

WINTER WARM-UPS - PRACTICE PLAN - 1/18

WHAT	FOCUS AREAS
<p>Warmups (5 minutes)</p> <ul style="list-style-type: none"> • Light jog • High Knees • Butt kicks • Shuffle back & forth • Karaoke • Sprint 	<ul style="list-style-type: none"> • Get warmed up
<p>Throwing & Catching (10 minutes)</p> <ul style="list-style-type: none"> • Use the indoor balls • 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>Positional Grounders (10 minutes)</p> <ul style="list-style-type: none"> • Form 4 lines at 1st, 2nd, SS & 3rd. • Only 1 player out at each position at a time • Coach for each position hit a ball to the player • Players put ball in bucket, no throwing back coach • Rotate to the left next line <p>Positional Grounders /w throws (20 minutes)</p> <ul style="list-style-type: none"> • Form 2 lines at 1st, 2nd/SS & 3rd. • 1 player from 1st & 3rd out at a time, 2 players from 2nd/SS line go to 2nd & SS • Coach hit balls to the 2nd who will field and throw to first base. • Coach hits ball to SS who will field and throw to third base • Rotate to the left next line 	<p>Positional Grounders</p> <ul style="list-style-type: none"> • Good starting position, knees bent, 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, but do not through • This is a fast-moving drill, get to the next line quickly after fielding <p>Positional Grounders /w throws (20 minutes)</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 • This is a fast-moving drill, get to the next line quickly after fielding
<p>HITTING (40 minutes) Rotate between each cage.</p> <p>Cage 1</p> <ul style="list-style-type: none"> • Setup 3-4 Tees • 1 coach helping with fundamentals. <p>Cage 2</p> <ul style="list-style-type: none"> • 2-3 Soft toss stations • Need 2-3 coaches throwing underhand soft toss <p>Cage 3</p> <ul style="list-style-type: none"> • Coach pitch behind L screen <p>Cage 4</p> <ul style="list-style-type: none"> • Pitching machine or Coach pitch 	<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