



COACH PRACTICE PLAN

SNAPSHOT

PRACTICE LENGTH: **1 hour 15 Min**

AGE GROUP:

5-8 years old

PRACTICE TYPE: **Balanced**

SPORT & LEVEL: **Baseball - Introduction**

RECOMMENDED EQUIPMENT:



PRACTICE OVERVIEW:

Warm-up (15 min)

Plastic Ball Tag

Run the Bases

Water Break (5 min)

Station Work (45 Min) *Split Team Into 3 Groups

Hitting (15 min).

Positional Breakdown (15 Min Each)

Home Run Derby

Outfield: Soft Toss Catch

Infield: Bermuda Triangle

Water Break (5 min)

Team Game (15 Min)

RSF Mini-Game

Recap (5 Min)

COACHES BOX

PRACTICE GOALS:

COACH NOTES:

Equipment Needed:

- Plastic Balls



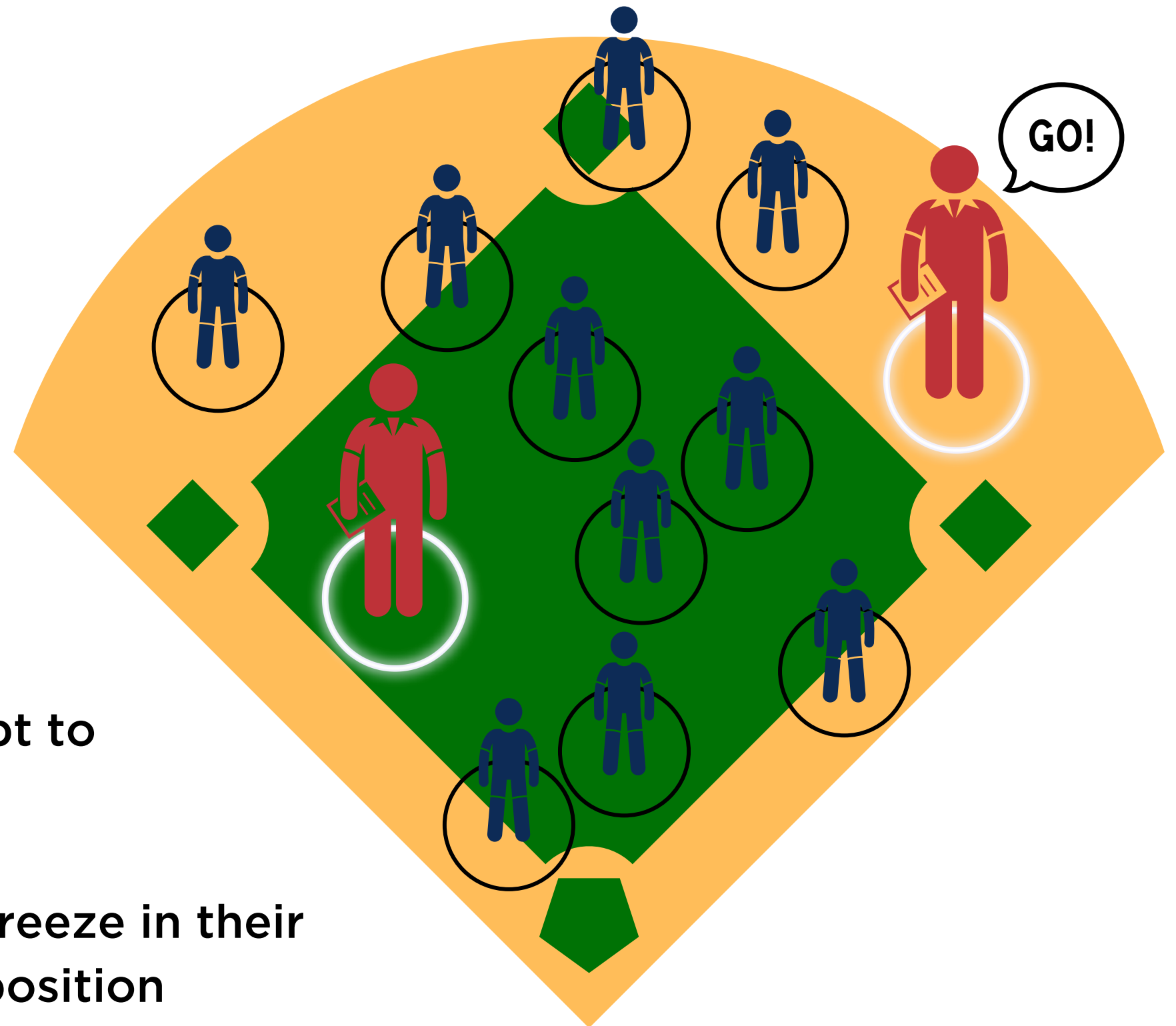
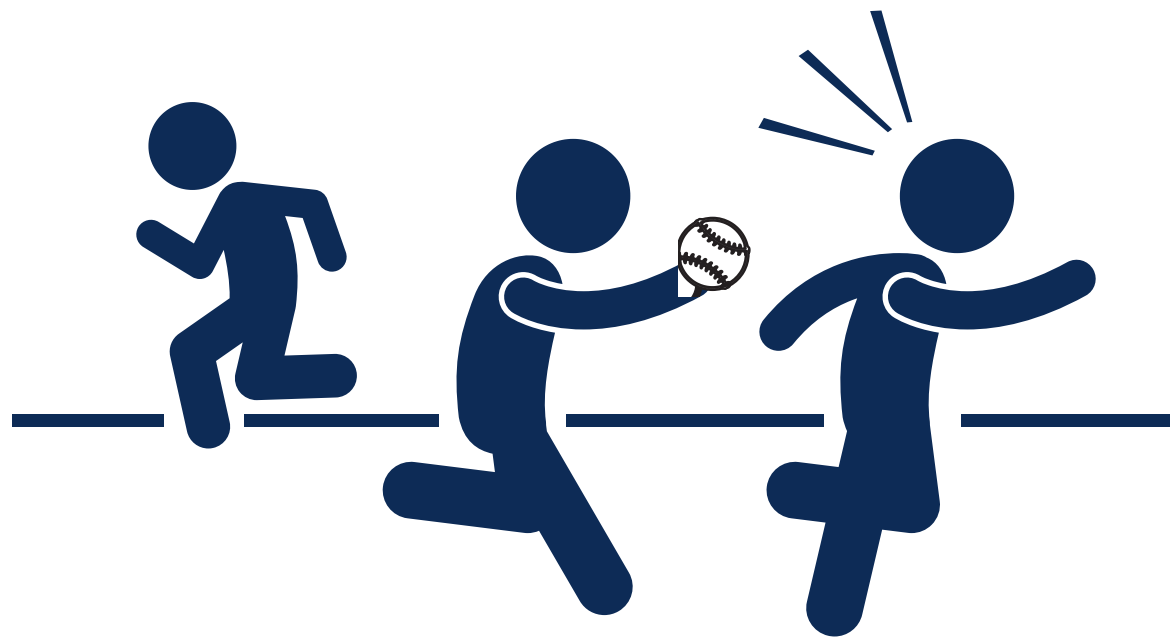
WARM-UP



PLASTIC BALL TAG

Setup:

- Coaches pick a spot on the field with a plastic ball in hand
- Players then find a spot staying a few feet away from each other



Instructions:

- On "GO", players run and attempt to not be tagged by the coach
- If a player is tagged, they must freeze in their hitting stance or ready fielding position
- Players can unfreeze and run again when tagged by a teammate
- Play until all players are tagged or players tire out
- Change boundaries to entire field, fair territory, or infield only to keep it fresh or allow soft tosses by coaches to extend the tag range

FENWAY FUNDAMENTALS

This can also double as a team bonding exercise as well! Teammates must work together to unfreeze any teammates that are caught and communicate to each other effectively in order to do so.



