

PLAY BALL PLAYBOOK

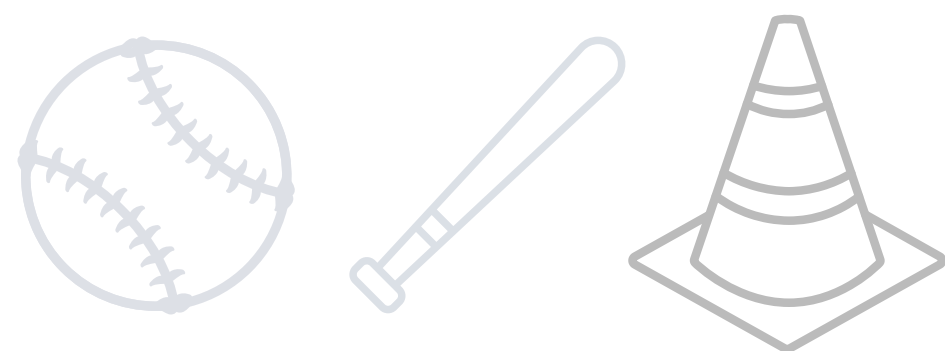


HOME RUN DERBY



Equipment Needed:

- Balls
- Bats
- Cones



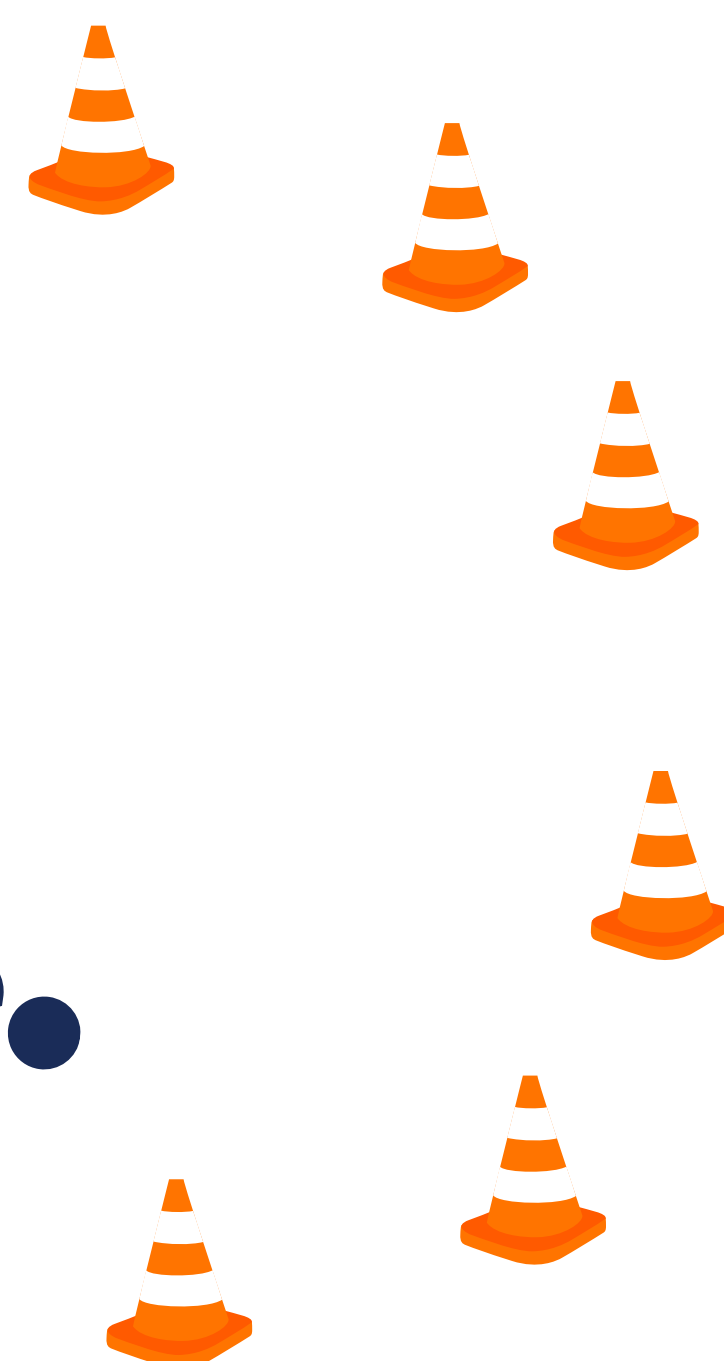
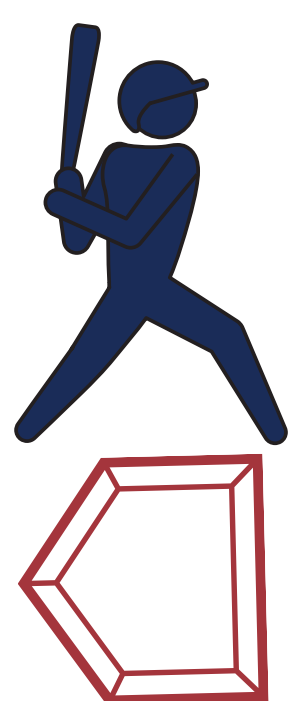
HITTING



