

PTLLE BASEBALL BASICS[©]

Hey I'm a coach!now what?

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Baseball Basics

Introduction

The purpose of this document is to present some very basic guidelines for coaching Little League baseball. There are so many things to teach the little guys and girls, where do we start? Hopefully, the information contained in the following pages will help place the focus in areas that will help the children learn, make the baseball experience fun and rewarding for both the players and coaches, and strengthen the baseball program.

More important than any technique is the player's attitude. Players must be encouraged to have a positive attitude toward their teammates, coaches, umpires and the game itself. Players must never make any attempt to verbally discourage or insult their teammates or the other team. Now is the time to teach sportsmanship.

It is intended that this manual will be improved over time.

Revision History

Rev.	Date	Author	Reason for Changes
1.0	2/24/03	Tom Tuite	Initial Version from meetings with the fine people listed on the cover.
1.1	3/3/03	Jaime Cerrato	Incorporate comments on throwing
1.2	3/10/03	PTLLE board	Incorporate feedback from the 3/8/03 board meeting.
1.3	4/9/03	Tracy Waffenfeld	Incorporate Practice Plan and add to website.

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Skills Matrix

Level Skill	T-Ball	Rookie	Minors	Majors
Hitting	<ol style="list-style-type: none"> 1. Grip 2. Stance 3. Swing 	<ol style="list-style-type: none"> 1. Focus on the ball 2. Stride 3. "Squish the bug" 	<ol style="list-style-type: none"> 1. Relax & focus 2. Gauge distance from the plate 	<ol style="list-style-type: none"> 1. Load 2. Choke up with 2 strikes; make contact
Baserunning		<ol style="list-style-type: none"> 1. Hit inside corner of each base 2. one foot on one foot off base 	<ol style="list-style-type: none"> 1. Sliding 2. Stealing 3. Rounding first 4. Pick up the base coach 	<ol style="list-style-type: none"> 1. First to third 2. Alert on passed ball 3. Get off the base after every pitch
Throwin	<ol style="list-style-type: none"> 1. "T" point stance 2. Step 3. Follow through 	<ol style="list-style-type: none"> 1. "T" point stance 2. Step 3. Follow through 	<ol style="list-style-type: none"> 1. Relay 2. Cutoff 3. Eyes on target 	<ol style="list-style-type: none"> 1. Cutoffs 2. Situational 3. Run downs 4. Long throws
Fielding	<ol style="list-style-type: none"> 1. 2 hands 2. Up / down 3. Alligator 4. Body in front of ball 5. backhand / forehand 	<ol style="list-style-type: none"> 1. Down & ready when pitcher is in motion 2. Hands in front 3. Pick it up, throw to first 4. tag vs. force 	<ol style="list-style-type: none"> 1. Backhand 2. Pitchers cover home 3. Backup 4. Force vs. tag 5. Who covers? 6. Outfield – 1st move is back 	<ol style="list-style-type: none"> 1. Slide step 2. Outfield footwork 3. Block ground balls
Pitching		Introduce	<ol style="list-style-type: none"> 1. Grip 2. Mechanics – 5 steps 3. Pitch Count 4. Relax & focus 	<ol style="list-style-type: none"> 1. Offspeed 2. Location
Catching		Introduce	<ol style="list-style-type: none"> 1. Set a target 2. Block 3. Mechanics 4. Throw to 2nd 	<ol style="list-style-type: none"> 1. Pickoff 2. Move target

Each level includes items from all the previous levels that need to be reinforced.

If the basics are taught correctly at each level, then we can build on the basics at the next level. For example, if time is spent in Minors teaching skills that should have been taught earlier, then the players fall behind and are not ready for Majors. Bad habits are tough to break.

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General Principles

These are just a few guiding principles that will keep the focus on the children learning and enjoying the game.

1. Emphasize safety, fun, and learning.
2. Concentrate on a few skills at the T-ball and Rookie level so that everyone will learn the basics. Trying to teach too many skills at these levels dilutes the basics.
3. Introduce skills beyond the basics after most players seem to have the basics down, perhaps in the second half of the season.
4. Have a practice plan. Break the practice down into stations or smaller groups, so that focused learning can take place and children aren't standing around getting bored.
5. Reinforce the basics every practice and every game. Repetition, repetition, repetition....
6. Remember that the games at the T-ball and Rookie levels in particular are for instruction, not to allow the players to keep repeating the same mistakes game after game. There are no wins or losses at these levels.
7. The idea of each level – T-ball, Rookies, Minors, Majors – is to prepare for the next level. Teach the principles that will work all the way through majors not just what works at T-ball or Rookie.
8. Have the players play real positions, not just wandering anywhere.
9. Let every player play any position they can safely play, then later in the season, focus the players that will be moving to the next level on positions where they seem to be comfortable.
10. Attend coach's clinics and player's clinics. You will learn an enormous amount about teaching the proper techniques.

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T-Ball Skills

Skill Area	Specific Skill	What to teach	Drills to reinforce
Hitting	<ol style="list-style-type: none"> 1. Grip 2. Stance 3. Swing 	<ol style="list-style-type: none"> 1. Grip the bat with two hands together toward the knob of the bat. 2. Stand with front foot at back corner of plate, back foot in line with front foot, feet about shoulder width apart, hands even with back shoulder. Determine distance from the plate by lining the bat up with the ball. 3. Eyes focused on the ball, swing level through the ball; hands come through first, follow through. Eyes stay on the tee where the ball was to emphasize keeping the head on the ball and not spinning the head with the swing. 	4 stations, four tees hitting into net or fence; a coach at each station; 5 <u>correct</u> swings each; rotate players to another station every 10 minutes.
Baserunning	<ol style="list-style-type: none"> 1. Which way is first? 	Run hard from base to base. Make sure each base is touched. Stay in the baseline; don't run into fielders.	Run the bases
Throwing	<ol style="list-style-type: none"> 1. "T" point stance 2. Step & throw 3. Follow through 	<ol style="list-style-type: none"> 1. Eyes on the target; four seam grip on the ball (2 or 3 finger grip depending on hand size); glove side of the body faces the target (feet, hips and shoulder perpendicular to target line); glove arm elbow is bent and pointed at the target (use this arm as a "gun sight" to help the player stay perpendicular); throwing arm is extended back in the opposite direct of the target in a slightly expanded "L" with the elbow shoulder high with hand positioned so that the fingers are on top of the ball and the thumb on the bottom. 2. Eyes on the target; glove side foot strides toward the target, as the throwing arm comes forward, pivoting on the back foot. The throwing elbow comes up to shoulder height with the arm in an L shape, ball now facing the target with the wrist cocked, chest now facing the target with the glove side elbow still tucked. The ball is released out in front of the head, when the nose is over the toes. 3. Eyes on the target; the throwing arm comes down across the body, snap the wrist as the ball is released, the hand coming below the knee, glove arm stays tucked, back leg swinging forward and landing about even or slightly in front of the front leg, eyes still on the target. At the end of the motion, the back of the throwing shoulder faces the target. 	<p>4 stations, line players up, take them through each part of the motion step by step. Rotate players to another station every 10 minutes.</p> <p>Set up a bucket, have players throw <u>with proper motion</u> into bucket.</p>
Fielding	<ol style="list-style-type: none"> 1. 2 hands 2. Up / down 3. Body in front of ball 4. Alligator 5. backhand / 	<ol style="list-style-type: none"> 1. Eyes on the ball at all times; glove open toward the ball, throwing hand open with palm towards the glove. 2. Glove fingers pointed up for ball above the waste, glove fingers pointed down for ball below the waste. 3. Get in position in front of the ball. If the ball is close enough, move the feet without crossing them to get in position. Once in front of a ground ball, head up, knees bent, rear end down. 	

