



# COACH PRACTICE PLAN

## SNAPSHOT

PRACTICE LENGTH: 1 hour & 30 minutes

AGE GROUP:

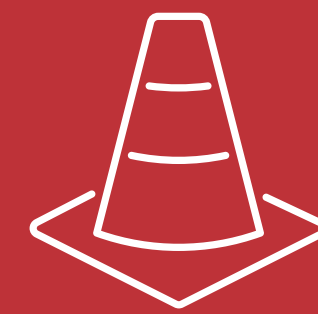
8-12 years old

PRACTICE TYPE: **Balanced**

SPORT & LEVEL:

**Baseball - Easy/Intermediate**

### RECOMMENDED EQUIPMENT:



### PRACTICE OVERVIEW:

*Warm-up (20 min)*

**Static & Dynamic Stretching**

**Partner Knee Throws**

**Rocker Throws**

*Baserunning (15 Min)*

**Baserunning Circuit**

**Relay Race**

*Water Break (5 min)*

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

*Hitting (15 min).*

*Positional Breakdown (15 Min Each)*

**Off the Bounce Swings**

**Outfield: Wide Receiver Fly-Balls**

**Infield: Barehand Grounders**

*Water Break (5 min)*

*Team Game (15 Min)*

**Target Practice**

*Recap (5 Min)*

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## COACHES BOX

### PRACTICE GOALS:

### COACH NOTES:

Equipment Needed:  
(none)

WARM-UP



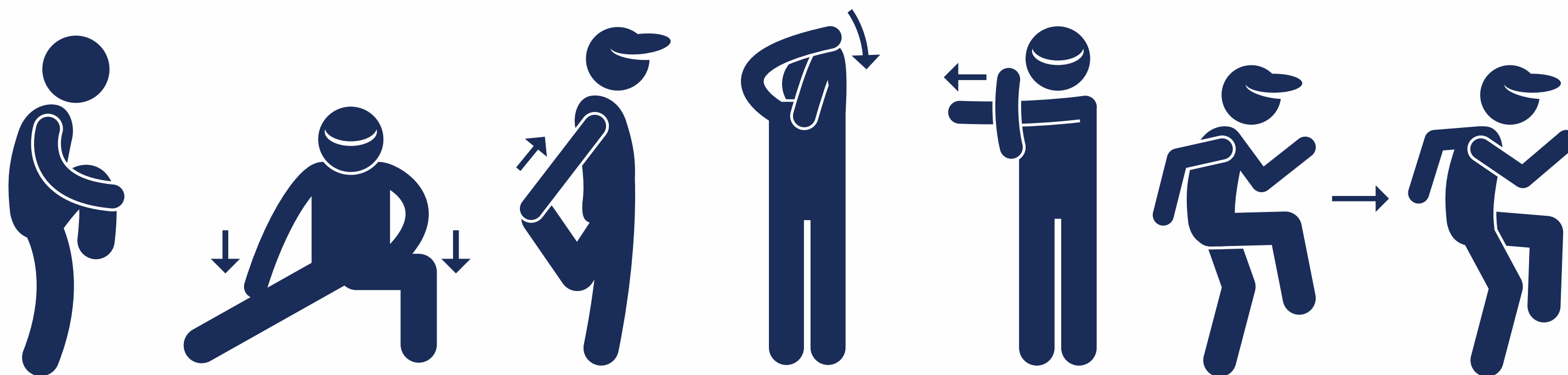
## STATIC + DYNAMIC STRETCHING

Prior to any practice or activity, players should stretch and warm up. Stretching and warming up should be used at all levels and will vary depending on age group. Younger groups can use more active and moving activities while older groups should focus on fully stretching muscles.

### POTENTIAL GROUP STRETCHES AND ACTIVITIES:

- Jumping jacks (count of 10-15)
- High Knees (5-10 seconds)
- Arm circles gradually increasing from small to large (forward and backward)
- Posterior Shoulder Stretch (10-15 seconds and switch arms)
- Reverse shoulder stretch (15-20 seconds)
- Assisted triceps stretch (10-15 seconds and switch arms)
- Trunk twists (5-10 seconds)
- Standing quad stretch (10-15 seconds and switch legs)
- Standing hamstring stretch (10-15 seconds)
- Leaning thigh stretch (10-15 seconds and switch legs)
- Sitting butterfly (5-10 seconds)
- Standing or laying down knee to chest (5-10 seconds and switch legs)

Warming up should also include some light throwing to warm up the player's arms.



