



COACH PRACTICE PLAN

SNAPSHOT

PRACTICE LENGTH: 1 hour & 30 minutes

AGE GROUP: 9-18 years old

PRACTICE TYPE: Balanced

SPORT & LEVEL: Baseball - Intermediate

RECOMMENDED EQUIPMENT:



PRACTICE OVERVIEW:

Warm-up (20 min)		
Static & Dynamic Stretching	Relay Throws	Short Hops
Hitting Drills (20 min)		
Soft Toss	Top Hand, Bottom Hand	
Water Break (5 min)		
Position Breakdown (20 min)		
Outfield: Attacking Groundballs	Infield: Around the World Groundballs	
Water Break (5 min)		
Baserunning (15 min)		
First to Third	Tagging Up	
Recap (5 min)		

COACHES BOX

PRACTICE GOALS:

COACH NOTES:

Equipment Needed:
(none)

WARM-UP



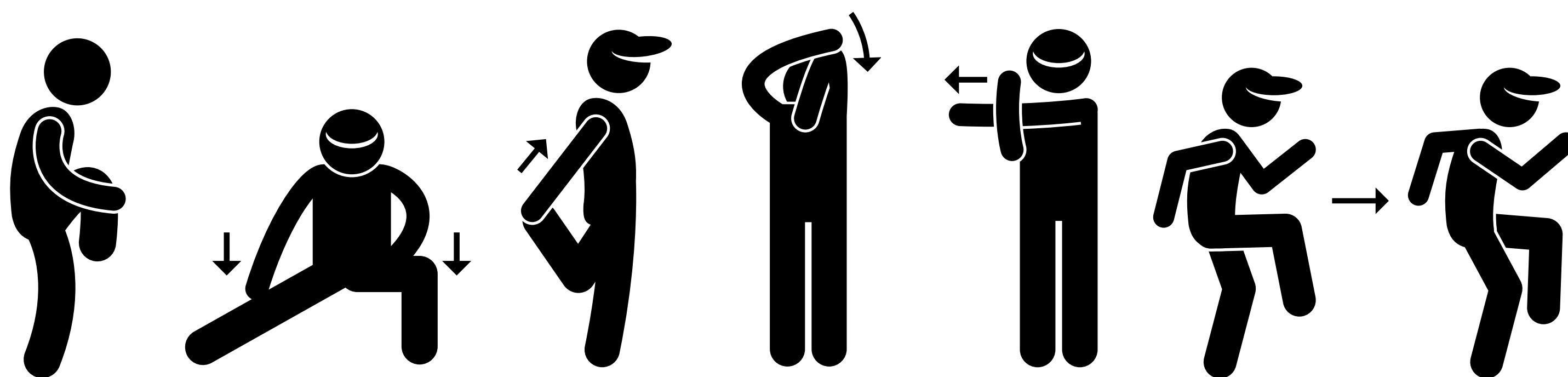
STATIC + DYNAMIC STRETCHING

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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Equipment Needed:

- Gloves
- Balls



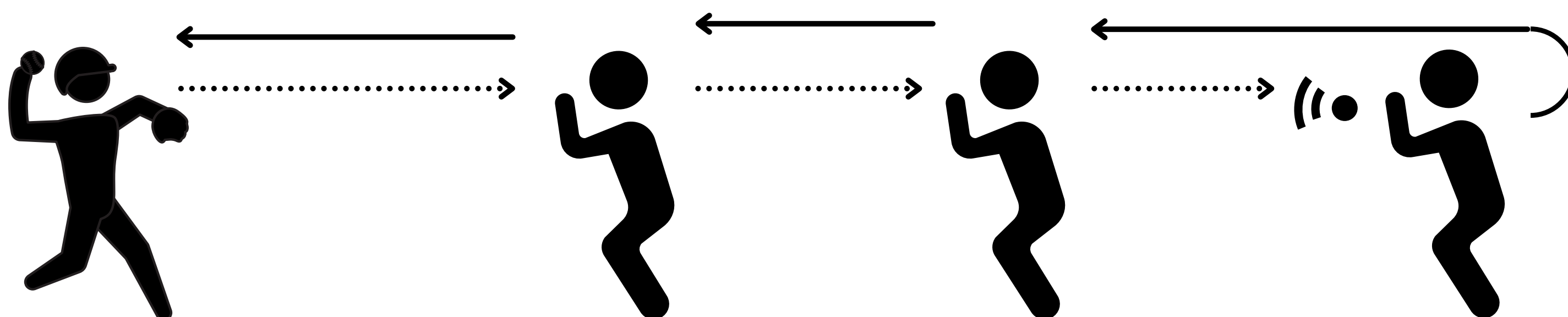
WARM-UP



RELAY THROWS

Setup:

- Group players in teams of 3-5 and have them stand in line 20-40 feet apart from each other
- The first player at one end of the line starts with the ball



Instructions:

- The player with the ball begins by throwing to the closest partner
- Player receiving the throw is set with glove at their chest slightly on their glove side
- Player will catch and with quick feet, will turn in an athletic throwing position and throw to the next partner.
- When the player at the opposite end catches the ball, that player will throw to the next partner reversing the direction the ball was originally traveling

Fun Team Competition:

- Even out the teams and have all start on coaches mark
- The team that gets the ball down and back to the beginning a predetermined amount of times, wins!