HOME RUN DERBY

Setup:

- Grab a bucket of foam/plastic balls and bats
- Set up cones approximately 30-50 feet (depending on age/size of youth and space) from home plate in the shape of an outfield



Instructions:

- Coach/partner stands a few feet in front of home plate and softly tosses balls to hitter
- Hitters attempt to hit as many home runs as possible in 5-7 swings and switch their turn is up

FENWAY FUNDAMENTALS

In this drill, players are focusing purely on one task. Hit the ball and hit it far! Regardless of whether they hit a home run or not, they are learning how to use their natural athleticism to swing the bat and square the ball up, without even realizing that's what they're working on. Sometimes the best practice is just go out and do it!



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MINI GAME



Equipment Needed:

- Bases
- Bats (plastic)
- Balls (plastic)
- Bucket



HITTING+ DEFENSE



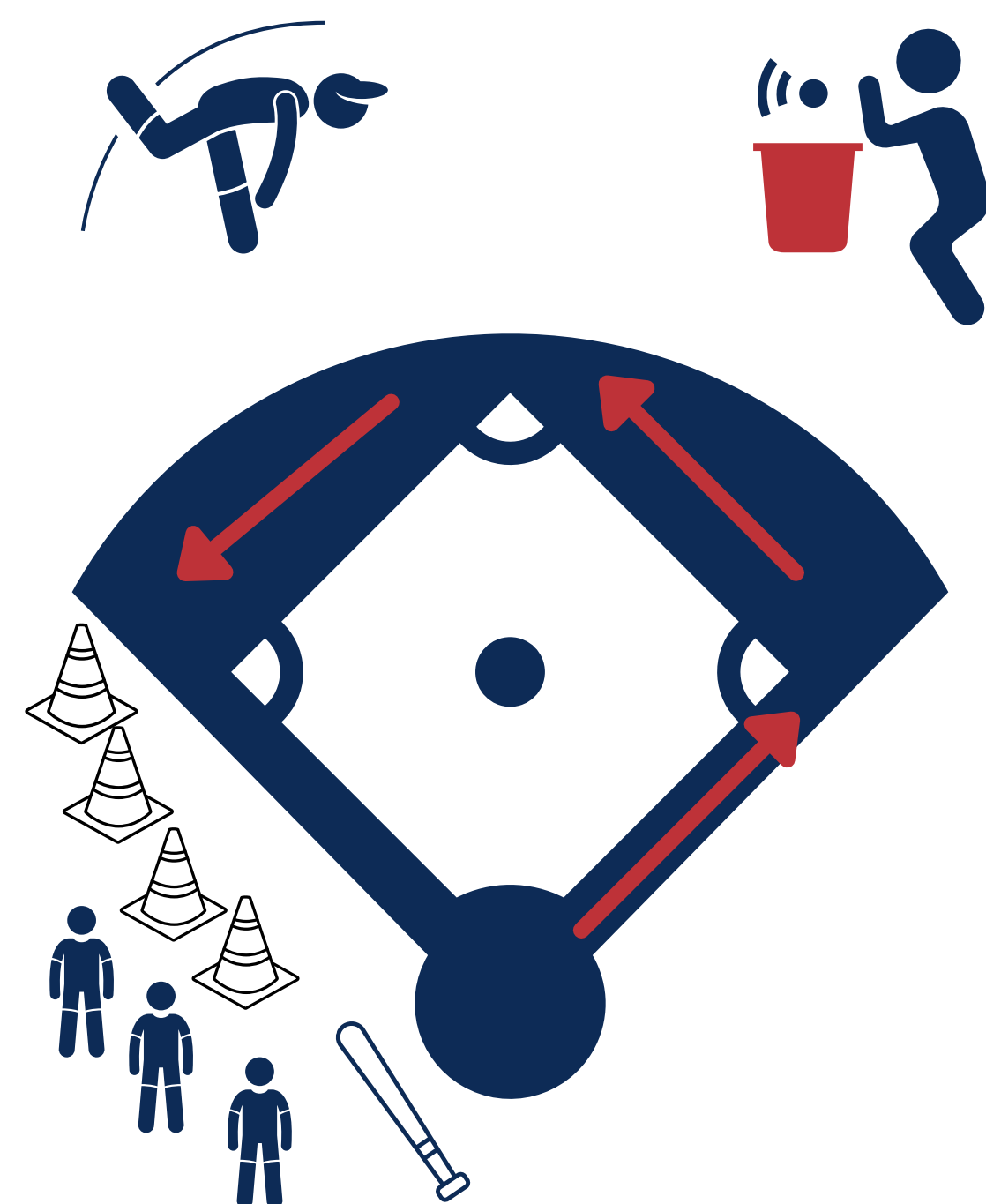
MINI-GAME

Setup:

- Grab a bat, a ball, and a bucket and mark out bases about 15-20 feet apart from each other
- Split players into two teams
- One team plays defense (behind the bases) and the other is on offense with the coach pitching
- Place empty bucket anywhere on the field
- Cones can also be used to show where younger players can position themselves in the field

Instructions:

- Batter will hit with the goal of getting to 3rd base before the defense can field the ball and get the ball into the bucket
- If the ball is placed in the bucket before the batter arrives at 3rd base, the defense gets a point
- If the batter reaches 3rd base first, the offense gets a point
- The batter will exit 3rd base and get back in line behind the cones in the batting order
- Everybody hits before switching sides



FENWAY FUNDAMENTALS

Feel free to mix up bucket locations to create a new challenge for the defensive team. This will keep the defense on its toes and encourage them to keep up the communication and cooperation during the game. This is a team game and there's no "I" in team! To accomplish the task at-hand, the defense has to work together.



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Equipment Needed:

- Bases
- Bats (plastic)
- Balls (plastic)
- Bucket



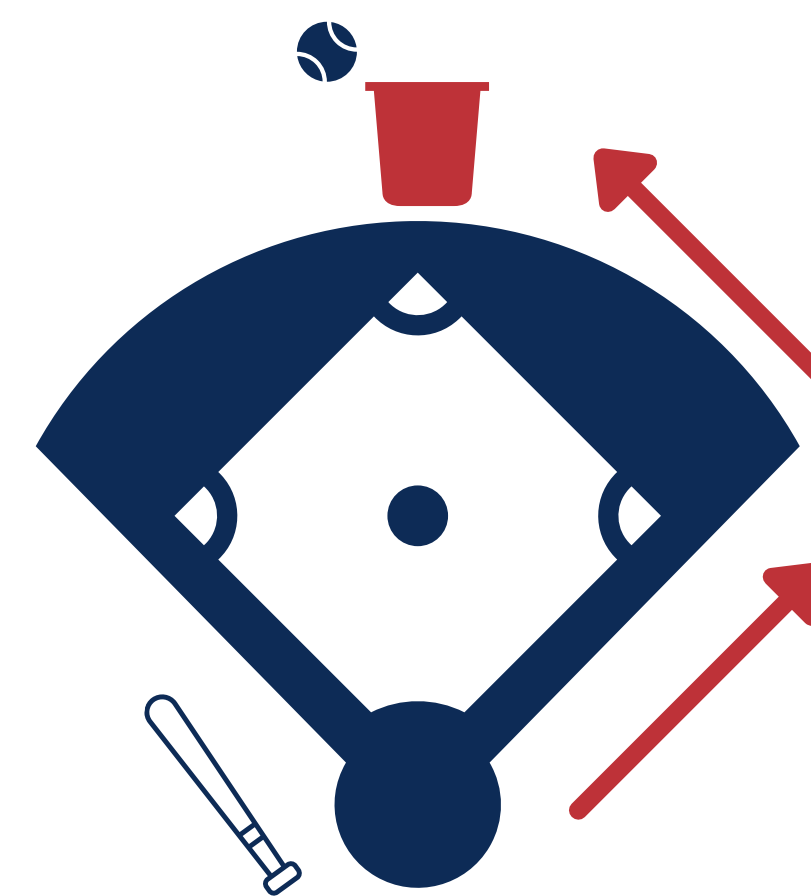
HITTING+ DEFENSE



MINI-GAME V2

Setup:

- Grab a bat, a ball, and a bucket and mark out bases about 15-20 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! Communicate on each play on who to throw to when attempting to get the ball in the bucket and work together as a team!



