



COACH PRACTICE PLAN

SNAPSHOT

PRACTICE LENGTH: **2 Hours**

AGE GROUP:

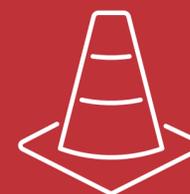
15-18 years old

PRACTICE TYPE: **Balanced**

SPORT & LEVEL:

Baseball - Advanced

RECOMMENDED EQUIPMENT:



PRACTICE OVERVIEW:

Warm-up (20 min)

Static & Dynamic Stretching

Load and Fire Throws

Quick Hands, Quick Feet

Baserunning (15 Min)

Tennis Ball Drop

Water Break (5 min)

Station Work (1 Hour) *Split Team Into Groups

Hitting (20 min).

**Turn the Barrel Drill
Step-Back Swings**

Positional Breakdown (20 Min Each)

**Outfield: Outfield Grounders
Infield: In a Pickle (Rundown Drill)**

Water Break (5 min)

Team Game (15 Min)

Four Corners

Recap (5 Min)

COACHES BOX

PRACTICE GOALS:

COACH NOTES:

Equipment Needed:
(none)

WARM-UP



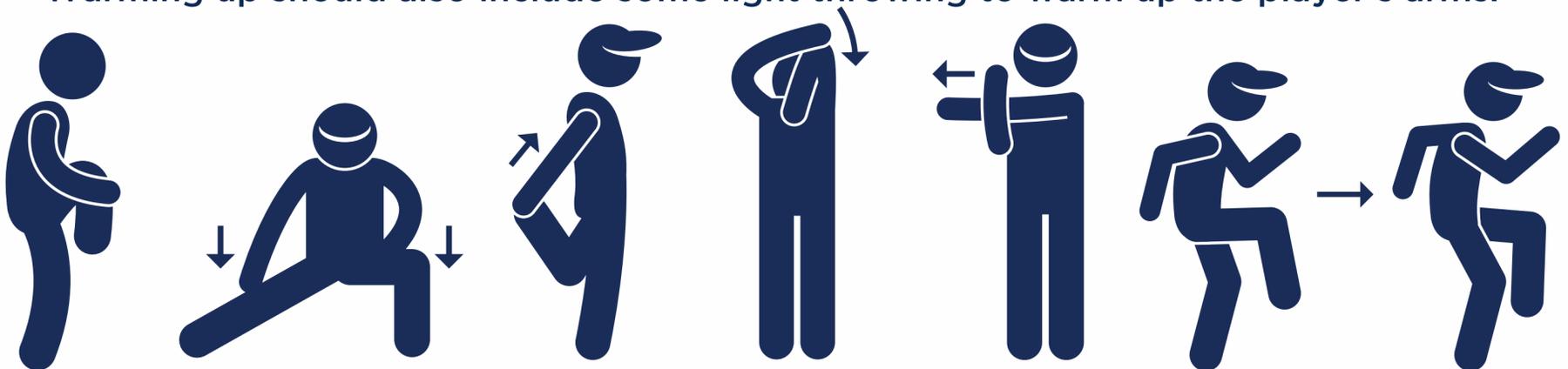
STATIC + DYNAMIC STRETCHING

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)
- Lying down knee to chest (5-10 seconds and switch legs)
- Karaoke's - Knee Thrusts - Lead Sprints (Up and Back 60 ft)

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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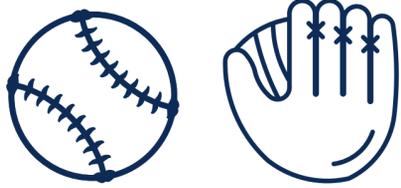


For More Resources

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Equipment Needed:

- Gloves
- Balls



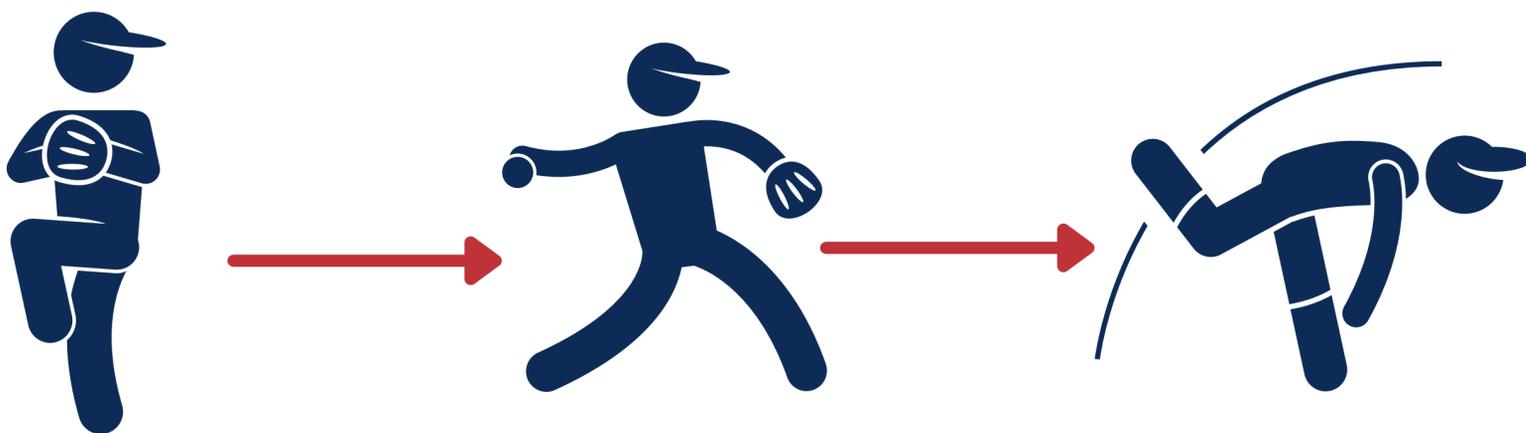
WARM-UP



LOAD AND FIRE THROWS

Setup:

- Great drill for warming up the arm/body and should be done after stretching out in long toss
- Players should grab ball and throwing partner. Set-up 50-60 feet apart from each other with one partner starting with the ball



Instructions:

- From comfortable set position with ball in their glove and a 4-Seam grip, athlete athletically hops onto their back leg, loads up their weight, drive their momentum and body through target delivering the ball on crisp line to partner's chest
- Athlete should work to highly engage their lower half which will help provide more power, and more stability in their throws
- Pitchers can add variation by starting in a set position, lifting their leg up to balance point, and then slowly bringing lead foot back down to tap the ground. Staying balanced and controlled as they repeat the toe taps 3 times, on the 3rd time, come to balance point and drive momentum through target

FENWAY FUNDAMENTALS

One cue that you can use to emphasize proper lower half involvement is "Drive the Back Hip". The Back Hip in our throwing motion is one of the best sources of power/stability. We aren't looking to just lunge explosively at our target, we want to drive through it as well. We want to feel that our Back Hip is the driver and our arm is along for the ride.



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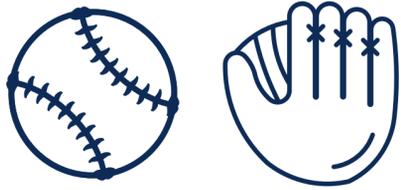


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Equipment Needed:

- Gloves
- Balls



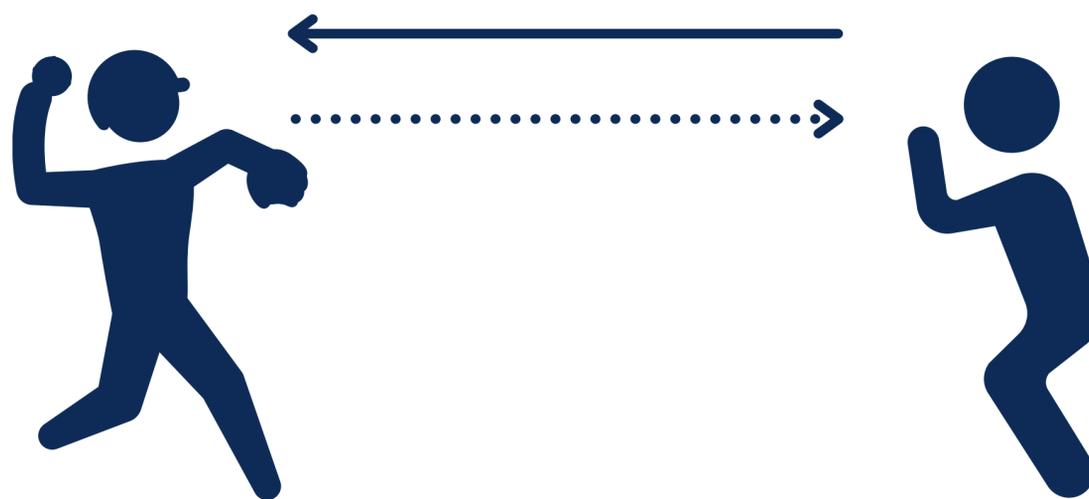
WARM-UP



QUICK HANDS, QUICK FEET

Setup:

- Throwing partners stand facing each other about 10-15 feet apart. One partner starts with ball.



Instructions:

- With feet shoulder width apart and in athletic position, partners will take turns receiving the ball, transferring it to their throwing hand and making an athletic throw to partner
- Fielders should have their glove and throwing hands out in front of them (about chest height), keeping their feet active (light and bouncing like a boxer in the ring)
- Work to receive ball in center of body, make clean transfer, then complete the throw through target as process repeats back and forth

FENWAY FUNDAMENTALS

Players should visualize being held back by a rubber band as they wait to receive the ball. As they catch the ball, they should imagine that rubber band releasing. This to help athletes get in the mindset of exploding through the ball as they receive it so they can then secure, transfer, and throw it in one smooth motion.



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Equipment Needed:

- Bases
- Tennis Balls



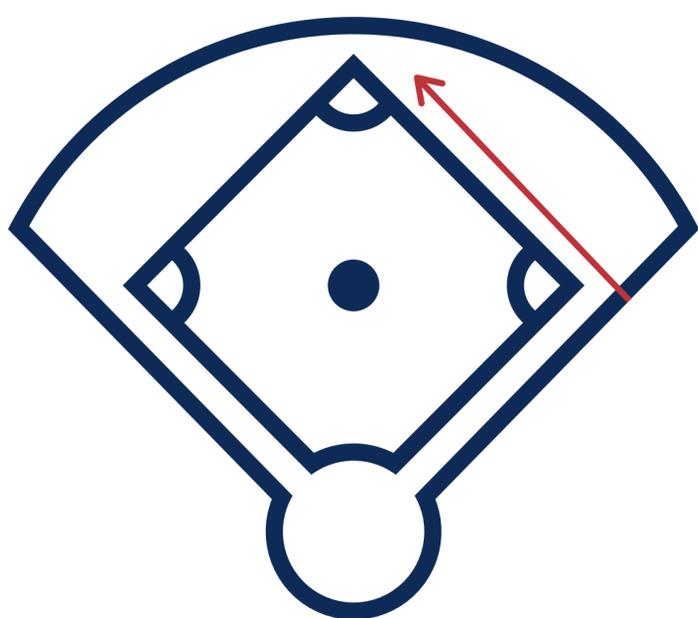
BASERUNNING



TENNIS BALL DROP

Setup:

- Players line up at 1st Base - one at a time
- A coach will stand about 10-20 feet ahead of the runner directly towards 2nd Base holding a tennis ball at chest height



GO!



Instructions:

- Runner takes lead off base
- Coach will drop the ball and let it bounce on their mark
- The runner explodes towards 2nd base and attempts to grab the ball before it bounces twice off the ground
- Adjust distance between coach and players or height of release point depending on athlete's level of quickness

FENWAY FUNDAMENTALS

Baserunners should focus on keeping their weight low and firing their hips as they start towards 2nd Base. Runners should also look in to home plate after a few steps to try and spot the ball.



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Equipment Needed:

- Balls
- Bat
- Batting Tee



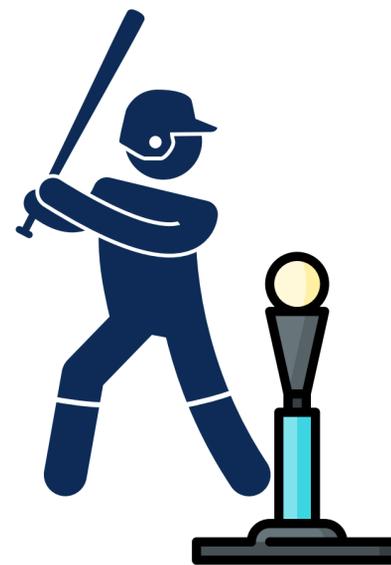
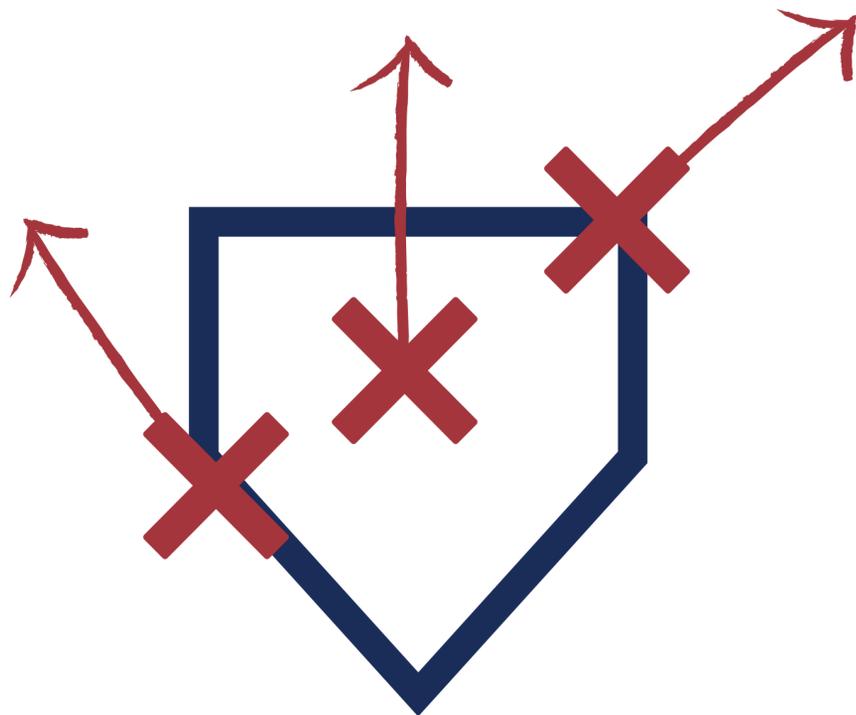
HITTING DRILLS



TURN THE BARREL DRILL

Setup:

- Players start at the tee and get into comfortable batting stance
- Tee can be moved to various parts of the plate to simulate different pitch locations



Instructions:

- Batter shifts weight to their backside with both feet staying on the ground
- Players with a leg kick may allow their front heel lifting slightly
- Once hitter is ready to swing, they can do so and work to hit line drives to the field depending on where the tee is placed

FENWAY FUNDAMENTALS

Sometimes hitters end up with inefficient movements that limit their ability to make good contact, or they think that they have to swing out of their shoes to hit the ball hard. In reality, some of the best hitters don't look like they're swinging hard at all. That's because they know how to use their body for stability/power, which helps them get the bat through the ball efficiently and with good force.



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Equipment Needed:

- Balls
- Bat



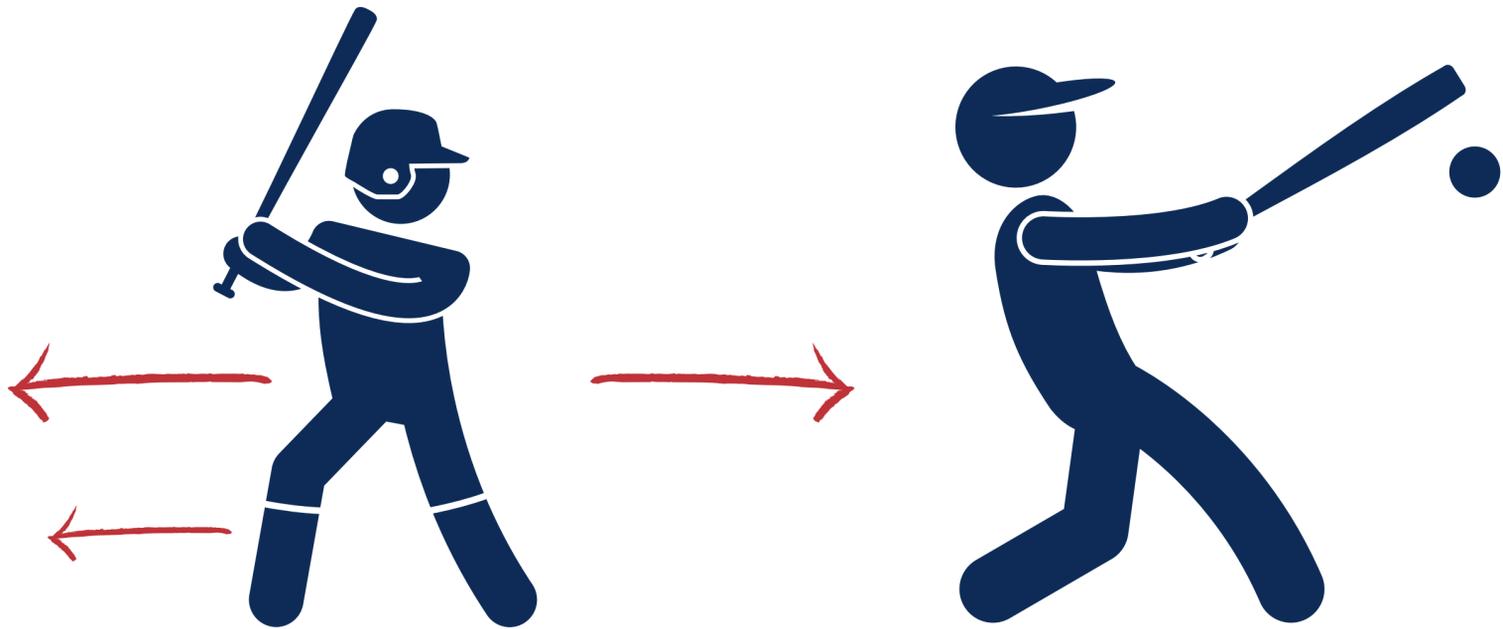
HITTING DRILLS



STEP-BACK SWINGS

Setup:

- Hitters hit into a net, fence, or open field
- Hitters will start in comfortable stance at the tee. Their front knee should be in line with the center of the tee



Instructions:

- Hitter takes an athletic small step backwards (think towards the backstop) and lets their weight shift back to their back leg/backside.
- After a slight pause, the hitter puts their front foot down and explodes through the ball
- The goal is for solid hard contact and line drives to all fields
- This is accomplished through good rhythm, staying smooth, and engaging the lower half to generate power and stability in their swing

FENWAY FUNDAMENTALS

This drill does a great job at letting hitters feel how the backside (back leg) is the gas pedal during the swing, while the front side (front leg) is the braking system when it's time to swing the bat through the hitting zone. Both work together to stay maintain power/stability in the swing.



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Equipment Needed:

- Balls
- Gloves



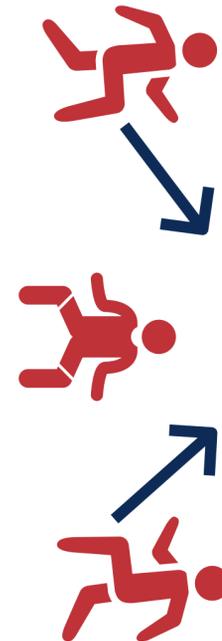
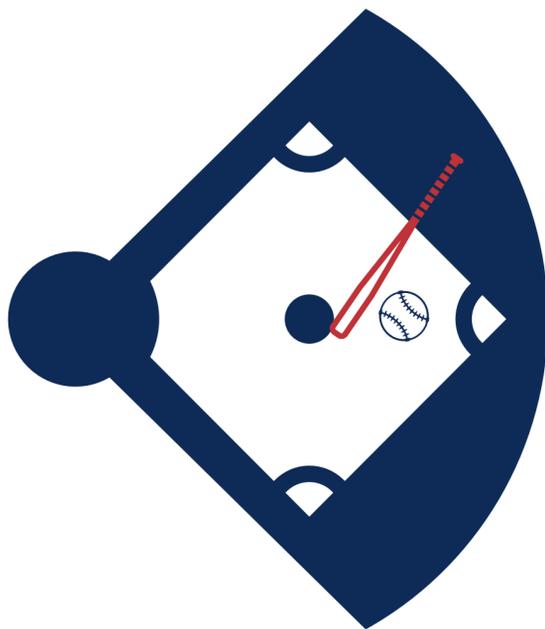
POSITION BREAKDOWN