## FENWAY FUNDAMENTALS

Stretching is a fundamental part to any practice, activity, or game. Stretching is typically followed up with light throwing to ensure the player's throwing arm is loose. Stretching and throwing will change due to the age group but for younger groups, keep it upbeat and fun!



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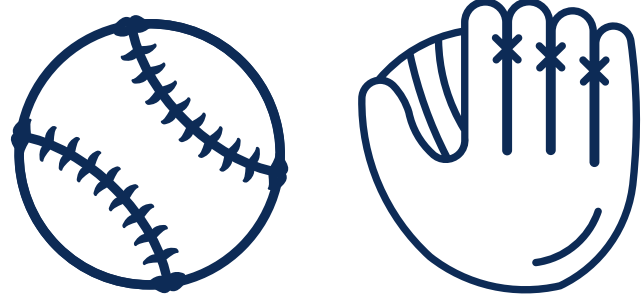


For More Resources

[RedSoxFoundation.org/CoachesBox](https://RedSoxFoundation.org/CoachesBox)

## Equipment Needed:

- Gloves
- Balls



# WARM-UP



## PARTNER KNEE 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:

- Players will kneel on their dominant knee (throwing side). One partner starts with the ball
- Players drive/turn their hips and then throw the ball to each other while focusing on being athletic and hitting their partner in the chest area
- Receiving players should hold out their glove around chest/ shoulder height to help give a good target for their partner to aim for

## FENWAY FUNDAMENTALS

Good throwing mechanics start with a good foundation. This drill can help your athletes build a good foundation for seasons to come! Be sure to emphasize to your athletes the importance of being athletic, and using their lower half for balance/power in their throws. This will take pressure off the arm and empower the athlete to use their natural athleticism.



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## Equipment Needed:

- Gloves
- Balls



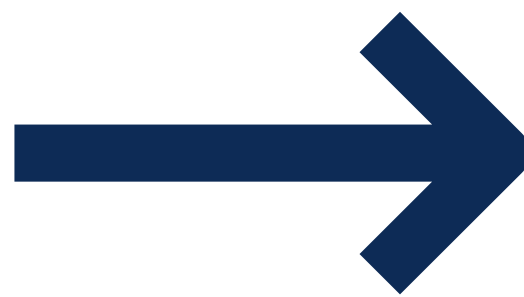
# WARM-UP



## ROCKER THROWS

### Setup:

- Players partner up and stand about 10-15 feet apart from each other
- One partner starts with ball. Thrower will start with their feet spread a little wider than shoulder length apart, knees bent, and with their glove side shoulder and leg pointing towards their partner



### Instructions:

- Thrower will start with their weight centered. They'll then rock their weight onto their back leg, and then drive their body (and arm) through their target
- Players should perform this movement at their own pace and work to be athletic in their movements. The goal is to deliver a crisply thrown ball to their partner's chest/glove
- Throw for 10 minutes before increasing distance

## FENWAY FUNDAMENTALS

Our lower body is one of the most important pieces when it comes to making a strong and accurate throw. It provides stability, power, and helps make sure we aren't tasking our arm to do all of the work. This drill is a great way to help your athlete's understand how to use their body (not just their arm) to make strong throws.



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## Equipment Needed:

- Bases
- Cones



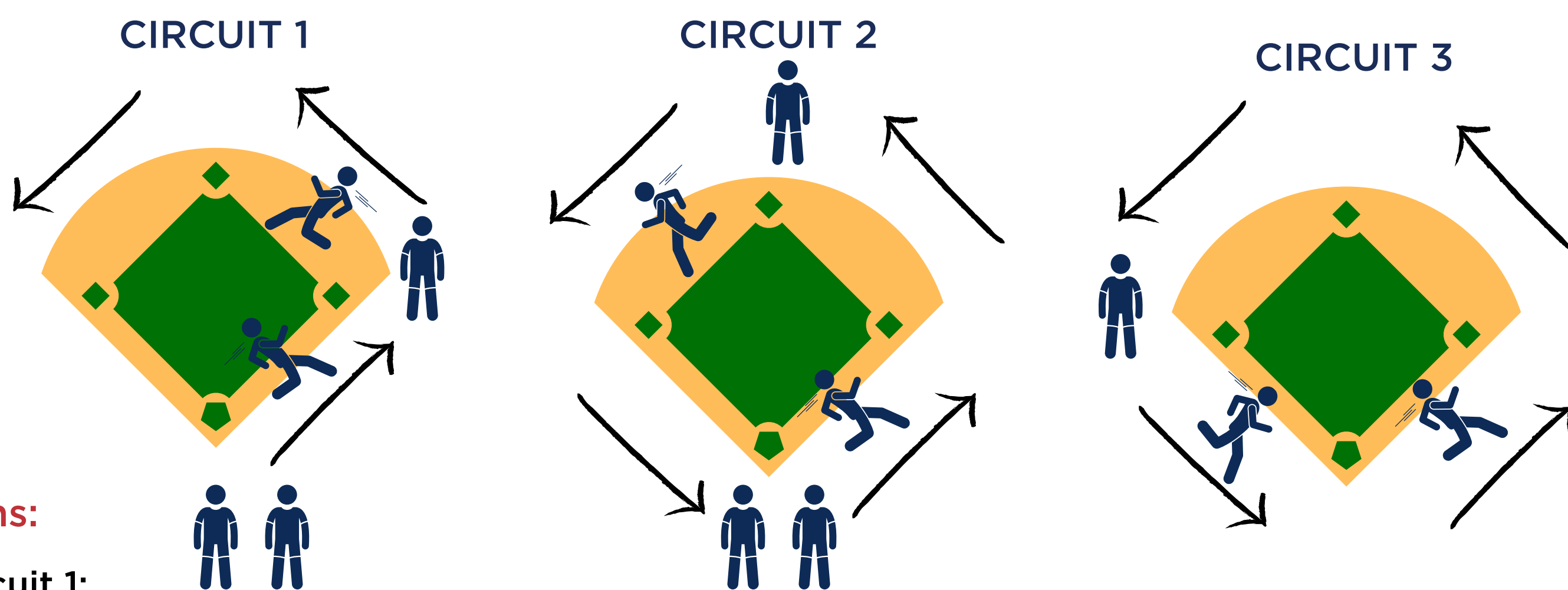
# BASERUNNING



## BASERUNNING CIRCUIT

### 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
- Players line-up at home plate to start (single file) for each circuit



### Instructions:

- Circuit 1:
  - Players begin by running in a sprint through 1st base
  - Runners stop at 1st and take a short lead to then run from 1st to 3rd base
- Circuit 2:
  - Players begin by running to 2nd for a double
  - Runners pause briefly, then begin running home as if trying to score on a base hit
- Circuit 3:
  - Players begin by running to 3rd for a triple
  - Runners can pause briefly at 3rd base as they visualize tagging up on a fly ball
- Allow 4-5 seconds between each runner as they work to complete the circuit

## FENWAY FUNDAMENTALS

To add a fun element into the mix, finish the drill by timing (with a stopwatch) how long it takes each player to run all the way around the bases. Or you can finish with letting each athlete take a "Home Run Trot" around the basepaths!



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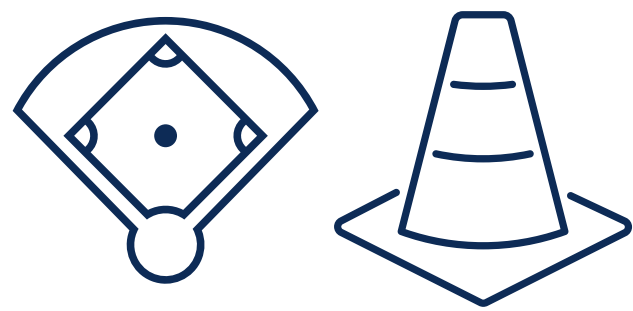


For More Resources

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## Equipment Needed:

- Bases
- Cones



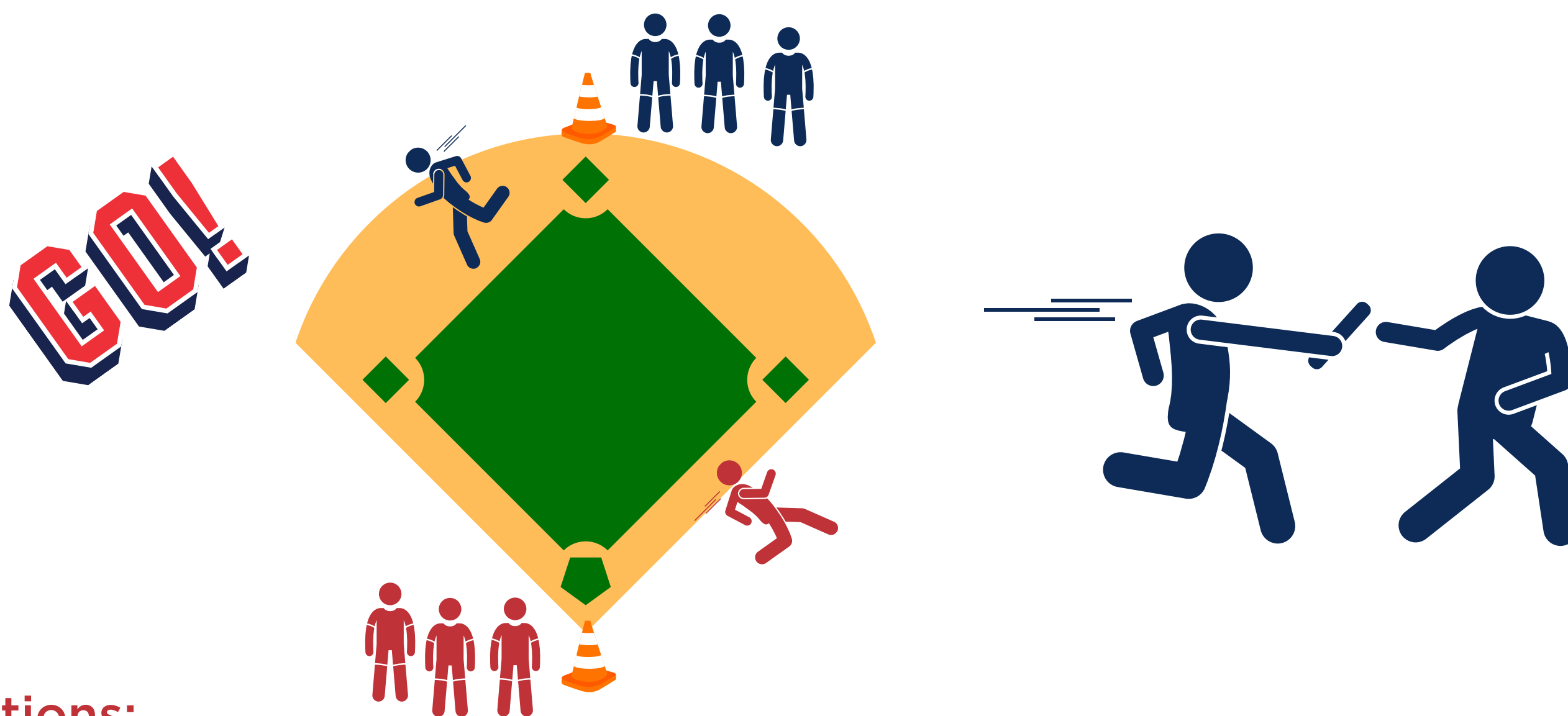
# BASERUNNING



## 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

Remind your athletes that although it's fun to win and be competitive, it's most important to cheer on your teammates and have fun. Win or lose, every team member is challenging themselves to give their best! So encourage your athletes to cheer and support one another whether their team finishes first or not.



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## Equipment Needed:

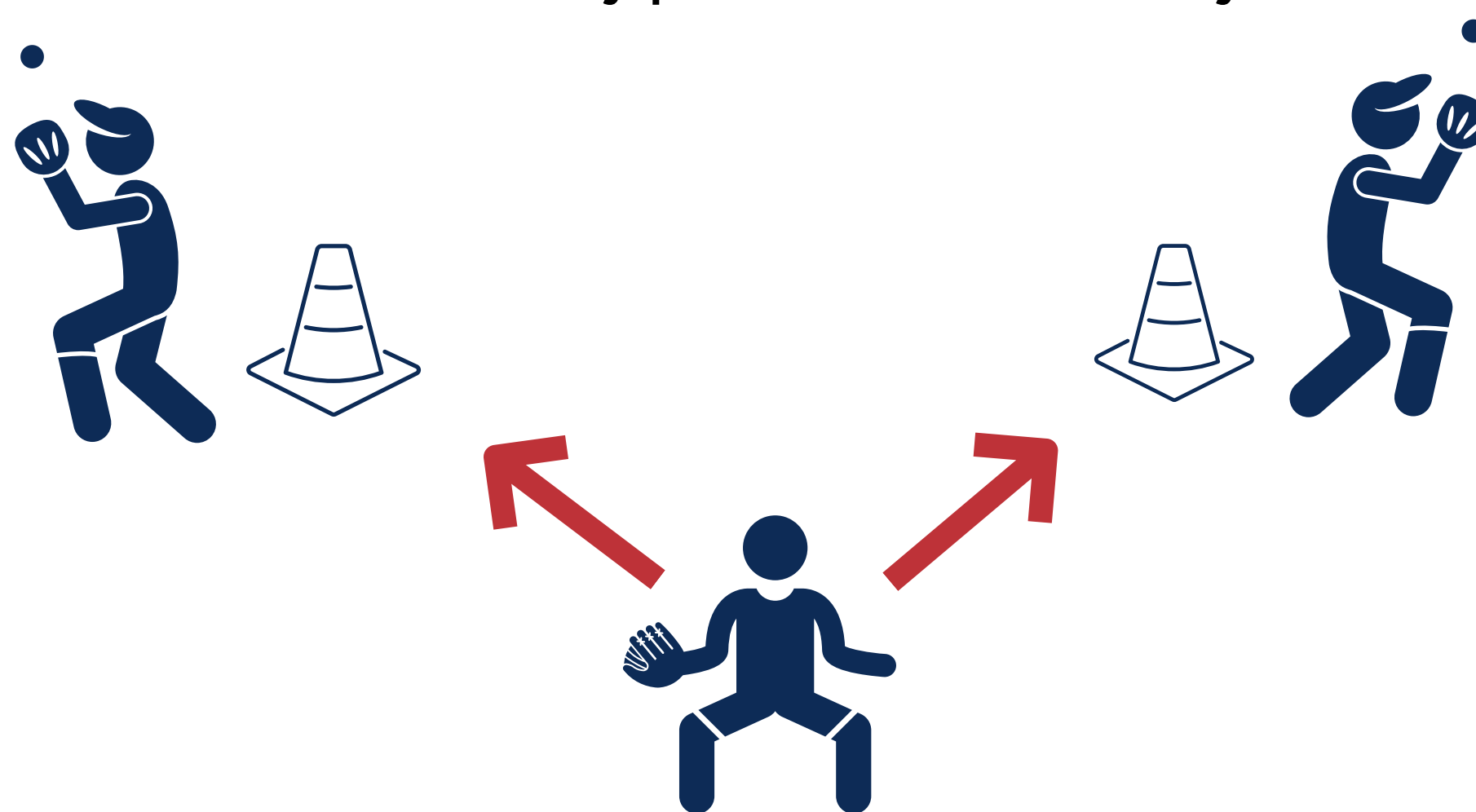
- Balls
- Gloves
- Cones



## OUTFIELDERS: 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

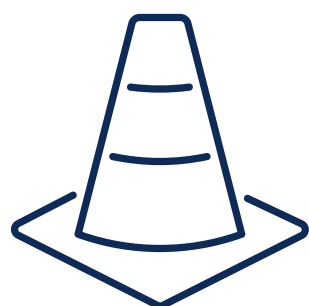
## FENWAY FUNDAMENTALS

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.