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Equipment Needed:

- Bases
- Cones



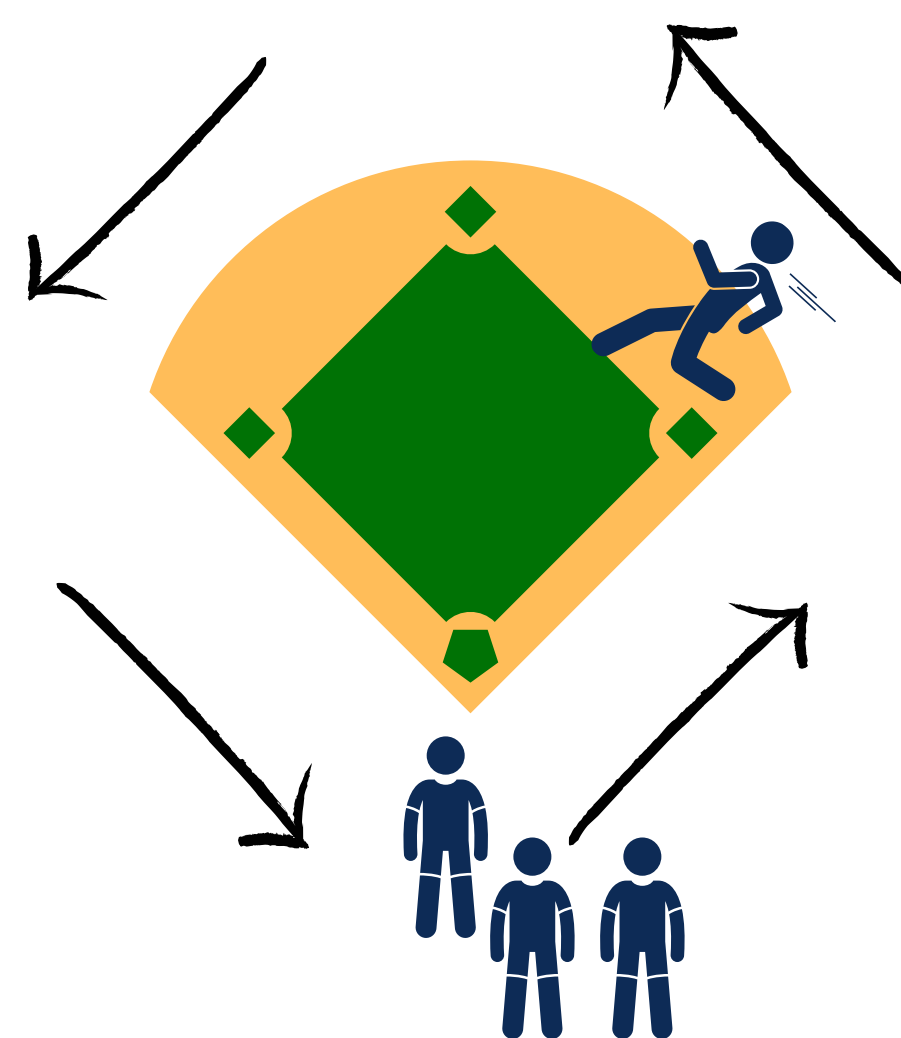
BASERUNNING



RUN THE BASES

Setup:

- Arrange cones or bases in a diamond
- Base-paths should be 60 feet long each



Instructions:

- Starting at home plate, everyone jogs to 1st, 2nd, 3rd, then home in a line
- Round 2: Line starts at home and on “go” the first player runs to 1st Base and stays there
- On the next “go,” player on 1st advances to 2nd base with new runner ending at first
- Repeat with all players running and all advancing until each player scores at home plate
- One coach should be at home plate to help avoid any collisions and keep players aware of the drill action

FENWAY FUNDAMENTALS

For a fun team competition, use a stopwatch and see how long it takes for every player on the team to run each base. The timer starts when the 1st runner leaves home plate and ends when the final runner touches home plate after touching every other base.