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Skill Area	Specific Skill	What to teach	Drills to reinforce
	forehand	<ol style="list-style-type: none"><li data-bbox="506 139 1514 240">4. On a ground ball, once the body is in position, the glove is on the ground open toward the ball with the throwing hand ready to clamp the ball in the glove.<li data-bbox="506 248 1514 349">5. Backhand: Position glove with the thumb facing down, fingers pointing outward, glove open toward ball. Forehand: Position glove with the thumb facing up, fingers pointing outward, glove open toward ball.	

Baseball Basics Rookie Skills

Skill Area	Specific Skill	What to teach	Drills to reinforce
Hitting	<ol style="list-style-type: none"> 1. Focus on the ball 2. Stride 3. “Squish the bug” 	<ol style="list-style-type: none"> 1. Grip the bat with two hands together toward the knob of the bat. 2. Stand with front foot at back corner of plate, back foot in line with front foot, feet about shoulder width apart, hands even with back shoulder. Determine distance from the plate by holding the bat with the bottom hand, fat end of the bat touching the far side of the plate. 3. Eyes focused on the ball, swing level through the ball; hands come through first, slight stride with front foot sliding toward the pitcher. Eyes stay focused at the point of contact to emphasize keeping the head on the ball and not spinning the head with the swing. 4. Add “squish the bug”, or turn on the ball. After the hands come through, the bat continues over the front shoulder, the back foot pivots in place “squishing the bug”. Very important not to pick up the back foot. By pivoting the back foot, the hips will turn. 	<p>4 stations, four tees hitting into net or fence; a coach at each station; 10 <u>correct</u> swings each; rotate players to another station every 10 minutes.</p> <p>4 stations; coaches pitch socks or waffle ball. 10 <u>correct</u> swings each; rotate players to another station every 10 minutes.</p>
Baserunning	<ol style="list-style-type: none"> 1. Hit inside corner of each base 2. one foot on one foot off base 	<p>Run hard from base to base. Make sure each base is touched. Stay in the baseline; don’t run into fielders.</p>	<p>Run the bases</p>
Throwing	<ol style="list-style-type: none"> 1. “T” point stance 2. Step 3. Follow through 	<ol style="list-style-type: none"> 1. Eyes on the target; four seam grip on the ball (2 or 3 finger grip depending on hand size); glove side of the body faces the target (feet, hips and shoulder perpendicular to target line); glove arm elbow is bent and pointed at the target (use this arm as a “gun sight” to help the player stay perpendicular); throwing arm is extended back in the opposite direct of the target in a slightly expanded “L” with the elbow shoulder high with hand positioned so that the fingers are on top of the ball and the thumb on the bottom. 2. Eyes on the target; glove side foot strides toward the target, as the throwing arm comes forward, pivoting on the back foot. The throwing elbow comes up to shoulder height with the arm in an L shape, ball now facing the target with the wrist cocked, chest now facing the target with the glove side elbow still tucked. The ball is released out in front of the head, when the nose is over the toes. 3. Eyes on the target; the throwing arm comes down across the body, snap the wrist as the ball is released, the hand coming below the knee, glove arm stays tucked, back leg swinging forward and landing about 	<p>4 stations, line players up, take them through each part of the motion step by step. Rotate players to another station every 10 minutes.</p> <p>Set up a bucket, have players throw <u>with proper motion</u> into bucket.</p>

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Skill Area	Specific Skill	What to teach	Drills to reinforce
		<p>even or slightly in front of the front leg, eyes still on the target. At the end of the motion, the back of the throwing shoulder faces the target.</p>	
Fielding	<ol style="list-style-type: none"> 1. Down & ready when pitcher is in motion 2. Hands in front 3. Pick it up, throw to first 4. tag vs. force 	<ol style="list-style-type: none"> 1. Eyes on the ball at all times; glove open toward the ball, throwing hand open with palm towards the glove. 2. Glove fingers pointed up for ball above the waste, glove fingers pointed down for ball below the waste. 3. Get in position in front of the ball. If the ball is close enough, move the feet without crossing them to get in position. Once in front of a ground ball, head up, knees bent, rear end down. 4. On a ground ball, once the body is in position, the glove is on the ground open toward the ball with the throwing hand ready to clamp the ball in the glove. 5. Backhand: Position glove with the thumb facing down, fingers pointing outward, glove open toward ball. Forehand: Position glove with the thumb facing up, fingers pointing outward, glove open toward ball. 	<p>2 stations; coach at first and coach at 3rd. Line of players at 2nd and line at short. Coaches hit ball to shortstop, field and throw to base on their side of the infield.</p>
Pitching	Introduce	Using same basic throwing motion.	Throw from mound area to catcher
Catching	Introduce	Emphasize blocking the ball even more than catching it; drop to their knees, glove hand with back of glove on the ground.	Coach pitches from his knees; catcher drops to their knees, glove hand with back of glove on the ground.

