

WINTER WARM-UPS - PRACTICE PLAN - 1/11

WHAT	FOCUS AREAS
<p>Warmups (5 minutes)</p> <ul style="list-style-type: none"> • Light jog • High Knees • Butt kicks • Shuffle back & forth • Back pedal • Karaoke • Sprint 	<ul style="list-style-type: none"> • Get warmed up
<p>Throwing & Catching (15 minutes)</p> <ul style="list-style-type: none"> • Start on knees about 10-15' apart • Stand up and move 20-25' apart 	<p>Throwing</p> <ul style="list-style-type: none"> • Good body placement before throwing. • Keep hand and elbow above shoulder (or close to it) • Full arm extension on follow through • Front foot should be aimed at throwing partners • Aim for the chest <p>Catching</p> <ul style="list-style-type: none"> • Always be prepared to receive/catch the ball • Keep glove facing up when catching about the waist • Move glove down when below the waste
<p>Fielding</p> <p>3 Ball Drill (10 minutes)</p> <ul style="list-style-type: none"> • Pair up • 1 player on knees, 1 player about 5' away on feet • Player on feet one hops the ball to player on knees • Randomly rotate between to players left, right center. • Switch positions <p>Protect the Line (20 minutes)</p> <ul style="list-style-type: none"> • Place two cones on each side of player (keep narrow to start) • Player stands between cones, coach throws grounder to player between the cones. • Player must do whatever they can to not let the ball cross the cones. • Player gets 5 balls then rotate in group • Widen the cones on second turn 	<p>3 Ball Drill</p> <ul style="list-style-type: none"> • This should be a fast moving drill • Glove position is important <ul style="list-style-type: none"> ○ (For righties) field normal to left and center of you, use back hand if to your right. • Soft hands to receive the ball <p>Protect the Line</p> <ul style="list-style-type: none"> • Good starting position in the middle of cones, on balls of feet well balanced • Move towards the ball, shuffle feet or run up • Get down to field the ball • Get back into a well balance throwing position
<p>Hitting (30 minutes)</p> <p>Batting cage w/ coach pitch</p> <ul style="list-style-type: none"> • 10 swings, then rotate. 	<p>Hitting</p> <ul style="list-style-type: none"> • Balanced neutral stance: feet shoulder width apart, both feet pointed towards home plate • Swing through the ball with a balanced follow through • Turn the hips vs. over striding towards the ball • Work with kids who bail out of batter's box. • Being selective on swinging on good pitches only