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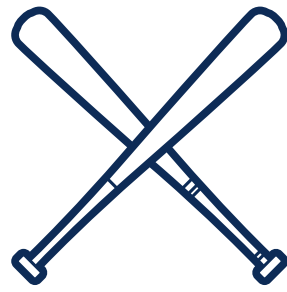
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Equipment Needed:

- Balls
- Bat



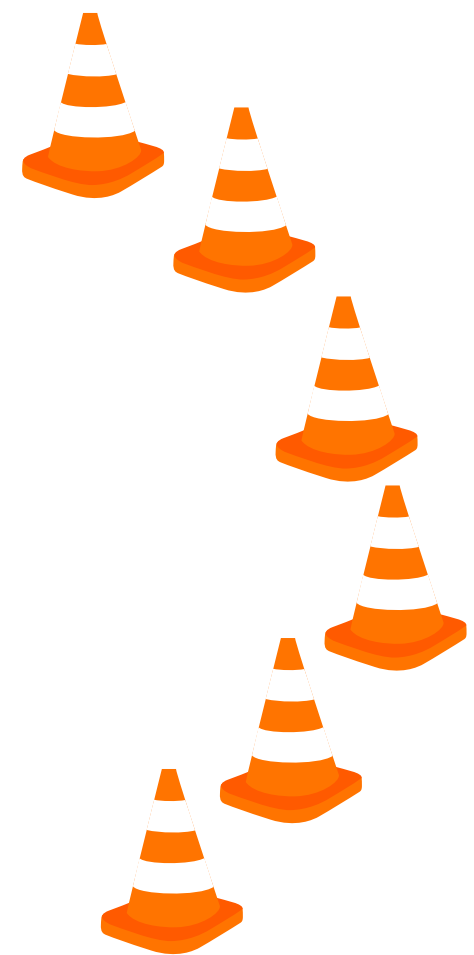
HITTING DRILLS



HOME RUN DERBY

Setup:

- Players split into small groups with one group per home plate and set of cones
- Set up cones approximately 30-50 feet (depending on age/size of youth and space) from home plate mimicking an outfield fence



Instructions:

- Coaches stand a few feet in front of home plate and soft-toss balls to players
- Players should take 5-7 swings each and then rotate so every teammate gets to hit
- Players should work to hit as many home runs as possible

FENWAY FUNDAMENTALS

To keep things fun and challenge your team, have players hit until they get 3 outs (non-HR), when every player has hit, the one with the most HRs wins!

To keep it safer, use plastic balls and bats!



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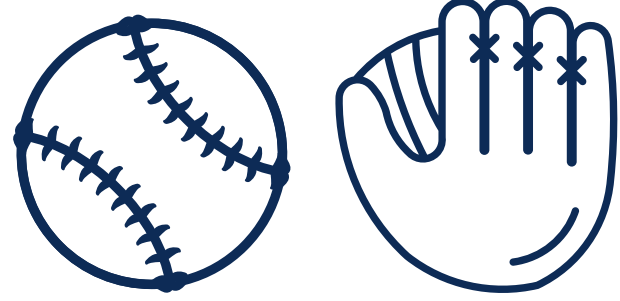


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Equipment Needed:

- Balls
- Gloves



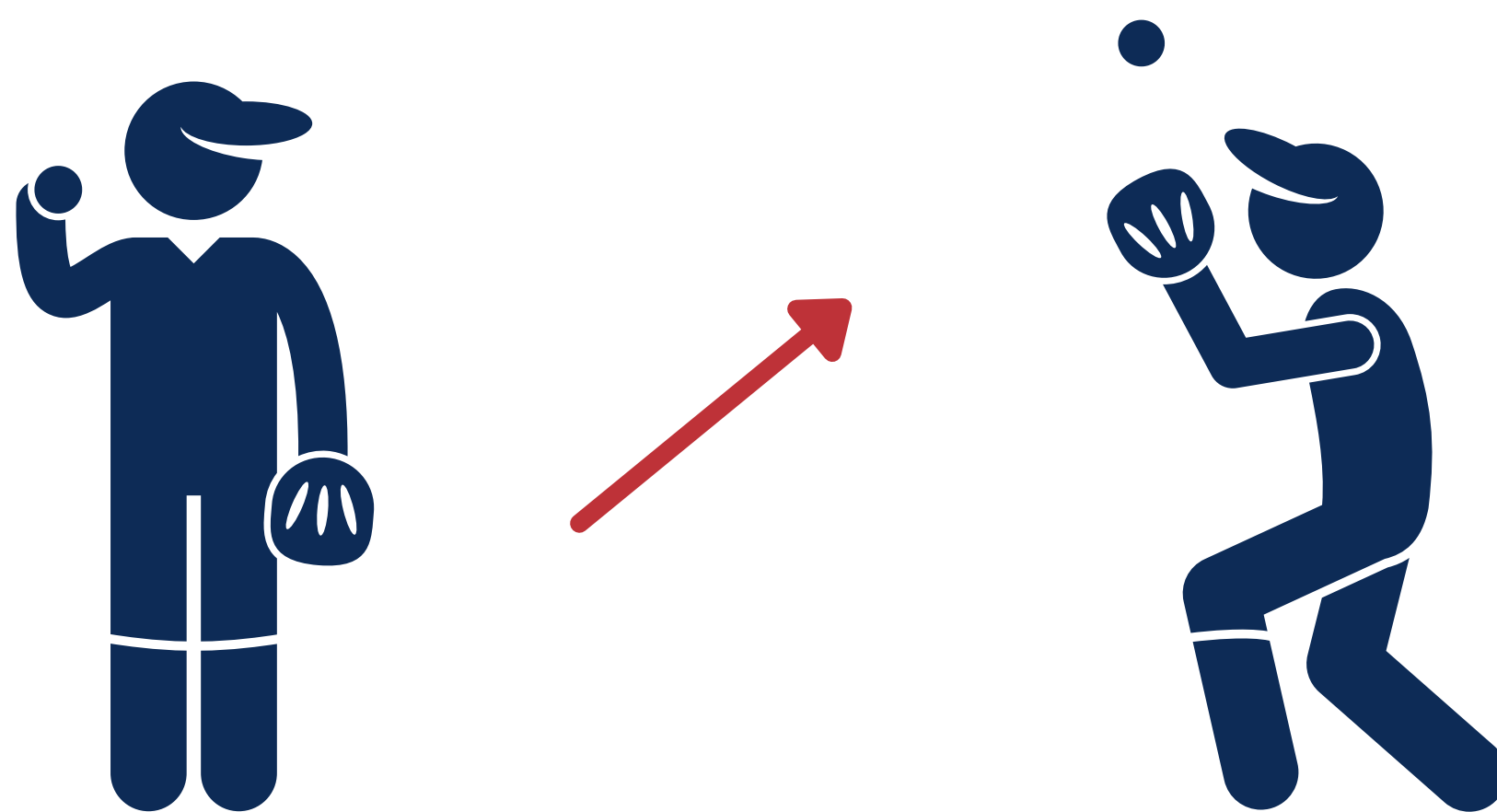
POSITION BREAKDOWN



OUTFIELD: SOFT TOSS CATCH (AGES 5-6)

Setup:

- Players partner up and face each other 4 giant steps apart
- Each pair has a plastic/foam ball to practice throwing and catching with each other
- Emphasize about watching the ball the entire way, catching the ball with two hands and cradling it softly towards their chest



Instructions:

- Player starting without the ball should make eye contact with their partner and should say "ready" to signal that the repetition can begin
- Tossing partner softly tosses the ball in an underhand motion towards their partner
- Catching partner should be watching ball the entire way and working to use both hands to secure it
- After securing the catch, players swap roles and repeat the toss/catch repetition.

FENWAY FUNDAMENTALS

Be sure to remind players to let the ball come to them (so players don't "stab" at the ball) and to bring the ball towards their chest as they secure it. This will help them build the foundation for good outfield fundamentals!



