches on one knee

Game

- Base race

Practice End

- Review day
- Team cheer

9U Practice Plan #7

Player/Coaches Meeting [5 mins]

- Team expectations
- Today's activities

Warm up [10 mins]

- Poles (there and back)
- Active warm up (should be done at a high speed)
 - High knees, butt kicks, shuffles, trunk twists, sprints etc.
 - Dynamic Stretches (arm swings, hugs, leg stretches)

Baserunning [15 minutes]

- Review how to run through 1st base and how to round 1st base
- Review stopping at bases (other than first base)
- Review proper way to leave 1st base when the ball is hit
 - Good running form, ready to go, and eyes on the ball
- Review Tag ups. When to do it? How to leave the base properly.
 - Have runners at bases, coach hitting fly balls to other coaches or players. Have them tag up and run to next base
 - IF USING PLAYERS TO THROW, DO THIS AFTER THE THROWING PORTION OF PRACTICE

Throwing [15 minutes]

- Review throwing mechanics.
- Progression throwing
 - Start square (10 throws),
 - Break hands, arm circle, ready, aim, throw, follow through (arm)
 - Feet stay stationary
 - Soccer kick, step and ready, aim, throw, follow through (arm and legs) (15 throws)
 - Focus on alignment, balance, and proper arm circles.
 - Rock and fire (10 throws)
 - Check the ball, make sure “show the dog” is there every throw
 - Use legs and create momentum with lower body
 - Shuffle Throws (10 throws)
 - Take 2 shuffle steps and throw on the second shuffle

Catching [15 minutes]

- Review catching mechanics
 - Focus on the cradle/cushion and bringing the ball towards the middle of the body
 - Start with easy throws to them on both sides of their body.
 - Progress into moving them left and right, forward, and backward
 - This should be done at a higher speed. They will struggle a bit, but need to run fast, get control of their body and make a catch.

Hitting [15 minutes]

- Review hitting mechanics

- Set feet, set hands, power position, swing, follow through
 - Really focus on the power position (load) to swing hard
- Set up stations to hit
- 2 hitting stations (split up evenly to maximize amount of swings)
 - Tee work/Underhand side toss
 - Focus on mechanics
 - Over hand front toss (pitching) USE WIFFLE OR JUGS BALLS
 - Introduce how to protect yourself if the ball is coming at you.
 - Turn away from pitch so back is toward pitcher
 - Coach pitches on one knee
 - Throw a few pitches out of the zone so they don't just swing at everything.
 - Throw a ball at them softly, get them to turn and protect themselves.

Game [15 minutes]

- Wiffle ball game

Practice End

- Review day
- Team cheer

9U Practice Plan #8

Player/Coaches Meeting [5 mins]

- Team expectations
- Today's activities

Warm up [10 mins]

- Poles (there and back)
- Active warm up (these should be done at a high speed)
 - High knees, butt kicks, shuffles, trunk twists, sprints etc.
 - Dynamic Stretches (arm swings, hugs, leg stretches) etc.

Throwing [10 minutes]

- Review throwing mechanics.
- Progression throwing intro
 - Start square, soccer kick, step and ready, aim, throw, follow through
 - Rock and fire
 - Focus on alignment, balance, and proper arm circles.
 - Check the ball, make sure "show the dog" is there every throw
 - Shuffle Throws
 - Take 2 shuffle steps and throw on the second shuffle

Review of Pitching [10 minutes]

- Explain and demonstrate what the pitching motion looks like again (refer to manual on each position)
 - Have players do it with you. Incorporate them throwing to one another with the pitching motion.
 - The players catching the ball should be STANDING UP and not being catchers!!!!
- 1) Set position (hands together)
 - 2) Leg lift/Balance position
 - 3) Stride
 - 4) Landing position (foot pointed directly at catcher)
 - 5) Release point

Fielding/Catching [10 minutes]

- Review fielding mechanics
 - Ready position, fielding position, alligator, field in the middle of the body
- 2 stations
 - Ground balls [5 minutes]
 - Players line up and ground balls are hit/rolled to them.
 - Progress into moving them left and right
 - Review forehands and backhands for balls that they can't field in the middle of their body
 - Also have players catch the ball like they are at 1B and practice "stretching" for the ball
 - Fly balls [5 minutes]
 - Catch a ball on the forehand (glove side) and the backhand (throwing side) with 1 hand

- Use bean bags or soft balls and have them use bare hands to start. Start at a close distance so they learn how to react and turn their hand the right direction.
- Progress to putting on their glove and have them do the same thing.
- Work on FB's in every direction. Forward, backward, left and right at high speed.
- Communication with other players. Call "ball" or "I got it" when you know you are going to catch it.