Baseball Basics Minors Skills

Skill Area	Specific Skill	What to teach	Drills to reinforce
Hitting	<ol style="list-style-type: none"> 1. Relax & focus 2. Gauge distance from the plate 	<ol style="list-style-type: none"> 1. Grip the bat with two hands together toward the knob of the bat. 2. Stand with front foot at back corner of plate, back foot in line with front foot, feet about shoulder width apart, hands even with back shoulder. Determine distance from the plate by holding the bat with the bottom hand, fat end of the bat touching the far side of the plate. 3. “Load” when the pitcher brings his arm back. Load is mainly a shift of the weight to the back foot. Players must not wrap the bat back around their neck. 4. Eyes focused on the ball, swing level through the ball; hands come through first, slight stride with front foot sliding toward the pitcher. Eyes stay focused at the point of contact to emphasize keeping the head on the ball and not spinning the head with the swing. 5. Turn on the ball. After the hands come through, the bat continues over the front shoulder, the back foot pivots in place “squishing the bug”. Very important not to pick up the back foot. By pivoting the back foot, the hips will turn. 	<p>4 stations, four tees hitting into net or fence; a coach at each station; 10 <u>correct</u> swings each; rotate players to another station every 10 minutes. Emphasize proper mechanics.</p> <p>4 stations; coaches soft toss socks or waffle ball. 10 <u>correct</u> swings each; rotate players to another station every 10 minutes. Emphasize proper mechanics.</p> <p>Batting cages: Emphasize proper mechanics, not just swings for the sake of swings. Take time to work with the players and explain. Crank up the speed to get the players to react more quickly.</p>
Baserunning	<ol style="list-style-type: none"> 1. Sliding 2. Stealing 3. Rounding first 4. Pick up the base coach 	<ol style="list-style-type: none"> 1. Slide into 2nd, 3rd, home. 2. Steal on ball passed the catcher. 3. Run through first on hit to infield; round the bag on hit to outfield. 4. Watch the coach, NOT the ball. 	<p>Line up at home. Run to first as if infield hit, or outfield hit. Repeat a few times.</p>
Throwing	<ol style="list-style-type: none"> 1. Relay 2. Cutoff 3. Eyes on target 	<ol style="list-style-type: none"> 1. Eyes on the target; four seam grip on the ball (2 or 3 finger grip depending on hand size); glove side of the body faces the target (feet, hips and shoulder perpendicular to target line); glove arm elbow is bent and pointed at the target (use this arm as a “gun sight” to help the player stay perpendicular); throwing arm is extended back in the opposite direct of the target in a slightly expanded “L” with the elbow shoulder high with hand positioned so that the fingers are on top of the ball and the thumb on the bottom. 	<p>4 stations, line players up, take them through each part of the motion step by step. Rotate players to another station every 10 minutes. Emphasize proper mechanics.</p> <p>Set up a bucket, have players throw <u>with proper motion</u> into bucket. Emphasize proper mechanics.</p> <p>Multiple lines of three players; first player throws to middle player; middle player has to catch the ball,</p>

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Skill Area	Specific Skill	What to teach	Drills to reinforce
		<ol style="list-style-type: none"> 2. Eyes on the target; glove side foot strides toward the target, as the throwing arm comes forward, pivoting on the back foot. The throwing elbow comes up to shoulder height with the arm in an L shape, ball now facing the target with the wrist cocked, chest now facing the target with the glove side elbow still tucked. The ball is released out in front of the head, when the nose is over the toes. 3. Eyes on the target; the throwing arm comes down across the body, snap the wrist as the ball is released, the hand coming below the knee, glove arm stays tucked, back leg swinging forward and landing about even or slightly in front of the front leg, eyes still on the target. At the end of the motion, the back of the throwing shoulder faces the target. 	<p>rotate and throw to third player. Repeat the other way. Rotate players into middle position. Spread players further as they make accurate throws. Emphasize accuracy then speed. To spice things up, have a race between each line of players.</p>
Fielding	<ol style="list-style-type: none"> 1. Backhand 2. Pitchers cover home 3. Backup 4. Force vs. tag 5. Who covers? 6. Outfield – 1st move is back 	<ol style="list-style-type: none"> 1. Eyes on the ball at all times; glove open toward the ball, throwing hand open with palm towards the glove. 2. Glove fingers pointed up for ball above the waste, glove fingers pointed down for ball below the waste. 3. Get in position in front of the ball. If the ball is close enough, move the feet without crossing them to get in position. Once in front of a ground ball, head up, knees bent, rear end down. 4. On a ground ball, once the body is in position, the glove is on the ground open toward the ball with the throwing hand ready to clamp the ball in the glove. 5. Backhand: Position glove with the thumb facing down, fingers pointing outward, glove open toward ball. Forehand: Position glove with the thumb facing up, fingers pointing outward, glove open toward ball. 	<p>2 stations; coach at first and coach at 3rd. Line of players at 2nd and line at short. Coaches hit ball to shortstop, field and throw to base on their side of the infield.</p>
Pitching	<ol style="list-style-type: none"> 1. Grip 2. Mechanics – 5 steps 3. Pitch Count 4. Relax & focus 	<ol style="list-style-type: none"> 1. Four seam grip on ball in glove, back of glove hand toward plate. 2. 5 steps – start with both feet on the rubber, toes slightly hanging off toward home, angled slightly to the throwing hand side. <ol style="list-style-type: none"> a. Rocker: glove side foot steps back slightly b. Pivot: throwing side foot against and in front 	<p>Break down each of the 5 steps until players can do it correctly, going through each step with a ball in hand without actually throwing. These are the “mechanics” you so often hear about when watching a professional game. It is very important that the mechanics are correct and consistent before actually even throwing a ball.</p>

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Skill Area	Specific Skill	What to teach	Drills to reinforce
		<p style="text-align: center;">of rubber turn glove side toward plate</p> <ul style="list-style-type: none"> c. Balance: glove side knee up with top of leg parallel to ground, lower leg at right angle d. Throw: throwing hand comes down out of the glove, circle arm back, with ball facing the ground; arm comes forward with elbow above shoulder, arm at right angle e. Follow through with the throwing hand below the knee <ul style="list-style-type: none"> 3. Coaches limit the number of pitches, especially early in the season 4. Take deep breaths to relax, eyes on target from start to finish 5. Land in position to field 	<p>Throw from mound to catcher making sure mechanics remain correct and consistent.</p>
Catching	<ul style="list-style-type: none"> 1. Set a target 2. Block 3. Mechanics 4. Throw to 2nd 	<ul style="list-style-type: none"> 1. Set target in different parts of the strikezone. 2. Emphasize blocking the ball - drop to their knees, glove hand with back of glove on the ground. 3. Feet are spread wider with baserunners on. Footwork, quick throw. 	<p>Coach pitches; catcher drops to their knees, glove hand with back of glove on the ground. Practice throws to 2nd simultaneously with baserunners practicing stealing and sliding.</p>