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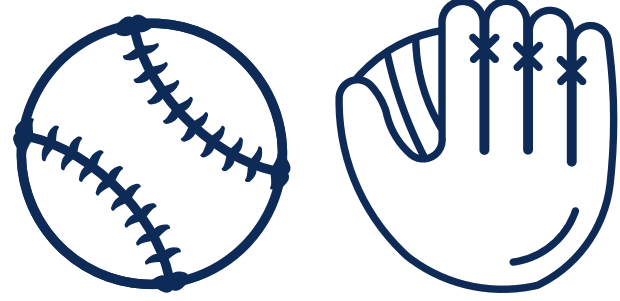


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Equipment Needed:

- Balls
- Gloves



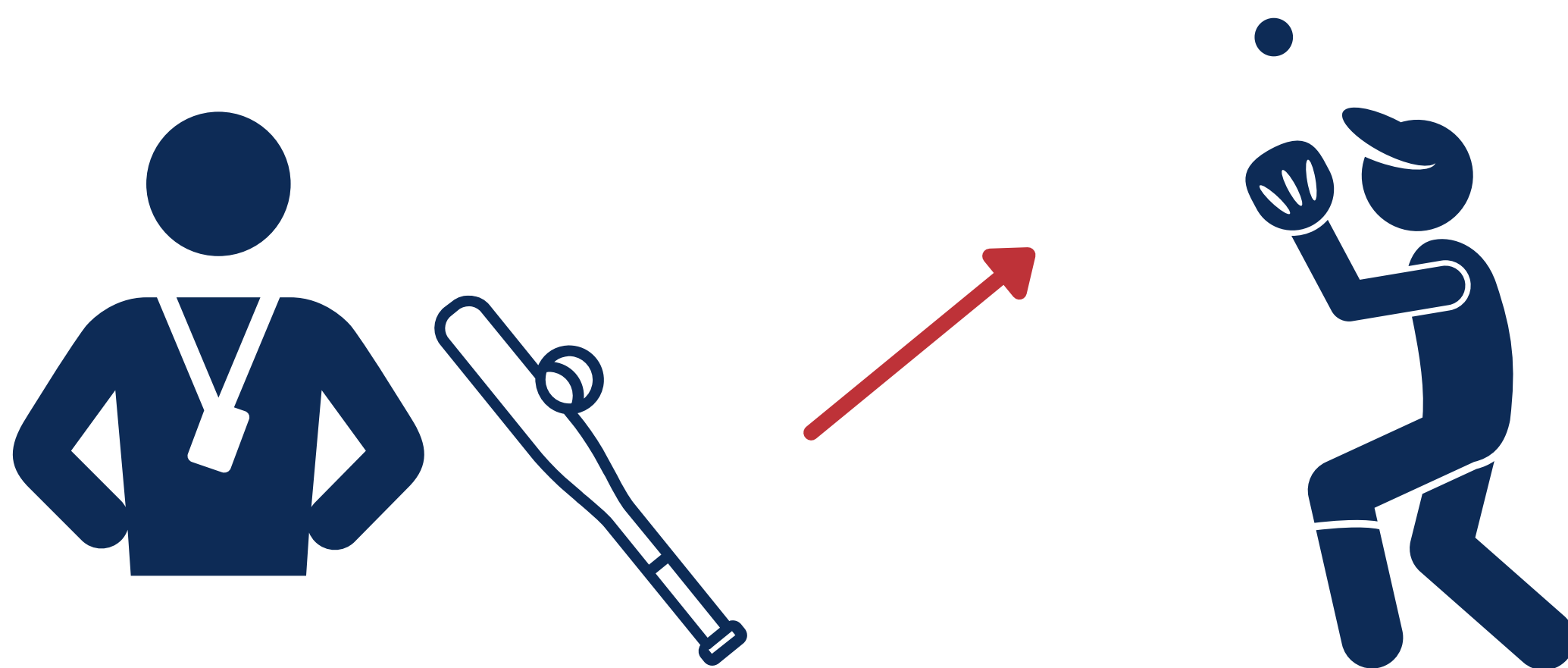
POSITION BREAKDOWN



OUTFIELD: SOFT TOSS CATCH (AGES 7-8)