Infield/outfield [15 minutes]

- Here we want to focus on how to make outs (force play, tags, catch etc) and teach them the ways to get players out
 - Set up players in different positions in the infield and outfield
 - Have them play at least 1 infield, and 1 outfield position
 - Depending on team numbers, you might have to do infield and baserunning first, and then outfield and baserunning second.
 - Have baserunners to learn how to base run and so the players must make a decision about where to throw the ball.

Hitting [15 minutes, 5 minutes each]

- Review hitting mechanics
 - Set feet, set hands, power position, swing, follow through
 - Really focus on the power position (load) to swing hard
 - Set up stations to hit
- 3 hitting stations (split up evenly to maximize amount of swings)
 - Tee work
 - Focus on mechanics
 - Under hand side toss
 - Progression to hitting a moving ball
 - Over hand front toss (pitching)
 - Coach pitches on one knee

Game

- Base race

Practice End

- Review day
- Team cheer

9U Practice Plan #9

Player/Coaches Meeting [5 mins]

- Team expectations
- Today's activities

Warm up [10 mins]

- Poles (there and back)
- Active warm up (should be done at a high speed)
 - High knees, butt kicks, shuffles, trunk twists, sprints etc.
 - Dynamic Stretches (arm swings, hugs, leg stretches)

Baserunning [15 minutes]

- Review how to run through 1st base and how to round 1st base
- Review stopping at bases (other than first base)
- Review proper way to leave 1st base when the ball is hit
 - Good running form, ready to go, and eyes on the ball
- Review Tag ups. When to do it? How to leave the base properly.
 - Have runners at bases, coach hitting fly balls to other coaches or players. Have them tag up and run to next base
 - IF USING PLAYERS TO THROW, DO THIS AFTER THE THROWING PORTION OF PRACTICE

Throwing [15 minutes]

- Review throwing mechanics.
- Progression throwing
 - Start square (10 throws),
 - Break hands, arm circle, ready, aim, throw, follow through (arm)
 - Feet stay stationary
 - Soccer kick, step and ready, aim, throw, follow through (arm and legs) (15 throws)
 - Focus on alignment, balance, and proper arm circles.
 - Rock and fire (10 throws)
 - Check the ball, make sure "show the dog" is there every throw
 - Use legs and create momentum with lower body
 - Shuffle Throws (10 throws)
 - Take 2 shuffle steps and throw on the second shuffle

Catching [15 minutes]

- Review catching mechanics
 - Focus on the cradle/cushion and bringing the ball towards the middle of the body
 - Start with easy throws to them on both sides of their body.
 - Progress into moving them left and right, forward, and backward
 - This should be done at a higher speed. They will struggle a bit, but need to run fast, get control of their body and make a catch.

Hitting [15 minutes]

- Review hitting mechanics

- Set feet, set hands, power position, swing, follow through
 - Really focus on the power position (load) to swing hard
- Set up stations to hit
- 2 hitting stations (split up evenly to maximize amount of swings)
 - Tee work/Underhand side toss
 - Focus on mechanics
 - Over hand front toss (pitching) USE WIFFLE OR JUGS BALLS
 - Introduce how to protect yourself if the ball is coming at you.
 - Turn away from pitch so back is toward pitcher
 - Coach pitches on one knee
 - Throw a few pitches out of the zone so they don't just swing at everything.
 - Throw a ball at them softly, get them to turn and protect themselves.

Game [15 minutes]

- Wiffle ball game

Practice End

- Review day
- Team cheer

9U Practice Plan #10

Player/Coaches Meeting [5 mins]

- Team Expectations for the day
- Today's activities
 - Have a fun practice day playing games that the kids want to play. Enjoy the last practice that you have with them!