FENWAY FUNDAMENTALS

Relay throws rely on speed during a game. In practice, youth do not have to go fast but they should be working towards a quick transfer by having their throwing hand as close to their glove as they feel comfortable with so they can quickly transfer the ball from their glove to their hand.



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Equipment Needed:

- Gloves
- Balls



WARM-UP



SHORT HOPS

Setup:

- Players should partner up and grab 1 ball per pair and keep about 5-10 feet between pairs



Basic



Forehand



Backhand

Instructions:

- The pairs will work on short hops back and forth to each other and rotate through basic, forehand, and backhand short hops
- The player throwing the ball should aim for the ball to land about a foot in front of the fielding player's glove
- The fielding player should aim to field the ball out in front of their body and keep movements to a minimum

FENWAY FUNDAMENTALS

At any level and any position, this allows youth to get more comfortable with their glove and the different bounces they will receive.



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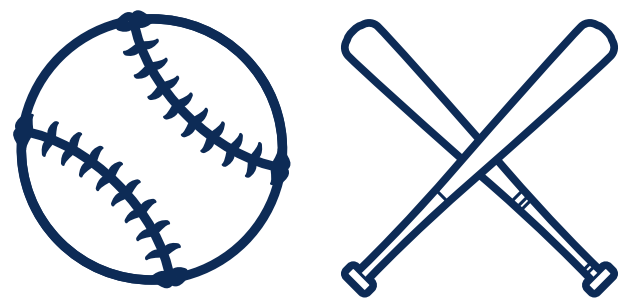


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Equipment Needed:

- Balls
- Bat



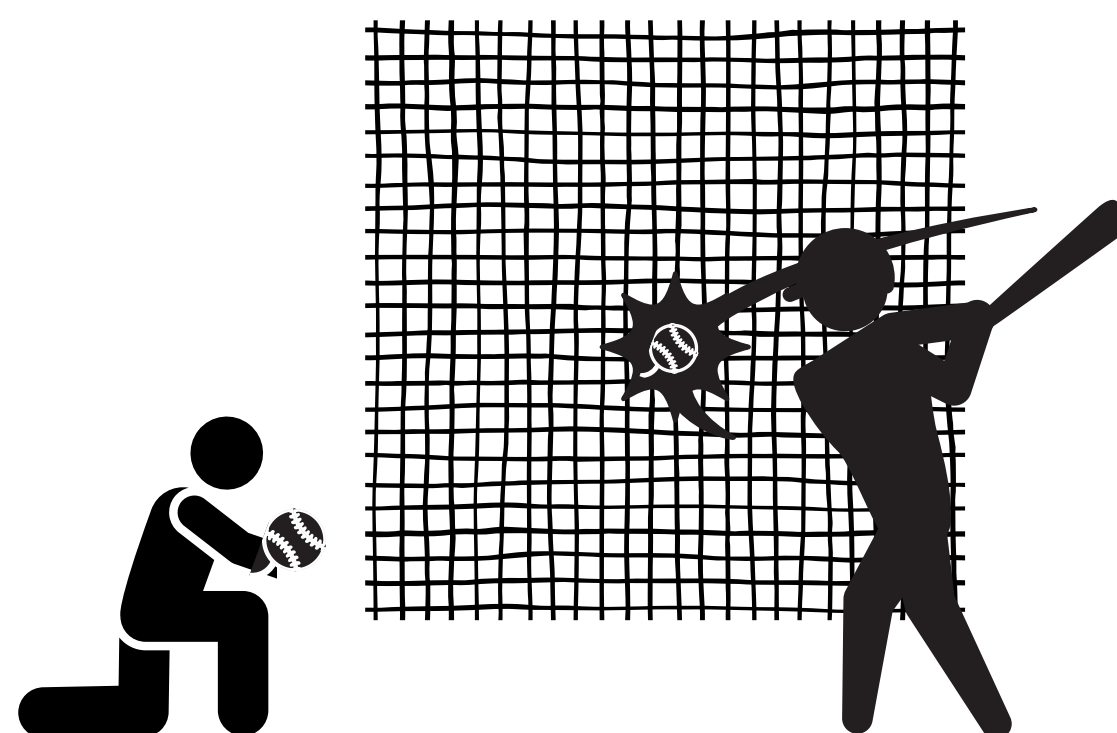
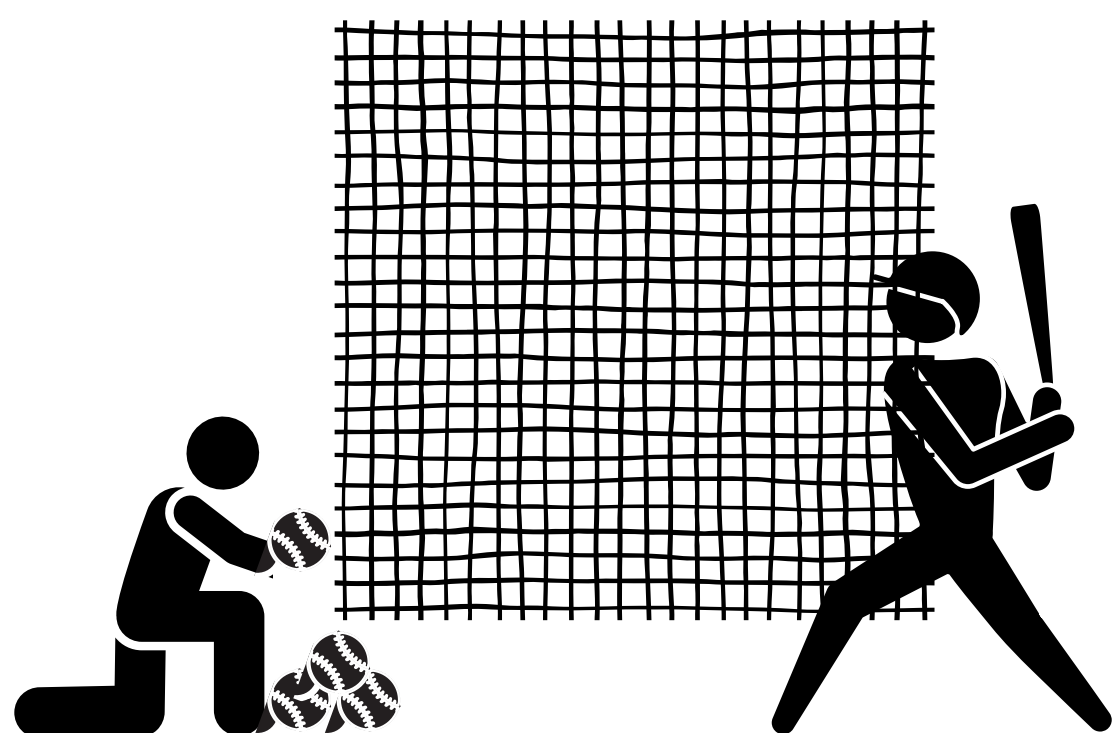
HITTING DRILLS