## Equipment Needed:

- Balls
- Gloves
- Cones



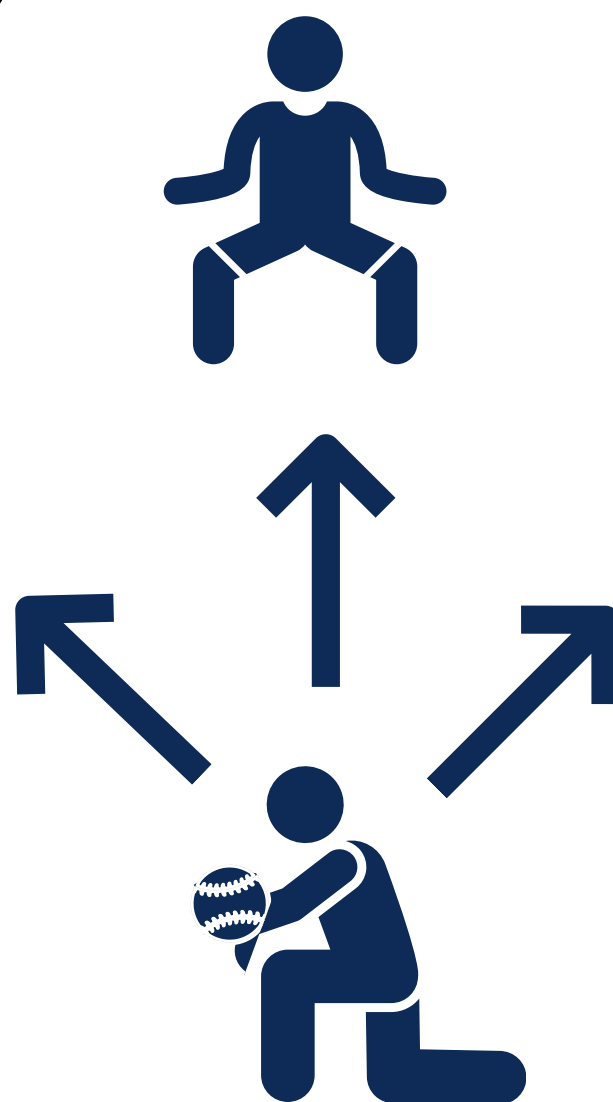
# POSITION BREAKDOWN



## INFIELDBERS: BAREHAND GROUNDBALLS

### Setup:

- Infielders partner up and face each other 5 feet apart. One partner starts with the ball and kneels while rolling the ball to their partner
- Fielders will receive nine repetitions a turn (3 balls rolled out front, 3 rolled to their left, 3 rolled to their right)



### Instructions:

- Starting with balls rolled directly at them, fielder works to cleanly field the ground ball with two hands, secure it towards their chest, and then toss it back to their partner so they can receive the next ball. After receiving nine ground balls, the partners can switch roles
- Remind players that they can open their stance on balls rolled to their left & right and balls rolled to their throwing arm side should be fielded backhand
- Balls should be rolled slowly at first, but can be more varied as players get more experience.

## FENWAY FUNDAMENTALS

Athletes should focus on being athletic, staying low and light on their feet, and working to field the ball out in front with two hands. As players get more experience, mix up the types of groundballs (faster, more bounces) to give your athletes a new challenge!



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## Equipment Needed:

- Balls (Tennis)
- Bat



# HITTING DRILLS



## OFF THE BOUNCE SWINGS

### Setup:

- Grab Tennis Balls and find a flat spot (Home Plate often works) where hitter can comfortably swing. Separate into teams for a competitive aspect.
- Hitter gets into comfortable batting stance sets up to be hitting into a field of play or a net
- Coach stands in other batters box with a ball in hand



### Instructions:

- Bounce a ball straight up and down on the plate or flat surface. Aim to bounce the ball around the middle of the plate (a little left to right is ok) and just off the inside of the player's leading foot (so the ball isn't too deep or far forward in the player's stance)
  - The player's goal is simple, hit the ball hard as it returns to the ground after its first bounce.
  - Challenge your hitter's to hit the ball to a certain part of the field or as far as they can.

## FENWAY FUNDAMENTALS

Many young hitters during this drill may try to jump or "lunge" out at the ball. Though this drill creates many unique bounces and challenges hitters to adapt, we still want to ensure we're keeping a strong foundation. Emphasize to your hitters the importance of staying balanced and not rushing to the ball. We're already behind the ball so we don't need to rush out to go get it. Just be ready to hit and swing!



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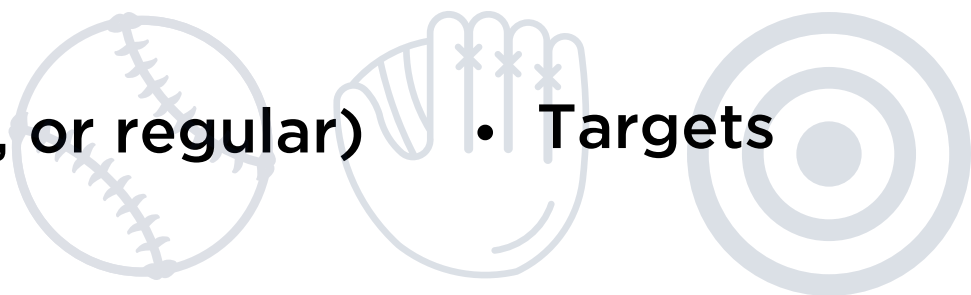