Baseball Basics

Majors Skills

Skill Area	Specific Skill	What to teach	Drills to reinforce
Hitting	<ol style="list-style-type: none"> 1. Load 2. Choke up with 2 strikes; make contact 	<ol style="list-style-type: none"> 1. Grip the bat with two hands together toward the knob of the bat. 2. Stand with front foot at back corner of plate, back foot in line with front foot, feet about shoulder width apart, hands even with back shoulder. Determine distance from the plate by holding the bat with the bottom hand, fat end of the bat touching the far side of the plate. 3. “Load” when the pitcher brings his arm back. Load is mainly a shift of the weight to the back foot. Players must not wrap the bat back around their neck. 4. Eyes focused on the ball, swing level through the ball; hands come through first, slight stride with front foot sliding toward the pitcher. Eyes stay focused at the point of contact to emphasize keeping the head on the ball and not spinning the head with the swing. 5. Turn on the ball. After the hands come through, the bat continues over the front shoulder, the back foot pivots in place “squishing the bug”. Very important not to pick up the back foot. By pivoting the back foot, the hips will turn. 	<p>4 stations, four tees hitting into net or fence; a coach at each station; 10 <u>correct</u> swings each; rotate players to another station every 10 minutes. Emphasize proper mechanics.</p> <p>4 stations; coaches soft toss socks or waffle ball. 10 <u>correct</u> swings each; rotate players to another station every 10 minutes. Emphasize proper mechanics.</p> <p>Batting cages: Emphasize proper mechanics, not just swings for the sake of swings. Take time to work with the players and explain. Crank up the speed to get the players to react more quickly.</p>
Baserunning	<ol style="list-style-type: none"> 1. First to third 2. Alert on passed ball 3. Get off the base after every pitch 	<ol style="list-style-type: none"> 1. Slide into 2nd, 3rd, home. 2. Steal on ball passed the catcher. 3. Run through first on hit to infield; round the bag on hit to outfield. 4. Watch the coach, NOT the ball. 	<p>Line up at home. Run to first as if infield hit, or outfield hit. Repeat a few times.</p>
Throwing	<ol style="list-style-type: none"> 1. Cutoffs 2. Situational 3. Run downs 4. Long throws 	<ol style="list-style-type: none"> 1. Eyes on the target; four seam grip on the ball (2 or 3 finger grip depending on hand size); glove side of the body faces the target (feet, hips and shoulder perpendicular to target line); glove arm elbow is bent and pointed at the target (use this arm as a “gun sight” to help the player stay perpendicular); throwing arm is extended back in the opposite direct of the target in a slightly expanded “L” with the elbow shoulder high with hand positioned so that the fingers are on top of the ball and the thumb on the bottom. 	<p>4 stations, line players up, take them through each part of the motion step by step. Rotate players to another station every 10 minutes. Emphasize proper mechanics.</p> <p>Set up a bucket, have players throw <u>with proper motion</u> into bucket. Emphasize proper mechanics.</p> <p>Multiple lines of three players; first player throws to middle player; middle player has to catch the ball,</p>

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Skill Area	Specific Skill	What to teach	Drills to reinforce
		<ol style="list-style-type: none"> 2. Eyes on the target; glove side foot strides toward the target, as the throwing arm comes forward, pivoting on the back foot. The throwing elbow comes up to shoulder height with the arm in an L shape, ball now facing the target with the wrist cocked, chest now facing the target with the glove side elbow still tucked. The ball is released out in front of the head, when the nose is over the toes. 3. Eyes on the target; the throwing arm comes down across the body, snap the wrist as the ball is released, the hand coming below the knee, glove arm stays tucked, back leg swinging forward and landing about even or slightly in front of the front leg, eyes still on the target. At the end of the motion, the back of the throwing shoulder faces the target. 	<p>rotate and throw to third player. Repeat the other way. Rotate players into middle position. Spread players further as they make accurate throws. Emphasize accuracy then speed. To spice things up, have a race between each line of players.</p>
Fielding	<ol style="list-style-type: none"> 1. Slide step 2. Outfield footwork 3. Block ground balls 	<ol style="list-style-type: none"> 1. Eyes on the ball at all times; glove open toward the ball, throwing hand open with palm towards the glove. 2. Glove fingers pointed up for ball above the waste, glove fingers pointed down for ball below the waste. 3. Get in position in front of the ball. If the ball is close enough, move the feet without crossing them to get in position. Once in front of a ground ball, head up, knees bent, rear end down. 4. On a ground ball, once the body is in position, the glove is on the ground open toward the ball with the throwing hand ready to clamp the ball in the glove. 5. Backhand: Position glove with the thumb facing down, fingers pointing outward, glove open toward ball. Forehand: Position glove with the thumb facing up, fingers pointing outward, glove open toward ball. 	<p>2 stations; coach at first and coach at 3rd. Line of players at 2nd and line at short. Coaches hit ball to shortstop, field and throw to base on their side of the infield.</p>
Pitching	<ol style="list-style-type: none"> 1. Offspeed 2. Location 	<ol style="list-style-type: none"> 1. Four seam grip on ball in glove, back of glove hand toward plate. 2. 5 steps – start with both feet on the rubber, toes slightly hanging off toward home, angled slightly to the throwing hand side. <ol style="list-style-type: none"> a. Rocker: glove side foot steps back slightly b. Pivot: throwing side foot against and in front 	<p>Break down each of the 5 steps until players can do it correctly, going through each step with a ball in hand without actually throwing. These are the “mechanics” you so often hear about when watching a professional game. It is very important that the mechanics are correct and consistent before actually even throwing a ball.</p>

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Skill Area	Specific Skill	What to teach	Drills to reinforce
		<p style="padding-left: 40px;">of rubber turn glove side toward plate</p> <ul style="list-style-type: none"> c. Balance: glove side knee up with top of leg parallel to ground, lower leg at right angle d. Throw: throwing hand comes down out of the glove, circle arm back, with ball facing the ground; arm comes forward with elbow above shoulder, arm at right angle e. Follow through with the throwing hand below the knee <ul style="list-style-type: none"> 3. Coaches limit the number of pitches, especially early in the season 4. Take deep breaths to relax, eyes on target from start to finish 5. Land in position to field 	<p>Throw from mound to catcher making sure mechanics remain correct and consistent.</p>
Catching	<ul style="list-style-type: none"> 1. Pickoff 2. Move target 	<ul style="list-style-type: none"> 1. Set target in different parts of the strikezone. 2. Emphasize blocking the ball - drop to their knees, glove hand with back of glove on the ground. 3. Feet are spread wider with baserunners on. Footwork, quick throw. 	<p>Coach pitches; catcher drops to their knees, glove hand with back of glove on the ground. Practice throws to 2nd simultaneously with baserunners practicing stealing and sliding.</p>

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Example Practice Plan T-Ball

Time	Activity	Specifics	Notes
15 minutes	Warm up	Stretching Throwing	Emphasize proper throwing
5 Minutes	Talk with players	How we will do things What the plan is for practice	
8 minutes	Baserunning	All run from home to home with purpose to get loose 2 nd time, one base at a time	Go! Runner starts from home goes to first and rounds bag
2 minutes	Water break		
10 minutes	Fielding	Everybody at shortstop; field the ball, throw to first.	
20 minutes	Hitting	Hit off tee into nets	4 stations
60 minutes			