SOFT TOSS

Setup:

- Players partner up and one kneels to the side or slightly in front of the hitter with anywhere from 5-10 balls next to them
- The hitter is in a hitting stance about 10 feet from a net, screen, or fence



Instructions:

- With the hitter in a ready hitting stance, the kneeling partner will show and toss the ball into the strike zone of the hitter
- After the hitter makes contact, aiming for a line drive into the net, screen, or fence, the hitter resets in their hitting stance and the kneeling partner tosses another ball into the strike zone
- After going through the balls twice, the partners switch roles and repeat until time is up

FENWAY FUNDAMENTALS

Soft toss is a great way to work with youth on their hitting stance and swing while allowing all players to stay engaged and get a lot of reps. It is a great time for youth to work on adjusting potential bad habits.



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Equipment Needed:

- Balls
- Bat



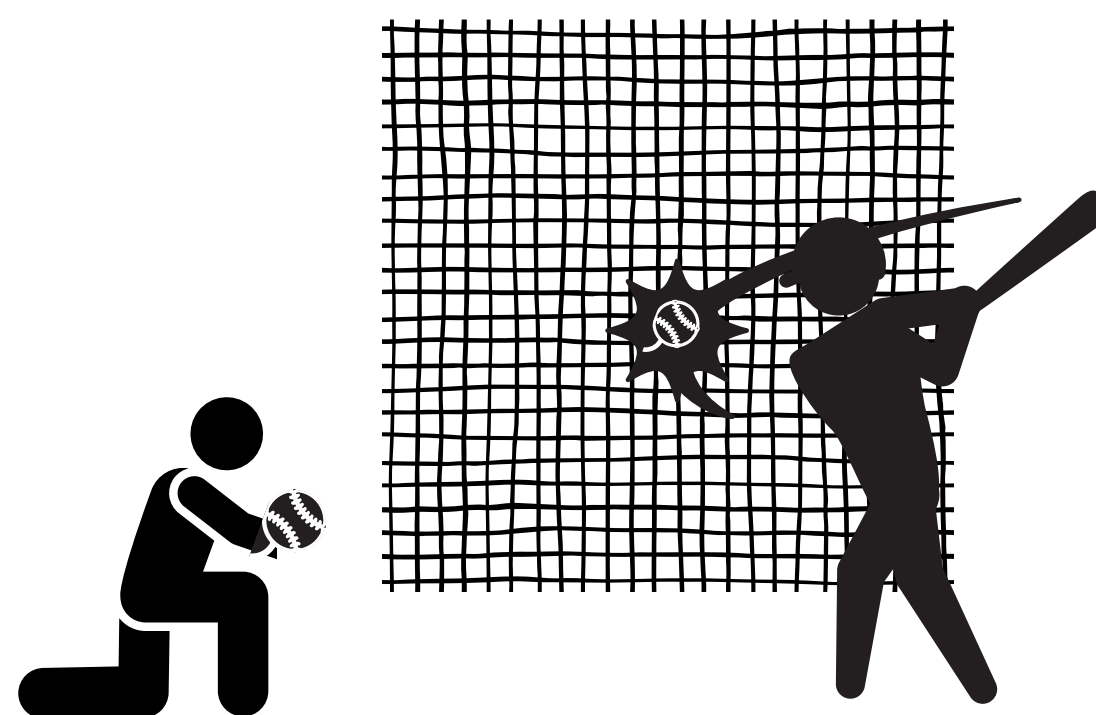
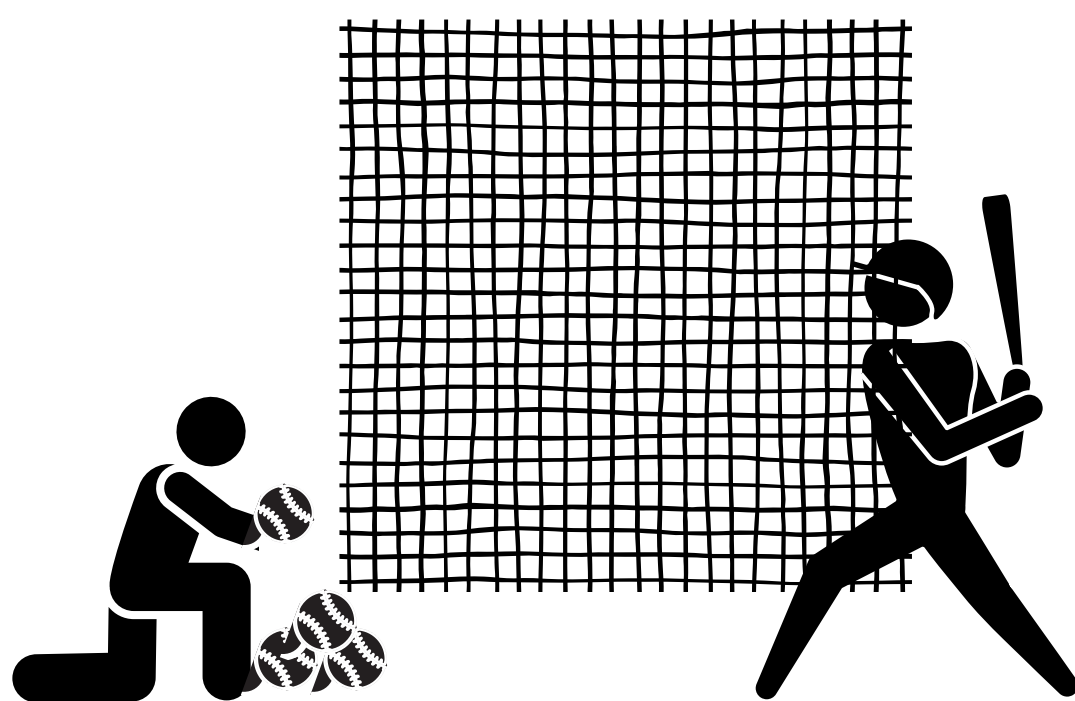
HITTING DRILLS