For More Resources

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## Equipment Needed:

- Balls (tennis, soft, or regular)
- Targets
- Gloves



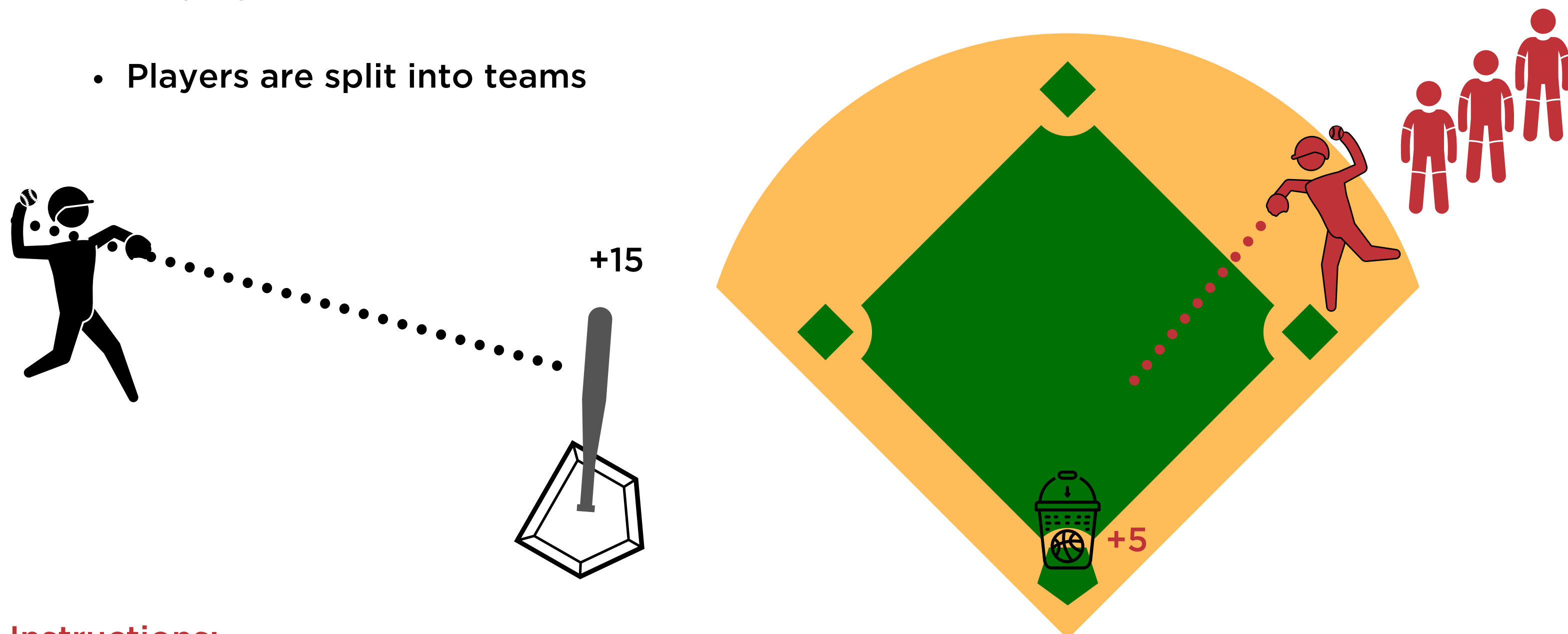
# TEAM GAME



## TARGET PRACTICE

### Setup:

- Set up targets (buckets, standing bat, etc.) around your practice space at varying distances
- Players are split into teams



### Instructions:

- Line players up at first location
- Players take a step towards their target, and work to make a strong throw at the target
- Each target hit receives a specific amount of points based on difficulty
- Teams rotate through stations and whichever team scores the most points, wins!

## FENWAY FUNDAMENTALS

Be sure to emphasize to your players the Importance of using their legs and following through. The lower body provides balance/power In our throws so they should be using their lower half to drive their arm through the target, and then finishing forward out over their lead knee. This will ensure they've created good momentum for their throw!



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