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Example Practice Plan Rookies

Time	Activity	Specifics	Notes
15 minutes	Warm up	Stretching Throwing	Emphasize proper throwing
5 Minutes	Talk with players	How we will do things What the plan is for practice	
8 minutes	Baserunning	All run from home to home with purpose to get loose 2 nd time, one base at a time	Go! Runner starts from home goes to first and rounds bag
2 minutes	Water break		
10 minutes	Fielding	Everybody at shortstop; field the ball, throw to first.	
20 minutes	Hitting	Hit off tee into nets Hit off coaches pitching	4 stations; Have some players hitting, others in the outfield working on throwing to prevent players from standing around
60 minutes			

Baseball Basics

Example Practice Plan Minors

Time	Activity	Specifics	Notes
15 minutes	Warm up	Stretching Throwing	
5 Minutes	Talk with players	How we will do things What the plan is for practice What positions they like? Who wants to pitch?	
10 minutes	Baserunning	All run from home to home with purpose to get loose 2 nd time, one base at a time	Go! Runner starts from home goes to first and rounds bag
2 minutes	Water break		
15 minutes	Fielding	Everybody at shortstop	
20 minutes	Hitting Outfield Infield	Hitting into nets Bunting Throwing flies - turn & run Infield	2 stations, 2 boys per 1 station, 2 boys 2 stations, 3 boys per 1 station, 3 boys
2 minutes	Water break		
30 minutes	Simulated game	Use tee for hitting Provide specific instruction	
2 minutes	What's next	Next practice	
101 minutes			

Baseball Basics

Example Practice Plan Majors

To be Added.

Baseball Basics

Resources

www.webball.com - drills, techniques, do and don'ts

www.baseballexcellence.com - books, videos, free email newsletter

www.rookiesbaseball.org - instructional clinics; taking your own child to a clinic where you can observe how skills are specifically taught is enormously helpful

Public Library – videos, books

Baseball Basics

T-Ball

Practice Plan T-Ball - Practice #1

Practice Focus: Throwing

Time	Activity	Specifics	Notes
15 minutes	Warm up	Stretching Throwing	Emphasize proper throwing
5 Minutes	Talk with players	How we will do things What the plan is for practice	
8 minutes	Baserunning	All run from home to home with purpose to get loose 2 nd time, one base at a time	Go! Runner starts from home goes to first and rounds bag
2 minutes	Water break		
30 minutes	Throwing & Catching	<p>4. "T" point stance</p> <p>5. Step & throw</p> <p>6. Follow through</p> <p>4. Eyes on the target; four seam grip on the ball (2 or 3 finger grip depending on hand size); glove side of the body faces the target (feet, hips and shoulder perpendicular to target line); glove arm elbow is bent and pointed at the target (use this arm as a "gun sight" to help the player stay perpendicular); throwing arm is extended back in the opposite direct of the target in a slightly expanded "L" with the elbow shoulder high with hand positioned so that the fingers are on top of the ball and the thumb on the bottom.</p> <p>5. Eyes on the target; glove side foot strides toward the target, as the throwing arm comes forward, pivoting on the back foot. The throwing elbow comes up to shoulder height with the</p>	<p>4 stations, line players up, take them through each part of the motion step by step. Rotate players to another station every 10 minutes.</p> <p>Set up a bucket, have players throw <u>with proper motion</u> into bucket</p>

Baseball Basics

		<p>arm in an L shape, ball now facing the target with the wrist cocked, chest now facing the target with the glove side elbow still tucked. The ball is released out in front of the head, when the nose is over the toes.</p> <p>Eyes on the target; the throwing arm comes down across the body, snap the wrist as the ball is released, the hand coming below the knee, glove arm stays tucked, back leg swinging forward and landing about even or slightly in front of the front leg, eyes still on the target. At the end of the motion, the back of the throwing shoulder faces the target.</p>	
60 minutes			

Baseball Basics

T-Ball

Practice Plan T-Ball - Practice #2

Practice Focus: Hitting

Time	Activity	Specifics	Notes
14 minutes	Warm up	Stretching Throwing	Emphasize proper throwing
5 Minutes	Talk with players	How we will do things What the plan is for practice	
4 minutes	Baserunning	All run from home to home with purpose to get loose 2 nd time, one base at a time	Go! Runner starts from home goes to first and rounds bag
2 minutes	Water break		
10 minutes	Throwing & Catching	<ol style="list-style-type: none"> "T" point stance Step & throw Follow through <p>1. Eyes on the target; four seam grip on the ball (2 or 3 finger grip depending on hand size); glove side of the body faces the target (feet, hips and shoulder perpendicular to target line); glove arm elbow is bent and pointed at the target (use this arm as a "gun sight" to help the player stay perpendicular); throwing arm is extended back in the opposite direct of the target in a slightly expanded "L" with the elbow shoulder high with hand positioned so that the fingers are on top of the ball and the thumb on the bottom.</p> <p>2. Eyes on the target; glove side foot strides toward the target, as the throwing arm comes forward, pivoting on the back foot. The throwing elbow comes up to shoulder height with the arm in an L shape, ball now facing the</p>	<p>4 stations, line players up, take them through each part of the motion step by step. Rotate players to another station every 10 minutes.</p> <p>Set up a bucket, have players throw <u>with proper motion</u> into bucket (Time Per mitting)</p>

Baseball Basics

		<p>target with the wrist cocked, chest now facing the target with the glove side elbow still tucked. The ball is released out in front of the head, when the nose is over the toes.</p> <p>3. Eyes on the target; the throwing arm comes down across the body, snap the wrist as the ball is released, the hand coming below the knee, glove arm stays tucked, back leg swinging forward and landing about even or slightly in front of the front leg, eyes still on the target. At the end of the motion, the back of the throwing shoulder faces the target.</p>	
25 minutes	Hitting	<p>4. Grip 5. Stance Swing</p> <p>4. Grip the bat with two hands together toward the knob of the bat.</p> <p>5. Stand with front foot at back corner of plate, back foot in line with front foot, feet about shoulder width apart, hands even with back shoulder. Determine distance from the plate by lining the bat up with the ball.</p> <p>3. Eyes focused on the ball, swing level through the ball; hands come through first, follow through. Eyes stay on the tee where the ball was to emphasize keeping the head on the ball and not spinning the head with the swing.</p>	4 stations, four tees hitting into net or fence; a coach at each station; 5 <u>correct</u> swings each; rotate players to another station every 10 minutes.
60 minutes			