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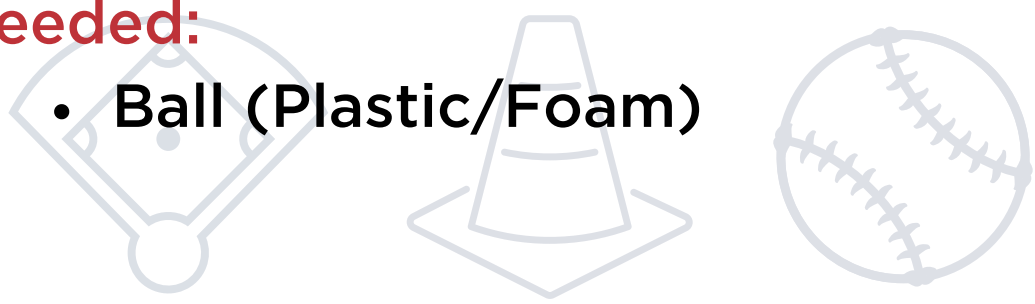
The Sports Medicine Center at
WALTHAM MEDICAL CENTER
TREATMENT & REHABILITATION

RUN THE BASES



Equipment Needed:

- Bases
- Ball (Plastic/Foam)
- Cones



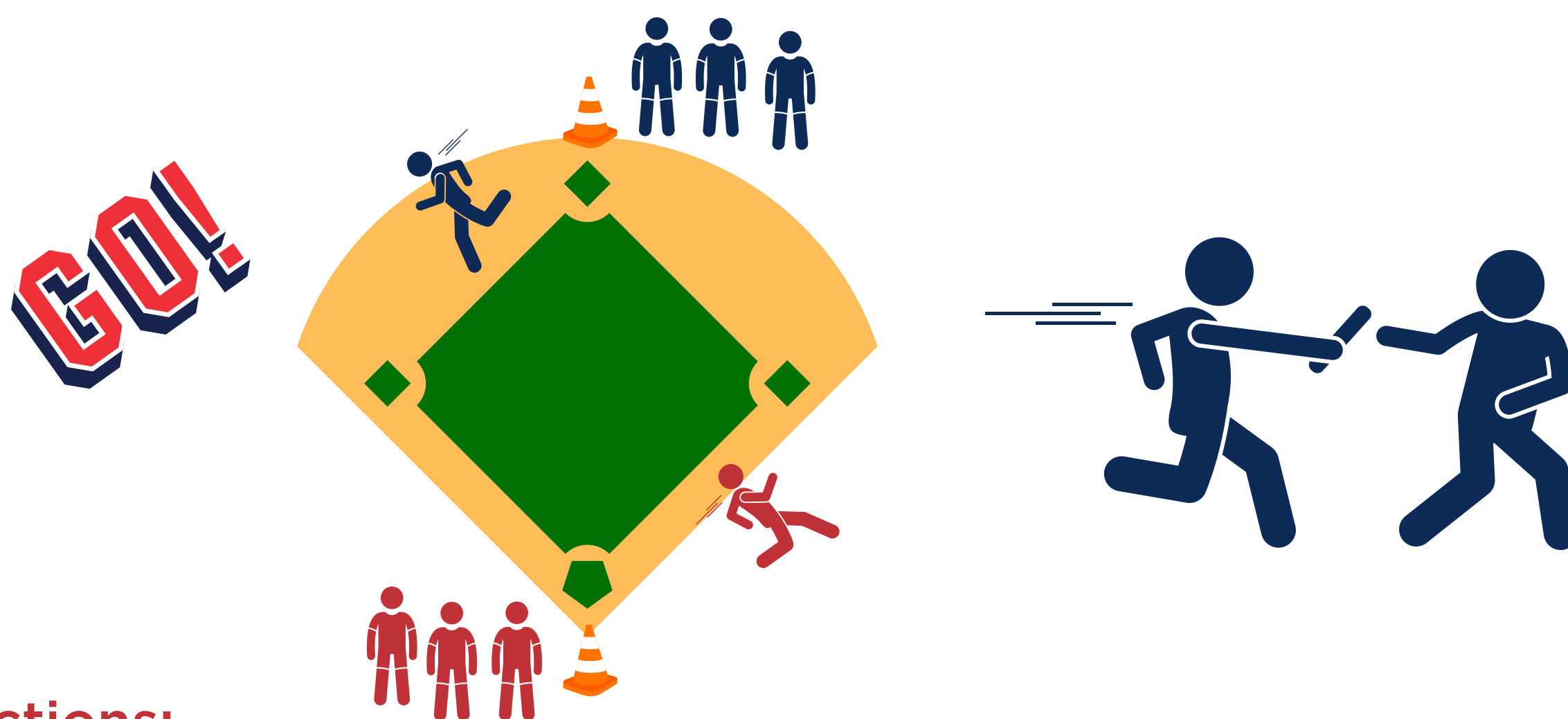
BASERUNNING



RELAY RACE

Setup:

- Create two teams close to equal numbers. One team will line up at 2nd Base while the other will start at Home Plate
- Use a cone to mark where teammates stand while waiting (about 3 feet behind the base) so they do not interfere with other runners



Instructions:

- On “go,” first player of each team begins to run the bases with a plastic ball in hand (like a baton), tagging each base, and returns to the base where they started
- Upon returning to the base they started, they hand the ball off to the next player and go sit down at the end of the line
- Next player begins to run the bases when they receive the ball and process repeats till every team member has run. The first team done wins!