TOP HAND, BOTTOM HAND

Setup:

- Players partner up and one kneels to the side or slightly in front of the hitter with anywhere from 5-10 balls next to them
- The hitter is set up about 10 feet from a net, screen, or fence



Instructions:

- With the hitter in a ready hitting stance, the hitter will drop one hand off the bat (either top or bottom) and place that hand on their chest
- The kneeling partner will show and toss the ball into the strike zone as the hitter swings the bat with the one hand on the bat
- Reset after each toss and switch hands after a set of 5-10 tosses
- After hitter goes through a round with each hand, partners switch and repeat until time is up - a final round of hitting with both hands will help youth see instant gratification

FENWAY FUNDAMENTALS

Have youth choke up (move their hand higher) on the bat with their hand that is swinging if they are having trouble holding the bat. Focus on making good contact!



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Equipment Needed:

- Balls
- Gloves



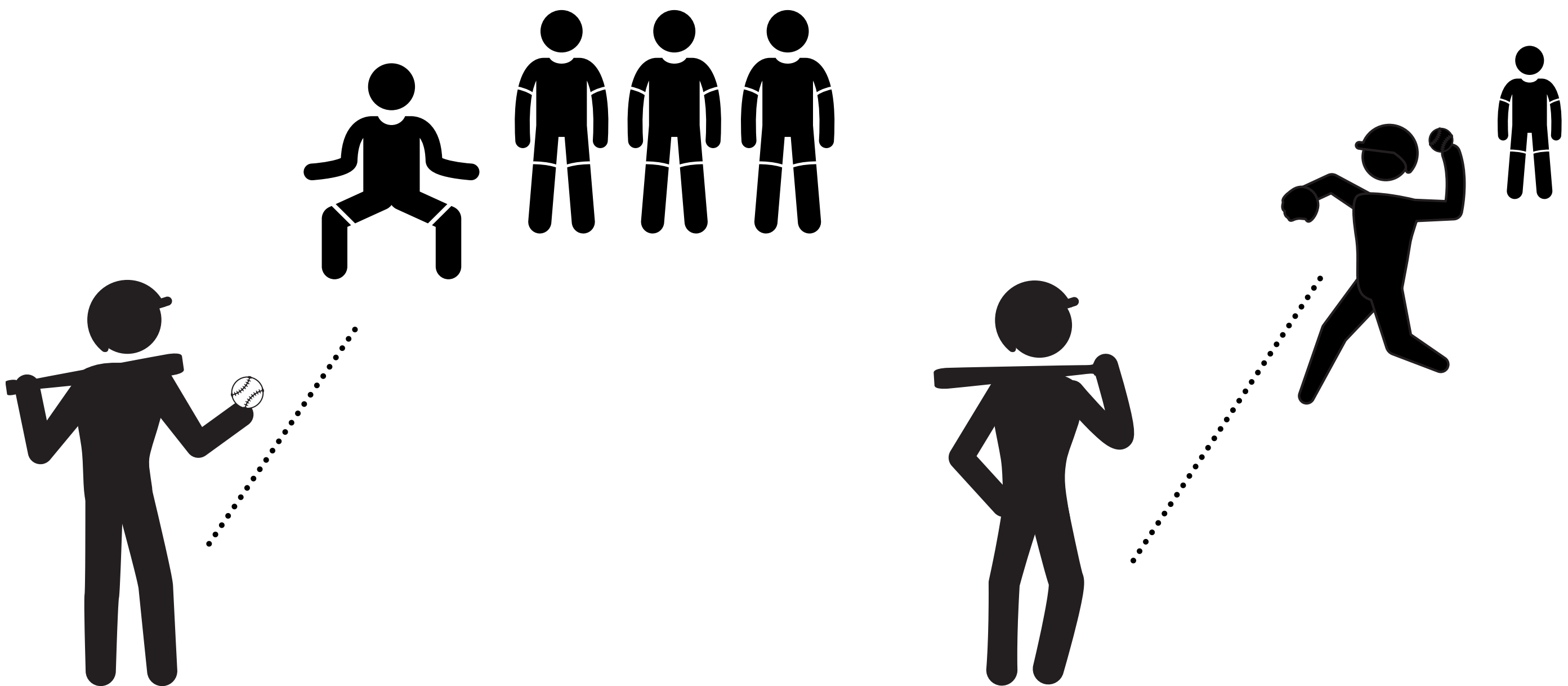
POSITION BREAKDOWN