Baseball Basics

T-Ball

Practice Plan T-Ball - Practice #3

Practice Focus: Throwing and Hitting

Time	Activity	Specifics	Notes
14 minutes	Warm up	Stretching Throwing	Emphasize proper throwing
5 Minutes	Talk with players	How we will do things What the plan is for practice	
4 minutes	Baserunning	All run from home to home with purpose to get loose 2 nd time, one base at a time	Go! Runner starts from home goes to first and rounds bag
2 minutes	Water break		
15 minutes	Throwing & Catching	<ol style="list-style-type: none"> 1. "T" point stance 2. Step & throw 3. Follow through <p>1. Eyes on the target; four seam grip on the ball; glove side of the body faces the target; glove arm elbow is bent and pointed at the target; throwing arm is extended back in the opposite direct of the target with hand positioned so that the ball is facing the ground.</p> <p>2. Eyes on the target; glove side foot strides slightly toward the target, as the throwing arm comes forward, pivoting on the back foot. The throwing elbow comes up to shoulder height with the arm in an L shape, ball now facing the target with the wrist cocked, chest now facing the target with the elbow still tucked.</p> <p>3. Eyes on the target; the throwing arm comes down across the body, snap</p>	<p>4 stations, line players up, take them through each part of the motion step by step. Rotate players to another station every 10 minutes.</p> <p>Set up a bucket, have players throw <u>with proper motion</u> into bucket (Time Permitting)</p>

Baseball Basics

		the wrist as the ball is released, the hand coming below the knee, glove arm stays tucked, back leg swinging forward and landing about even or slightly in front of the front leg, eyes still on the target.	
20 minutes	Hitting	<ol style="list-style-type: none"> 1. Grip 2. Stance 3. Swing <ol style="list-style-type: none"> 1. Grip the bat with two hands together toward the knob of the bat. 2. Stand with front foot at back corner of plate, back foot in line with front foot, feet about shoulder width apart, hands even with back shoulder. Determine distance from the plate by lining the bat up with the ball. 3 Eyes focused on the ball, swing level through the ball; hands come through first, follow through. Eyes stay on the tee where the ball was to emphasize keeping the head on the ball and not spinning the head with the swing. 	4 stations, four tees hitting into net or fence; a coach at each station; 5 <u>correct</u> swings each; rotate players to another station.
60 minutes			

Baseball Basics

T-Ball

Practice Plan T-Ball - Practice #4

Practice Focus: Fielding

Time	Activity	Specifics	Notes
15 minutes	Warm up	Stretching Throwing	Emphasize proper throwing
5 Minutes	Talk with players	How we will do things What the plan is for practice	
10 minutes	Throwing & Catching	<ol style="list-style-type: none"> 1. "T" point stance 2. Step & throw 3. Follow through <p>1. Eyes on the target; four seam grip on the ball (2 or 3 finger grip depending on hand size); glove side of the body faces the target (feet, hips and shoulder perpendicular to target line); glove arm elbow is bent and pointed at the target (use this arm as a "gun sight" to help the player stay perpendicular); throwing arm is extended back in the opposite direct of the target in a slightly expanded "L" with the elbow shoulder high with hand positioned so that the fingers are on top of the ball and the thumb on the bottom.</p> <p>2. Eyes on the target; glove side foot strides toward the target, as the throwing arm comes forward, pivoting on the back foot. The throwing elbow comes up to shoulder height with the arm in an</p>	<p>4 stations, line players up, take them through each part of the motion step by step. Rotate players to another station every 10 minutes.</p> <p>Set up a bucket, have players throw <u>with proper motion</u> into bucket (Time Permitting)</p>

Baseball Basics

		<p>L shape, ball now facing the target with the wrist cocked, chest now facing the target with the glove side elbow still tucked. The ball is released out in front of the head, when the nose is over the toes.</p> <p>3. Eyes on the target; the throwing arm comes down across the body, snap the wrist as the ball is released, the hand coming below the knee, glove arm stays tucked, back leg swinging forward and landing about even or slightly in front of the front leg, eyes still on the target. At the end of the motion, the back of the throwing shoulder faces the target.</p>	
2 Minutes	Water Break		
10 minutes	Hitting	<ol style="list-style-type: none"> 1. "Grip 2. Stance 3. Swing <ol style="list-style-type: none"> 1. Grip the bat with two hands together toward the knob of the bat. 2. Stand with front foot at back corner of plate, back foot in line with front foot, feet about shoulder width apart, hands even with back shoulder. Determine distance from the plate by lining the bat up with the ball. <p>3 Eyes focused on the ball, swing level through the ball; hands come through first, follow through. Eyes stay on the tee where the ball was to emphasize keeping the head on the ball and not spinning the head with the swing..</p>	4 stations, four tees hitting into net or fence; a coach at each station; 5 <u>correct</u> swings each; rotate players to another station.
18 minutes	Fielding	<ol style="list-style-type: none"> 6. 2 hands 7. Up / down 8. Body in front of ball 9. Alligator 	Only Throw is to First.

Baseball Basics

		<p>backhand / forehand</p> <ol style="list-style-type: none"> 6. Eyes on the ball at all times; glove open toward the ball, throwing hand open with palm towards the glove. 7. Glove fingers pointed up for ball above the waste, glove fingers pointed down for ball below the waste. 8. Get in position in front of the ball. If the ball is close enough, move the feet without crossing them to get in position. Once in front of a ground ball, head up, knees bent, rear end down. 9. On a ground ball, once the body is in position, the glove is on the ground open toward the ball with the throwing hand ready to clamp the ball in the glove. <p>5. Backhand: Position glove with the thumb facing down, fingers pointing outward, glove open toward ball. Forehand: Position glove with the thumb facing up, fingers pointing outward, glove open toward ball.</p>	
60 minutes			

Baseball Basics

T-Ball

Practice Plan T-Ball - Practice #5

Practice Focus: Throwing, Hitting and Fielding - Determine Where additional Practice is Required.