FENWAY FUNDAMENTALS

Baserunners should focus on hitting the Inside corner of each base as they go. This will help them start to understand the concept of “rounding the bag” In order to create a straighter path to the next base. Players should also focus on cheering their teammates on even if they don’t finish first. It’s all about having fun and pushing yourself and your teammates to get better each day!



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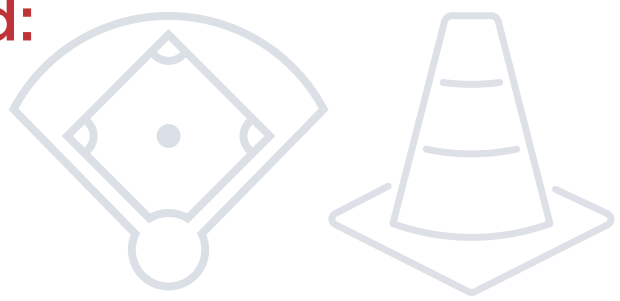


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Equipment Needed:

- Bases
- Cones



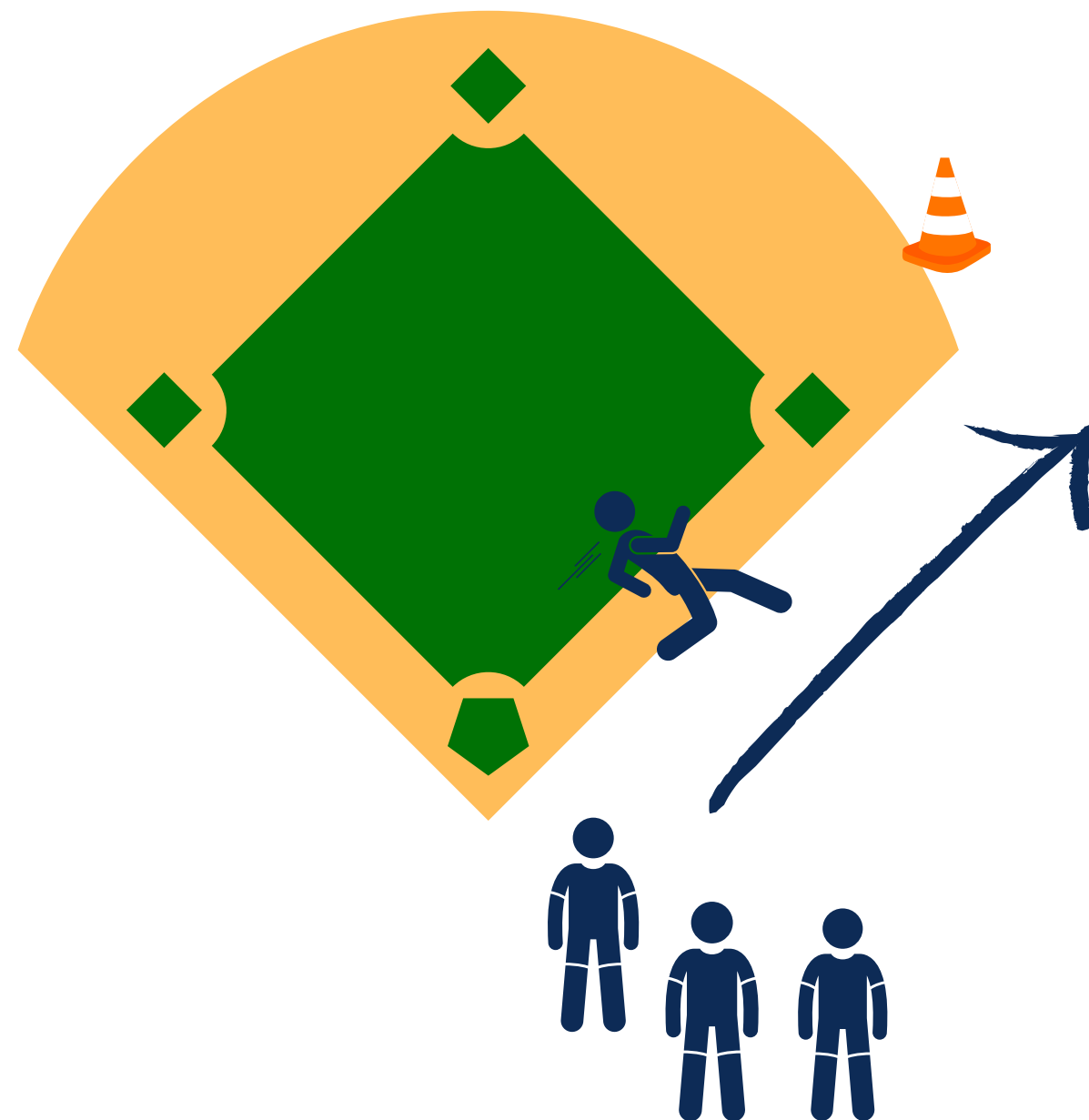
BASERUNNING



RUNNING THROUGH 1ST BASE

Setup:

- Team lines up at Home Plate
- Cone placed 5 feet after first base
- Player begins in the batters box



Instructions:

- Batter takes swing, drops bat, and runs hard through 1st base
- Runner should aim to connect with the front, middle to right side of the bag with their foot
- After tagging the bag, the runner should break down at the cone using wide, short choppy steps, and look over their right shoulder to see if there was an errant throw (which they could potentially advance 2nd Base on)
- Once they slow down and look to see where the ball is, they should turn toward foul territory and jog back to 1st base

FENWAY FUNDAMENTALS

Many young athletes only run hard "to" the base instead of running hard "through it". To add a fun challenge into the mix, grab a stopwatch or timer and see how fast each runner takes to go from home plate to 1st base. This way, athletes are encouraged to run hard through the bag and not just stop when they arrive at the base as slowing down to stop at the base will result in a slower time.



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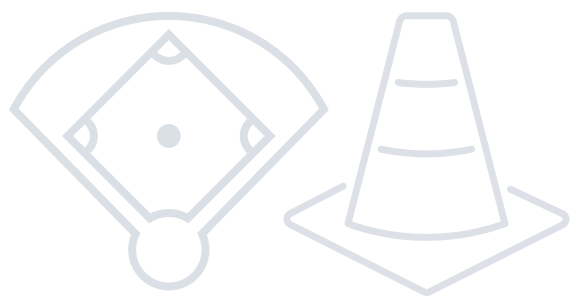


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Equipment Needed:

- Bases
- Cones



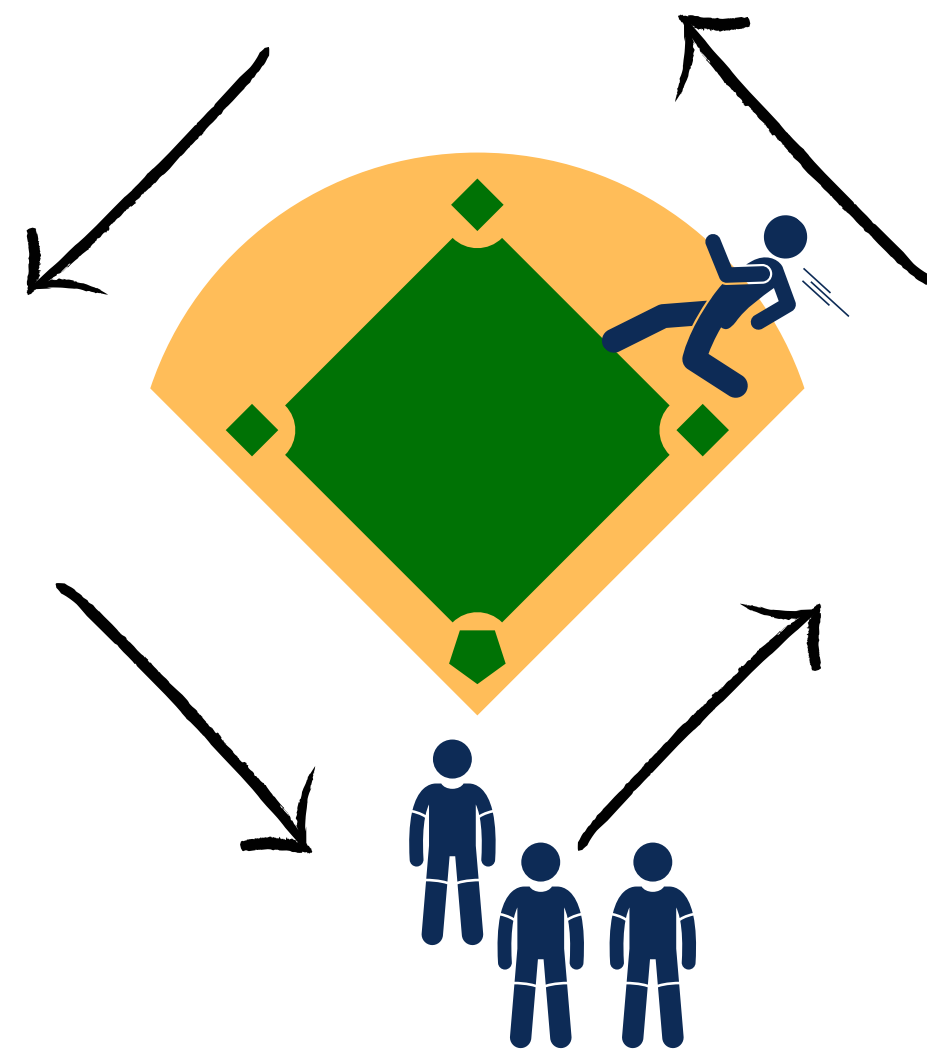
BASERUNNING



RUN THE BASES

Setup:

- Arrange cones or bases in a diamond
- Younger players (5-12) should have 60 foot bases, older players (13+) can run the full 90 foot base-paths



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 an added fun element, have players finish with a home run trot around the bases. Keep the energy up and tell them to get creative and have fun with it. Dance around 1st Base! Skip to 3rd! This portion of the drill is all about having a good time!



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INFIELD+
OUTFIELD



Equipment Needed:

- Balls



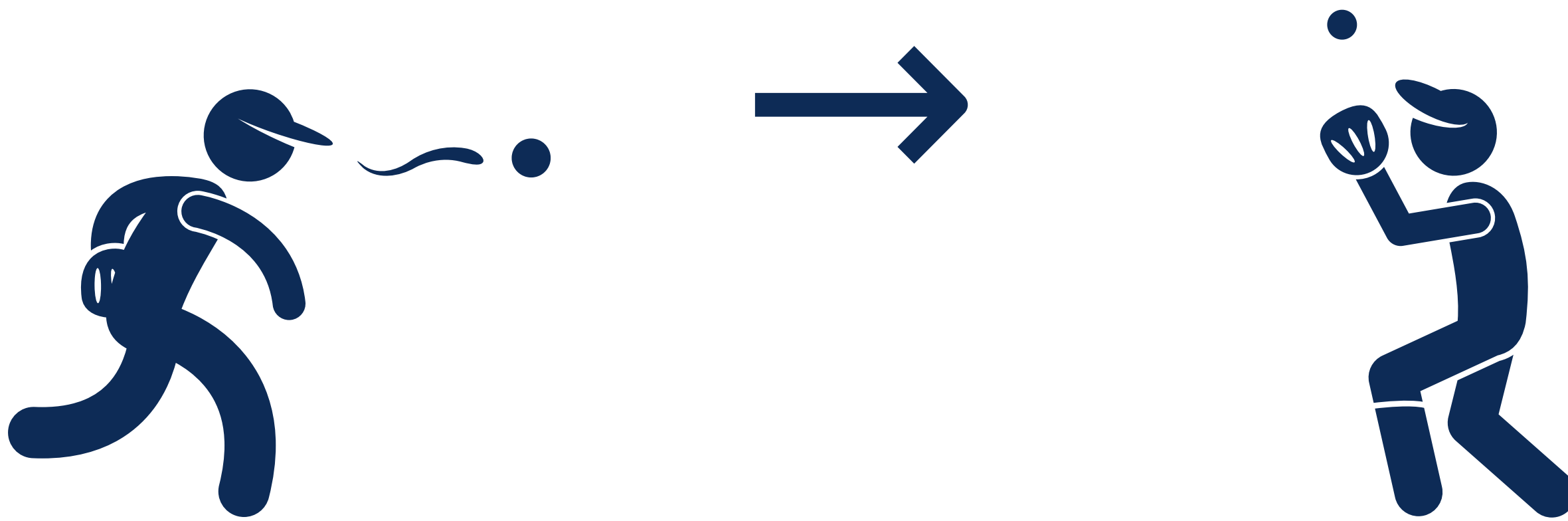
THROWING



PARTNER THROWS

Setup:

- Players pair up based on similar throwing/catching abilities.
- Players should make two lines with pairs facing each other about 15 feet apart. Distance can be adjusted based on age/ability of players.



Instructions:

- One partner starts with the ball
- Players step towards their partner with their lead leg (leg opposite of throwing side) and drive their hips as they throw the ball to each other
- Players should focus on being athletic and hitting their partner in the chest area. Partners should have their hands up and ready to catch the ball

FENWAY FUNDAMENTALS

One great way to help players develop efficient throwing mechanics is to have them imagine a line going from them to their partner. Players will be "standing" on that line and should focus on trying to step on that line as they throw. They can also focus on keeping their shoulders in line with the line as long as possible. This will help them keep their hips closed and create more power and balance in their throws.