OUTFIELDERS: ATTACKING GROUNDBALLS

Setup:

- Players should line up in a single file order as one player will go at a time
- Athletes should start in an athletic and ready position



Instructions:

- One at a time, the coach will either hit or roll ground balls that are not too fast
- The player will read the groundball and get in a position to attack the ball from their glove side
- As the player fields the ball to their glove side on the best hop, they should continue to run through the ball to give them momentum as they prepare to throw

FENWAY FUNDAMENTALS

All players, especially outfielders, should be thinking "if the ball is hit to me, where am I going with the ball?" before every pitch. This will help them be ready to get the ball back into the infield as quickly as possible.



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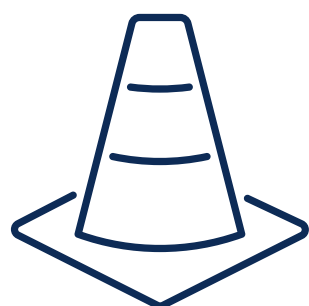


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Equipment Needed:

- Balls
- Gloves
- Cones



POSITION BREAKDOWN



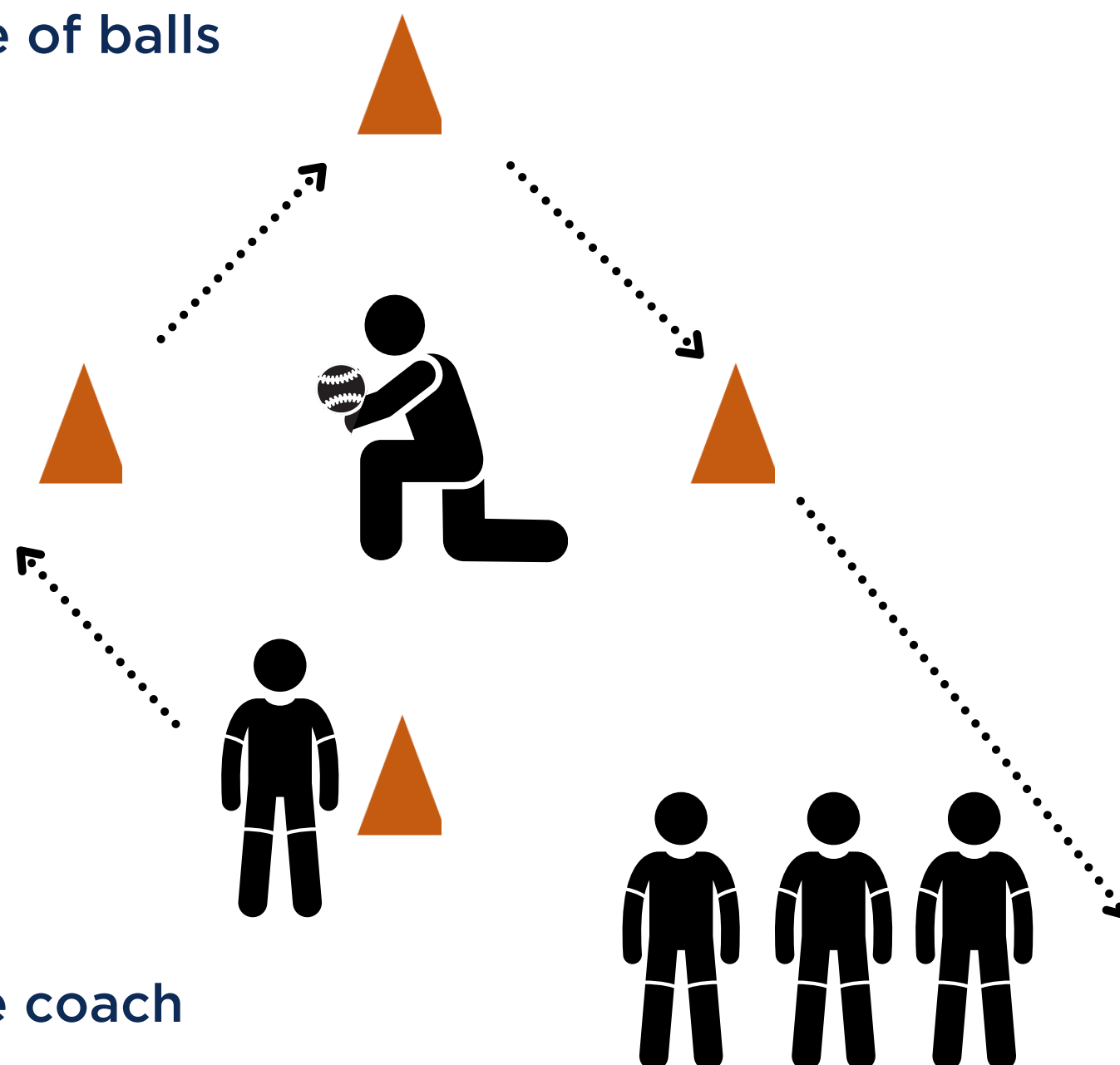
INFIELDERS: AROUND THE WORLD GROUNDBALLS