Time	Activity	Specifics	Notes
15 minutes	Warm up	Stretching Throwing	Emphasize proper throwing
5 Minutes	Talk with players	How we will do things What the plan is for practice	
8 minutes	Baserunning	All run from home to home with purpose to get loose 2 nd time, one base at a time	Go! Runner starts from home goes to first and rounds bag
2 minutes	Water break		
TBD minutes	Throwing & Catching	"T" Point stance Step Follow Through	4 stations, line players up, take them through each part of the motion step by step. Rotate players to another station every 10 minutes. Set up a bucket, have players throw <u>with proper motion</u> into bucket (Time Permitting)
2 Minutes	Water Break		
TBD minutes	Hitting	Grip Stance Swing Hit off tee into nets	4 stations, four tees hitting into net or fence; a coach at each station; 5 <u>correct</u> swings each; rotate players to another station.
TBD minutes	Fielding	Everybody at shortstop; field the ball, throw to first.	Only Throw is to First.
60 minutes			

Baseball Basics

Rookie-Ball

Practice Plan T-Ball - Practice #1

Practice Focus: . Throwing

Time	Activity	Specifics	Notes
15 minutes	Warm up	Stretching Throwing	Emphasize proper throwing
5 Minutes	Talk with players	How we will do things What the plan is for practice	
8 minutes	Baserunning	All run from home to home with purpose to get loose 2 nd time, one base at a time	Go! Runner starts from home goes to first and rounds bag
2 minutes	Water break		
30 minutes	Throwing & Catching	<ol style="list-style-type: none"> 4. "T" point stance 5. Step 3. Follow through 4. Eyes on the target; four seam grip on the ball (2 or 3 finger grip depending on hand size); glove side of the body faces the target (feet, hips and shoulder perpendicular to target line); glove arm elbow is bent and pointed at the target (use this arm as a "gun sight" to help the player stay perpendicular); throwing arm is extended back in the opposite direct of the target in a slightly expanded "L" with the elbow shoulder high with hand positioned so that the fingers are on top of the ball and the thumb on the bottom. 5. Eyes on the target; glove side foot 	<p>4 stations, line players up, take them through each part of the motion step by step. Rotate players to another station every 10 minutes.</p> <p>Set up a bucket, have players throw <u>with proper motion</u> into bucket.</p>

Baseball Basics

		<p>strides toward the target, as the throwing arm comes forward, pivoting on the back foot. The throwing elbow comes up to shoulder height with the arm in an L shape, ball now facing the target with the wrist cocked, chest now facing the target with the glove side elbow still tucked. The ball is released out in front of the head, when the nose is over the toes.</p> <p>Eyes on the target; the throwing arm comes down across the body, snap the wrist as the ball is released, the hand coming below the knee, glove arm stays tucked, back leg swinging forward and landing about even or slightly in front of the front leg, eyes still on the target. At the end of the motion, the back of the throwing shoulder faces the target</p>	
60 minutes			

Baseball Basics

Rookie-Ball

Practice Plan T-Ball - Practice #2

Practice Focus: .Hitting

Time	Activity	Specifics	Notes
14 minutes	Warm up	Stretching Throwing	Emphasize proper throwing
5 Minutes	Talk with players	How we will do things What the plan is for practice	
4 minutes	Baserunning	All run from home to home with purpose to get loose 2 nd time, one base at a time	Go! Runner starts from home goes to first and rounds bag
2 minutes	Water break		
10 minutes	Throwing & Catching	<ol style="list-style-type: none"> 1. "T" point stance 2. Step & throw 3. Follow through <ol style="list-style-type: none"> 1. Eyes on the target; four seam grip on the ball (2 or 3 finger grip depending on hand size); glove side of the body faces the target (feet, hips and shoulder perpendicular to target line); glove arm elbow is bent and pointed at the target (use this arm as a "gun sight" to help the player stay perpendicular); throwing arm is extended back in the opposite direct of the target in a slightly expanded "L" with the elbow shoulder high with hand positioned so that the fingers are on top of the ball and the thumb on the bottom. 2. Eyes on the target; glove side foot strides toward the target, as the throwing arm comes forward, pivoting on the back foot. The throwing elbow comes up to 	<p>4 stations, line players up, take them through each part of the motion step by step. Rotate players to another station every 10 minutes.</p> <p>Set up a bucket, have players throw <u>with proper motion</u> into bucket (Time Permitting)</p>

Baseball Basics

		<p>shoulder height with the arm in an L shape, ball now facing the target with the wrist cocked, chest now facing the target with the glove side elbow still tucked. The ball is released out in front of the head, when the nose is over the toes.</p> <p>3. Eyes on the target; the throwing arm comes down across the body, snap the wrist as the ball is released, the hand coming below the knee, glove arm stays tucked, back leg swinging forward and landing about even or slightly in front of the front leg, eyes still on the target. At the end of the motion, the back of the throwing shoulder faces the target</p>	
25 minutes	Hitting	<ol style="list-style-type: none"> 1. Grip 2. Stance 3. Swing <ol style="list-style-type: none"> 1. Grip the bat with two hands together toward the knob of the bat. 2. Stand with front foot at back corner of plate, back foot in line with front foot, feet about shoulder width apart, hands even with back shoulder. Determine distance from the plate by lining the bat up with the ball. <p>3. Eyes focused on the ball, swing level through the ball; hands come through first, follow through. Eyes stay on the tee where the ball was to emphasize keeping the head on the ball and not spinning the head with the swing.</p>	<p>4 stations, four tees hitting into net or fence; a coach at each station; 5 <u>correct</u> swings each; rotate players to another station every 10 minutes.</p> <p>4 Stations: Coaches pitch socks or waffle ball. 10 Correct swings each; rotate players to another station every 10 minutes</p>
60 minutes			

Baseball Basics

Rookie - Ball

Practice Plan T-Ball - Practice #3

Practice Focus: . Throwing & Hitting

Time	Activity	Specifics	Notes
14 minutes	Warm up	Stretching Throwing	Emphasize proper throwing
5 Minutes	Talk with players	How we will do things What the plan is for practice	
4 minutes	Baserunning	All run from home to home with purpose to get loose 2 nd time, one base at a time	Go! Runner starts from home goes to first and rounds bag
2 minutes	Water break		
15 minutes	Throwing & Catching	<ol style="list-style-type: none"> 1. "T" point stance 2. Step & throw 3. Follow through <p>1. Eyes on the target; four seam grip on the ball (2 or 3 finger grip depending on hand size); glove side of the body faces the target (feet, hips and shoulder perpendicular to target line); glove arm elbow is bent and pointed at the target (use this arm as a "gun sight" to help the player stay perpendicular); throwing arm is extended back in the opposite direct of the target in a slightly expanded "L" with the elbow shoulder high with hand positioned so that the fingers are on top of the ball and the thumb on the</p>	<p>4 stations, line players up, take them through each part of the motion step by step. Rotate players to another station every 10 minutes.</p> <p>Set up a bucket, have players throw <u>with proper motion</u> into bucket (Time Permitting)</p>