OUTFIELDERS: OUTFIELD GROUNDERS

Setup:

- Grab bucket of balls and find a large open spot on a field (or Outfield)
- Place outfielders In 3 groups (LF, CF, RF)
- Place the bucket of balls around 2nd Base and have an Infielder stand-by to help receive throws back from the outfield



Instructions:

- Hit a mix of ground balls, line drives and fly-balls to outfielders with the focus on hitting them In outfield gaps
- Outfielders must communicate and field the ball but also back up their teammates If the ball Is not hit their way In case a ball gets past them
- Outfielders swap every time after the ball is hit

FENWAY FUNDAMENTALS

Emphasize space. If a ball Is hit hard, create space and get behind the ball. If It's hit slower, cut down space and work to charge through It. This way, your Outfielders are always creating good momentum through the ball and putting themselves In the best positions possible to make plays.



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Equipment Needed:

- Balls
- Gloves
- Bases



POSITION BREAKDOWN



INFIELDERS: IN A PICKLE (RUNDOWN DRILL)

Setup:

- Outfielders put on batting helmets and line up at a bases (you can mix it up to include different game scenarios)
- Infielders also form two lines at whichever bases are Involved In the play
- One base runner up at a time with your Infielders cycling through each line as the play goes
- Baserunner takes a slight lead off of the starting base (the one they'd be advancing from In a game scenario)
- Both bases Involved In the drill should be covered by a fielder



Instructions:

- Have runner take off towards the next base with the Intention of getting the fielders to pursue them In a rundown
- Fielders work to chase down the runner and tag them out, or push them back to the previous base they occupied. Fielders follow their throw and advance to next line to jump In again when needed.

FENWAY FUNDAMENTALS

- Infielders should run with ball In their throwing hand and follow the rule of:
 - Throw It to the next fielder If the runner takes off In full sprint
 - Engage the runner (try to run and tag them) If they slow up or try to evade the fielders.



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Equipment Needed:

- Bases
- Ball

- Glove



TEAM GAME



FOUR CORNERS

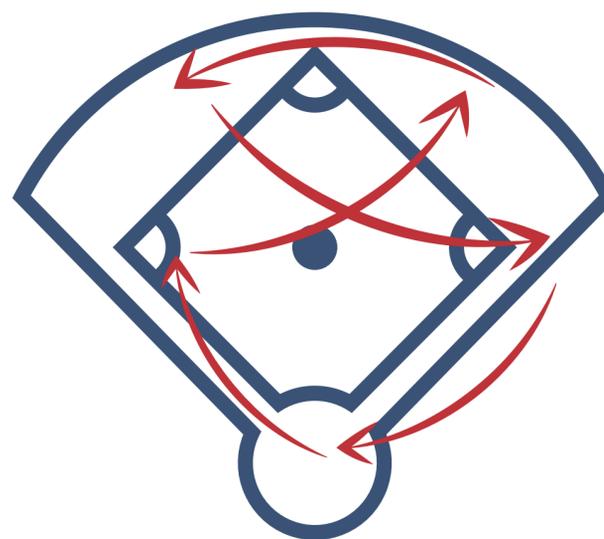
Setup:

- Place players at their regular positions on the diamond & try to keep the number of players at each spot to 2-3 athletes
- Catcher begins with the ball



The Four Corners Pattern:

Home to 3rd - 3rd to 2nd
Base - 2nd Base to SS - SS
to 1st Base - 1st Base to
Home -End



Instructions:

- Players will see how many times they can cleanly catch and throw ball around all four corners in a minute
- Players should have hands up and ready while waiting to help give their teammate a good target as any dropped ball or errant throw will reset the tally
- Emphasize clean throws and constant communication between athletes as they must work together to successfully get the ball cleanly around all four corners
- Players should work to move their feet, catch the ball in the center of their body and then make a quick and clean transfer so they can get the ball to the next corner
- For an added challenge, add in multiple balls

FENWAY FUNDAMENTALS

This drill will feel fast paced at first to your athletes, but is a great way of teaching them how to "slow down the game". They should stay calm, give their teammates a good target to aim for and communicate clearly with phrases like "I got you!", "Right here!", and "Let's keep it going!".



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