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Equipment Needed:

- Ball
- Cones



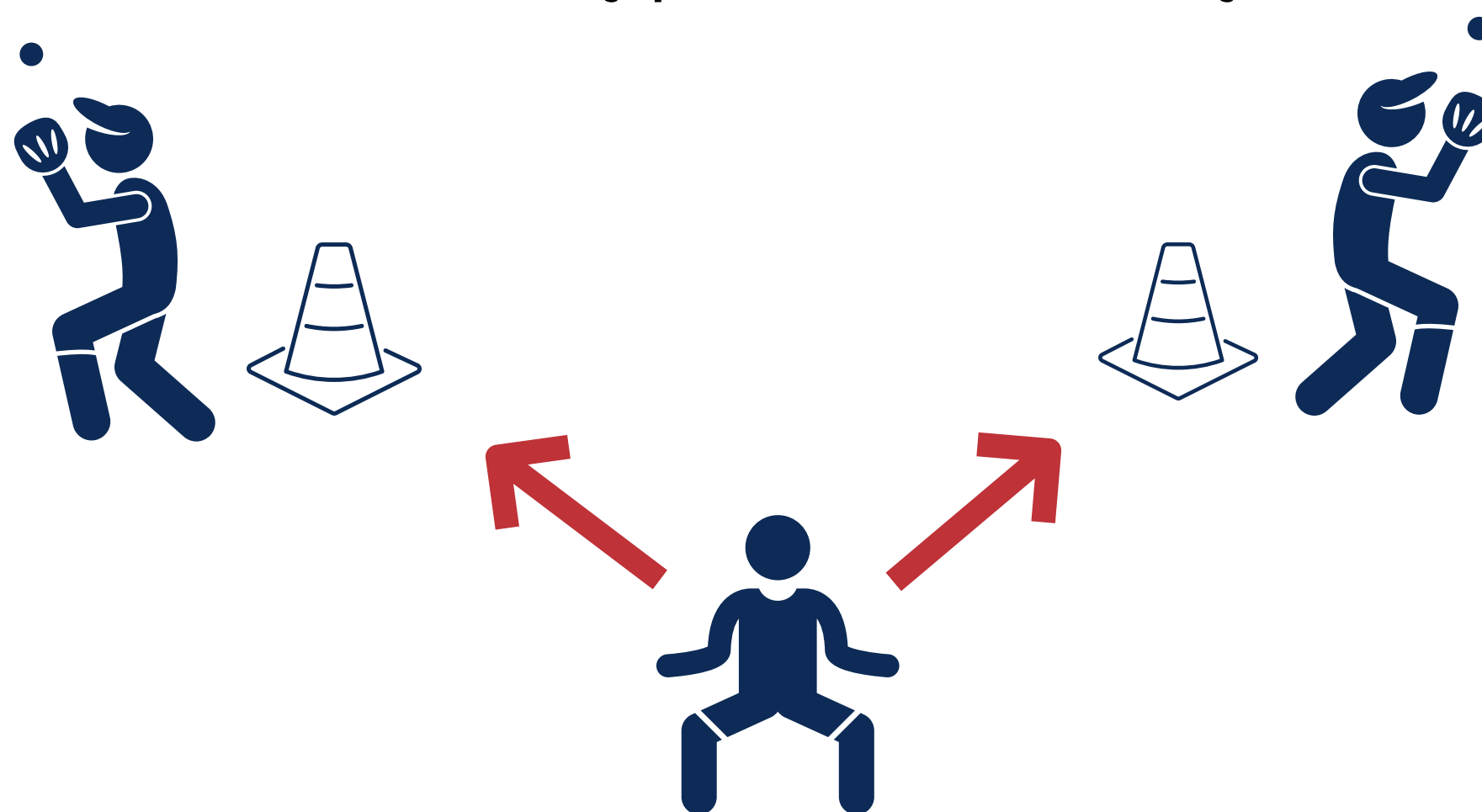
FIELDING



WIDE RECEIVER FLY BALLS

Setup:

- Mark spot for player and set up two cones diagonally to the player's right and left 30 feet away
- The coach and player should be facing each other about 8-10 feet apart
- Player should be in an athletic ready position and be ready to react



Instructions:

- Player (1 at a time) watches the ball in the coach's hand held above head
- Coach drops arm, pointing left or right, signaling which cone the player should run towards
- Coach throws a fly-ball to the cone when the player is halfway to the cone
- Player looks over shoulder to track ball, locates ball, and runs to the spot where the ball will land aiming to be under the ball and catch with 2 hands
- Repeat the drill with the next player

FENWAY FUNDAMENTALS

Emphasize to your athletes the Importance of running to the spot of the ball, rather than "drifting to it". Many young athletes struggle catching fly-balls because they try to catch and secure the ball while also trying to find the ball in the sky. Focus on the Importance of getting underneath where the ball is landing, so that way, the athlete is ready to secure the catch.



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