Baseball Basics

		<p>bottom.</p> <p>2. Eyes on the target; glove side foot strides toward the target, as the throwing arm comes forward, pivoting on the back foot. The throwing elbow comes up to shoulder height with the arm in an L shape, ball now facing the target with the wrist cocked, chest now facing the target with the glove side elbow still tucked. The ball is released out in front of the head, when the nose is over the toes.</p> <p>3. Eyes on the target; the throwing arm comes down across the body, snap the wrist as the ball is released, the hand coming below the knee, glove arm stays tucked, back leg swinging forward and landing about even or slightly in front of the front leg, eyes still on the target. At the end of the motion, the back of the throwing shoulder faces the target</p>	
20 minutes	Hitting	<ol style="list-style-type: none"> 1. Grip 2. Stance 3. Swing <ol style="list-style-type: none"> 1. Grip the bat with two hands together toward the knob of the bat. 2. Stand with front foot at back corner of plate, back foot in line with front foot, feet about shoulder width apart, hands even 	<p>4 stations, four tees hitting into net or fence; a coach at each station; 5 <u>correct</u> swings each; rotate players to another station every 10 minutes.</p> <p>4 Stations: Coaches</p>

Baseball Basics

		<p>with back shoulder. Determine distance from the plate by lining the bat up with the ball.</p> <p>3. Eyes focused on the ball, swing level through the ball; hands come through first, follow through. Eyes stay on the tee where the ball was to emphasize keeping the head on the ball and not spinning the head with the swing.</p>	<p>pitch socks or waffle ball. 10 Correct swings each; rotate players to another station every 10 minutes</p>
60 minutes			

Baseball Basics

Rookie - Ball

Practice Plan T-Ball - Practice #4

Practice Focus: .Fielding

Time	Activity	Specifics	Notes
15 minutes	Warm up	Stretching Throwing	Emphasize proper throwing
5 Minutes	Talk with players	How we will do things What the plan is for practice	
10 minutes	Throwing & Catching	<ol style="list-style-type: none"> 1. "T" point stance 2. Step & throw 3. Follow through <p>1. Eyes on the target; four seam grip on the ball (2 or 3 finger grip depending on hand size); glove side of the body faces the target (feet, hips and shoulder perpendicular to target line); glove arm elbow is bent and pointed at the target (use this arm as a "gun sight" to help the player stay perpendicular); throwing arm is extended back in the opposite direct of the target in a slightly expanded "L" with the elbow shoulder high with hand positioned so that the fingers are on top of the ball and the thumb on the bottom.</p> <p>2. Eyes on the target; glove side foot strides toward the target, as the throwing arm comes forward, pivoting on the back foot. The throwing elbow comes</p>	<p>4 stations, line players up, take them through each part of the motion step by step. Rotate players to another station every 10 minutes.</p> <p>Set up a bucket, have players throw <u>with proper motion</u> into bucket (Time Permitting)</p>

Baseball Basics

		<p>up to shoulder height with the arm in an L shape, ball now facing the target with the wrist cocked, chest now facing the target with the glove side elbow still tucked. The ball is released out in front of the head, when the nose is over the toes.</p> <p>3. Eyes on the target; the throwing arm comes down across the body, snap the wrist as the ball is released, the hand coming below the knee, glove arm stays tucked, back leg swinging forward and landing about even or slightly in front of the front leg, eyes still on the target. At the end of the motion, the back of the throwing shoulder faces the target</p>	
2 Minutes	Water Break		
10 minutes	Hitting	<ol style="list-style-type: none"> 1. "Grip 2. Stance 3. Swing <ol style="list-style-type: none"> 1. Grip the bat with two hands together toward the knob of the bat. 2. Stand with front foot at back corner of plate, back foot in line with front foot, feet about shoulder width apart, hands even with back shoulder. Determine distance from the plate by lining the bat up with the ball. <p>3 Eyes focused on the ball, swing level through the ball; hands come through first, follow through. Eyes stay on the tee where the ball was to emphasize keeping the head on the ball</p>	<p>4 stations, four tees hitting into net or fence; a coach at each station; 5 <u>correct</u> swings each; rotate players to another station.</p> <p>4 Stations: Coaches pitch socks or waffle ball. 10 Correct swings each; rotate players to another station every 10 minutes</p>

Baseball Basics

		and not spinning the head with the swing..	
18 minutes	Fielding	<p>5. Down & ready when pitcher is in motion</p> <p>6. Hands in front</p> <p>7. Pick it up, throw to first</p> <p>8. Tag vs. force</p> <p>1. Eyes on the ball at all times; glove open toward the ball, throwing hand open with palm towards the glove.</p> <p>2. Glove fingers pointed up for ball above the waste, glove fingers pointed down for ball below the waste.</p> <p>3. Get in position in front of the ball. If the ball is close enough, move the feet without crossing them to get in position. Once in front of a ground ball, head up, knees bent, rear end down.</p> <p>4. On a ground ball, once the body is in position, the glove is on the ground open toward the ball with the throwing hand ready to clamp the ball in the glove.</p> <p>5. Backhand: Position glove with the thumb facing down, fingers pointing outward, glove open toward ball.</p> <p>Forehand: Position glove with the thumb facing up, fingers pointing outward, glove open toward ball.</p>	<p>Only Throw is to First.</p> <p>2 stations; coach at first and coach at 3rd. Line of players at 2nd and line at short. Coaches hit ball to shortstop, field and throw to base on their side of the infield.</p>
60 minutes			

Baseball Basics

Rookie - Ball

Practice Plan T-Ball - Practice #5

Practice Focus: .Baserunning

Time	Activity	Specifics	Notes
15 minutes	Warm up	Stretching Throwing	Emphasize proper throwing
5 Minutes	Talk with players	How we will do things What the plan is for practice	
8 minutes	Baserunning	All run from home to home with purpose to get loose 2 nd time, one base at a time	Go! Runner starts from home goes to first and rounds bag
2 minutes	Water break		
10 minutes	Fielding	Everybody at shortstop; field the ball, throw to first.	Throw only to first.
20 minutes	Baserunning	3. Hit inside corner of each base 2. One foot on one foot off base Run hard from base to base. Make sure each base is touched. Stay in the baseline; don't run into fielders	Run the bases
60 minutes			

Baseball Basics

Rookie-Ball

Practice Plan T-Ball - Practice #6

**Practice Focus: .Determine Area Required and Focus on this -
Coaches Choice**

Time	Activity	Specifics	Notes
15 minutes	Warm up	Stretching Throwing	Emphasize proper throwing
5 Minutes	Talk with players	How we will do things What the plan is for practice	
8 minutes	Baserunning	All run from home to home with purpose to get loose 2 nd time, one base at a time	Go! Runner starts from home goes to first and rounds bag
2 minutes	Water break		
10 minutes	Fielding	Everybody at shortstop; field the ball, throw to first.	
20 minutes	Hitting	Hit off tee into nets Hit off coaches pitching	4 stations; Have some players hitting, others in the outfield working on throwing to prevent players from standing around
60 minutes			