Setup:

- Set up 4 cones in a diamond pattern about 8-10 feet away from a middle point
- The coach will be in the middle with a couple of balls

Instructions:

- The player begins at the first cone receiving a ground ball rolled or bounced directly to the player and the ball is tossed back to the coach
- Staying low and shuffling or jogging to the next cone, a ground ball will be rolled or bounced to give the player a backhand groundball and the ball is tossed back to the coach
- At the 3rd cone, the ground ball should engage their range to their glove side and the ball is tossed back to the coach
- At the final cone, a slow roller allows the player to attack the baseball before tossing it back to the coach and heading to the back of the line



Fun Team Competition:

- See which player can be the last one standing without making an error by increasing the speed through the cones each time through the line

FENWAY FUNDAMENTALS

Athletes should focus on being athletic, staying low and light on their feet, and working to field the ball out in front.

The types of ground balls can be changed up to provide variety!



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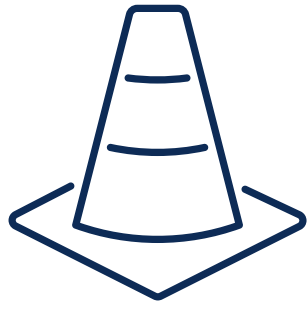
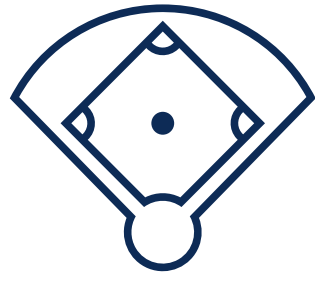


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Equipment Needed:

- Bases
- Cones



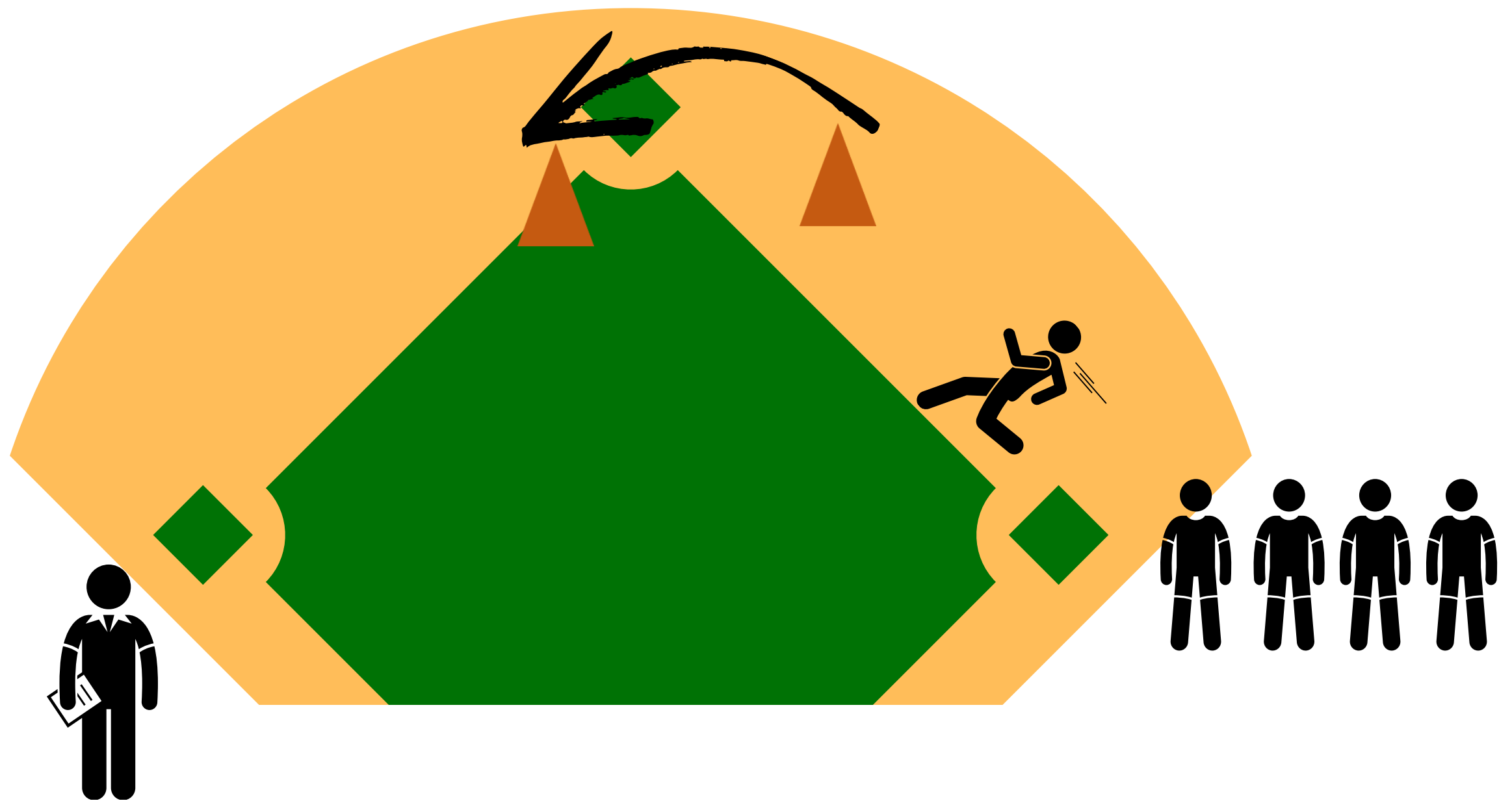
BASERUNNING



FIRST TO THIRD

Setup:

- Players line up at first base with the coach standing in the 3rd base coaches box
- Place a cone 10 feet in front of second base and another 5 feet past second base



Instructions:

- On the coach's signal, the first player in line takes a lead (if applicable) from first base and sprints to second
- As the player gets half way, they should look at the third base coach to get direction
- The coach will either signal to stop or keep going
 - Stop signal: baserunner will stop at second base
 - Go signal: baserunner will round second and run to 3rd base
- Repeat with the next player

FENWAY FUNDAMENTALS

Players should be looking at the coach for instructions on staying or running as the coach has a better view of the field and where the ball is in the field.

On a stop signal, advanced players can round the bag to "draw a throw" but should not go past the cone placed before returning to the bag.



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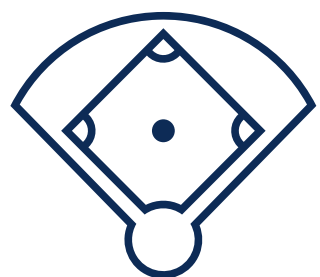


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Equipment Needed:

- Bases



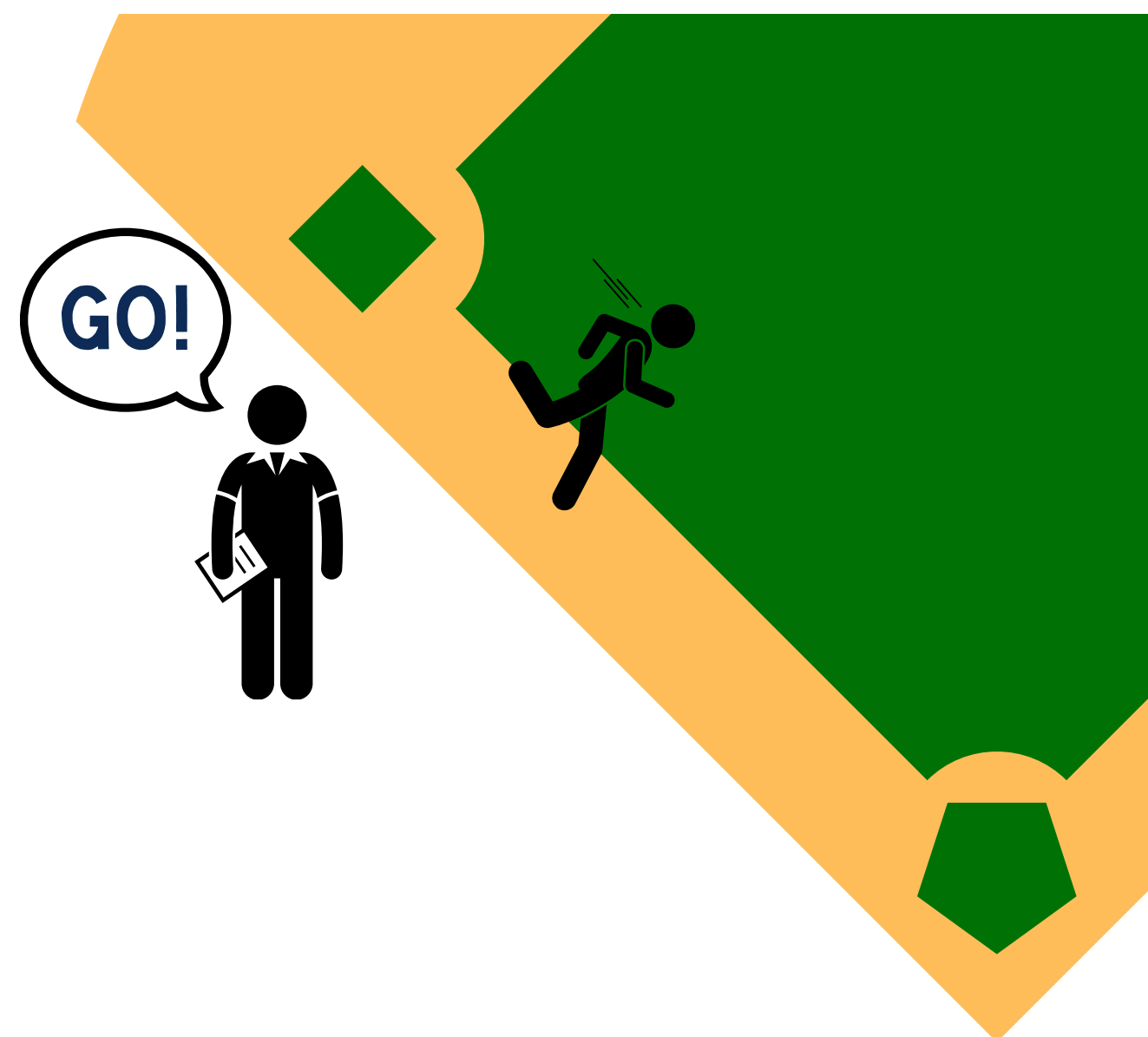
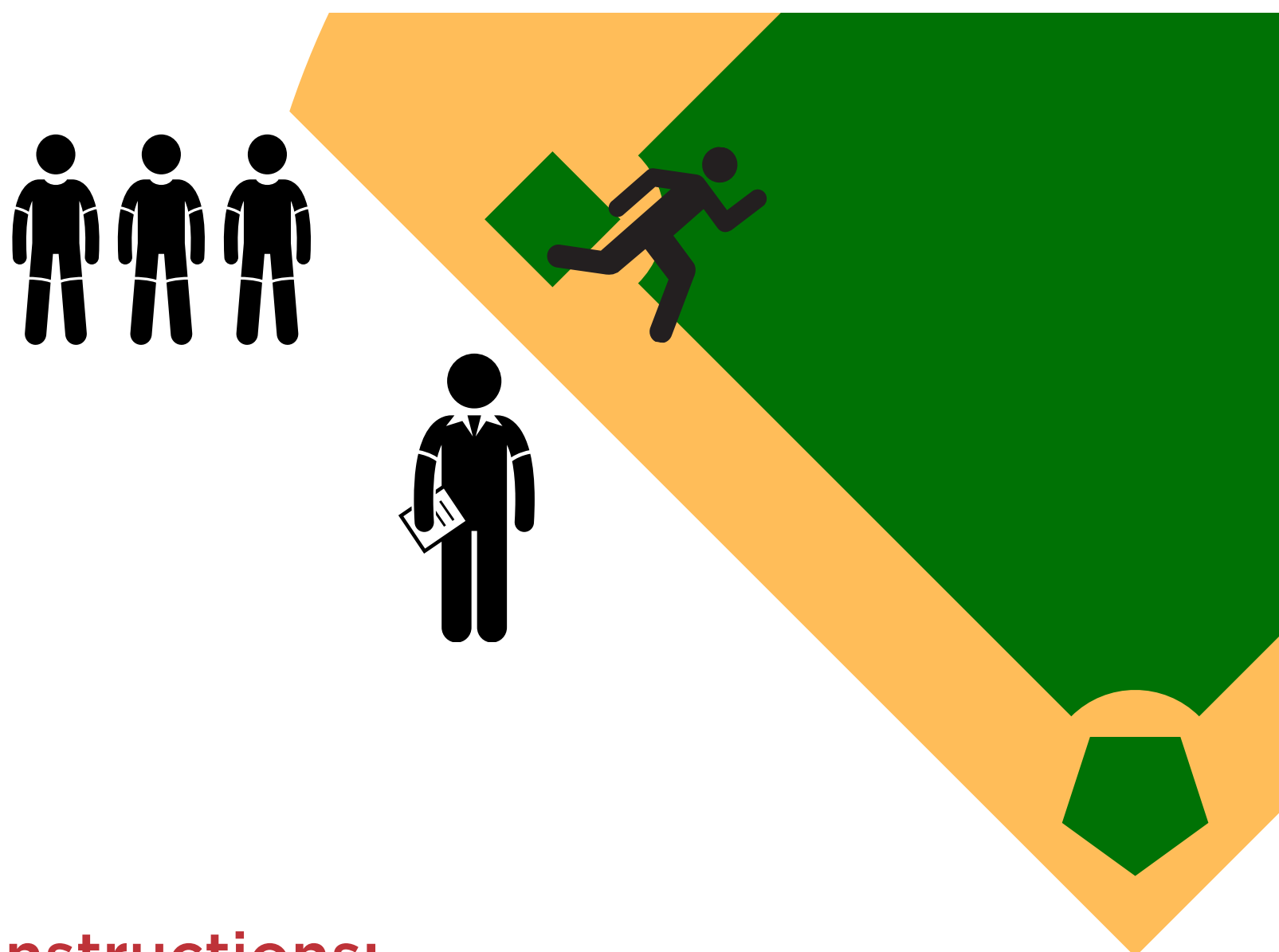
BASERUNNING



TAGGING UP

Setup:

- Players create a line behind 3rd base with the first player starting at the base



Instructions:

- The player begins with a lead (if applicable)
- On the coach's signal, the ball is simulated to be hit in the air to the outfield
 - If leading, the player should immediately return to the bag and prepare to run on the coach's signal
- The player should have one foot on the bag and ready to push off in a sprinter's position
- The coach will say "GO" when the simulated ball hits the outfielder's glove
- Repeat with the next player

FENWAY FUNDAMENTALS

To keep it simple, players should listen to the 3rd base coach when a ball is hit in the air to the outfield. This allows them to focus on running as fast as they can to home plate to score!



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