Setup:

- Players line up single file line in outfield with the coach positioned 10-15 feet away
- Coach can either toss soft foam/plastic balls or hit tennis balls with a tennis racket to players



Instructions:

- Coach begins by tossing/hitting a fly-ball to the starting fielder
- Player must run to the spot of the ball, get underneath it, and work on using both hands to secure it
- After securing the catch, player tosses ball back to bucket near coach and the next player in line goes

FENWAY FUNDAMENTALS

Try to keep the drill going at a brisk pace to keep kids moving and locked in. Aim to toss/hit the next ball right after the catching player makes their toss back to the bucket. Maintaining a quicker pace will help your players learn how to stay athletic and get in a good rhythm when on the field.



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POSITION BREAKDOWN



Equipment Needed:

- Balls
- Gloves
- Cones



INFIELD: BERMUDA TRIANGLE (AGES 5-6)

Setup:

- Set up 3 cones in a triangle pattern about 8-10 feet away from each other
- One player starts at each cone while the coach will be facing the middle of the triangle with a few balls a couple of feet away



Instructions:

- When ready, the coach will roll a ground ball directly to where each player is standing
- The fielding player should field the ball cleanly with two hands, bring the ball to their chest, then toss it back to their coach
- Once each player has fielded a ball cleanly, the coach should start to mix it up and roll a ball to any cone they choose
- Players must stay low, be athletic and field the ball if it is rolled to them
- Coach should maintain a brisk pace to help keep kids engaged, focused and athletic throughout the drill



FENWAY FUNDAMENTALS

Help your players get into an athletic fielding position. Their knees should be bent, their body/hands low and out in front, and their eyes focused forward. They can picture an Alligator "eating" the ball as it comes to them to help in using both hands to field the ball. Have them start and stay in this position during the first few rounds so they get comfortable with it.



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Equipment Needed:

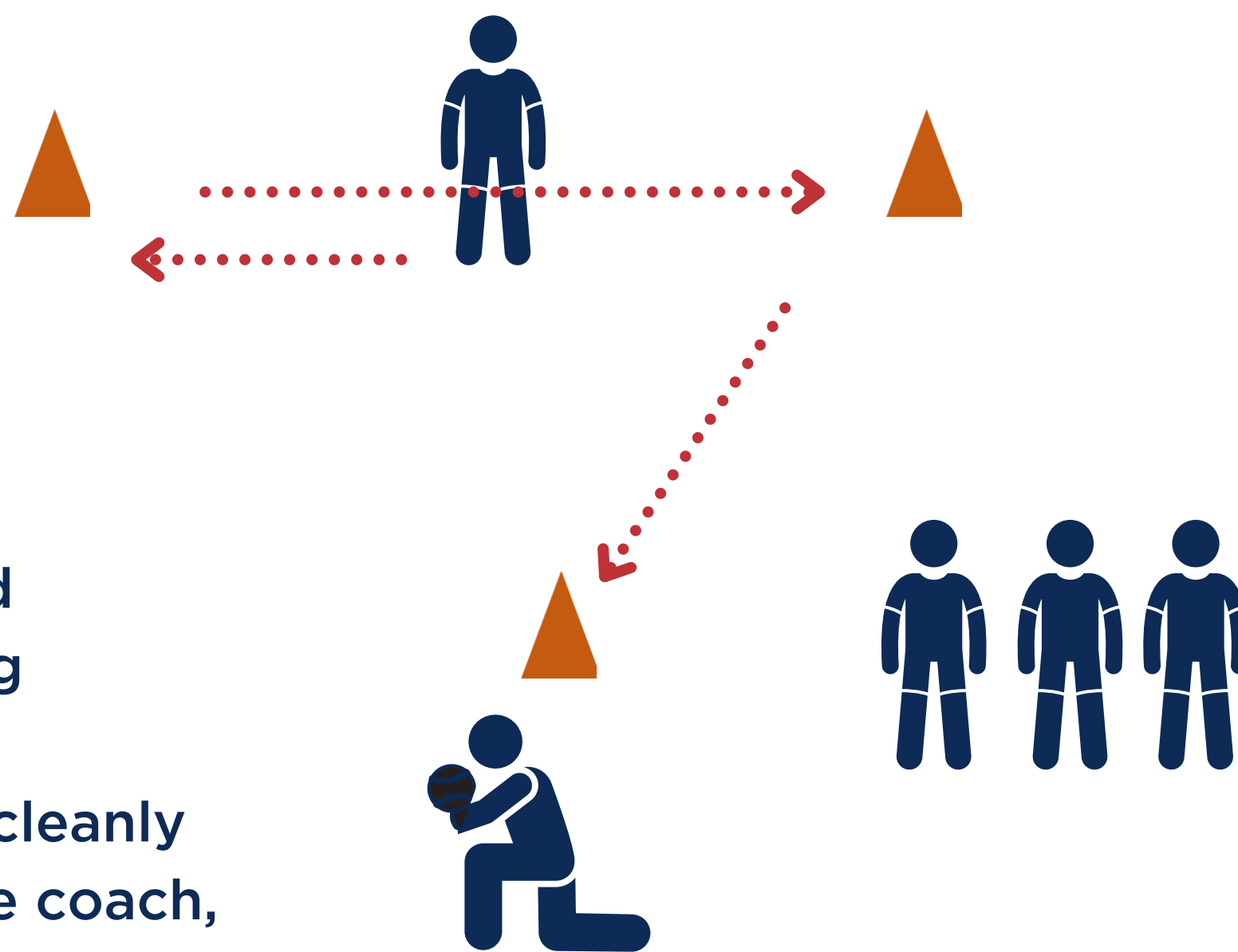
- Balls
- Gloves
- Cones



INFIELD: BERMUDA TRIANGLE (AGES 7-8)

Setup:

- Set up 3 cones in a triangle pattern about 8-10 feet away from each other
- One player starts in the middle of back 2 cones while the coach will be facing the middle of the triangle with a few balls a couple of feet away



Instructions:

- When ready, the coach will roll a ground ball directly where the player is standing
- The fielding player should field the ball cleanly with two hands, toss the ball back to the coach, and then head to the first cone (righty throwers head to their right, lefty throwers head to their left)
- The player will next receive a backhand ground-ball and toss it back to the coach
- The player then fields to their glove side going to the next cone
- Players will end on a slow rolling ground-ball that they field cleanly and toss back to their coach before heading to the back of the line

FENWAY FUNDAMENTALS

Emphasize to your players the Importance of being athletic. They have to begin to learn how to put themselves in good positions to field the ball. When we can put ourselves in strong athletic positions to field, we give ourselves the best chance to make a play on anything that's hit to us! Stay low, stay athletic, and field the ball out in front.



Equipment Needed:

- Bases
- Bats
- Balls
- Bucket



TEAM GAME



RSF MINI-GAME

Setup:

- Grab a bat, a ball, and a bucket and mark out bases about 25 feet apart from each other
- Split players into two teams
- One team plays defense and the other is on offense with the coach pitching
- Have defense line up in normal positions with majority of youth in the outfield
- Place a bucket for the balls directly behind 2nd base
- Cones can also be used to show where younger players can position themselves in the field



Instructions:

- Each batter gets 3-5 swings and runs to 2nd base (regardless of where the ball is hit) on the last pitch
- Batter's goal is to get to 2nd Base before the defense can field the ball, and get the ball into the bucket
- If the ball reaches the bucket before the batter, the batter moves back into the field to play defense
- If the batter is safe, they stay on 2nd and run to 3rd Base on the next live ball. Upon reaching 3rd Base, they should then head out to the field to grab a defensive position

FENWAY FUNDAMENTALS

Encourage your team to cheer each other on and support one another. Competition is good, but being a good teammate is even better!



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