

WINTER WARM-UPS - PRACTICE PLAN - 2024

WHAT	Details
<p>Introduction (5 minutes)</p> <p>Warm-up Routine (25 minutes)</p> <p>Legs</p> <ul style="list-style-type: none"> Jog from dugout to centerfield and back From foul line to 2nd base: Jog, high knees, butt kicks, straight leg extensions, karaoke, lunges, steal the base (70% speed) <p>Stretches</p> <ul style="list-style-type: none"> Arm circles, small & large – forward and back (30 seconds) Twists (hands out front, twisting back and forth x 20) <p>Throwing progressions (along foul line)</p> <ul style="list-style-type: none"> On a knee, 15 throws each player (easy, focus on 4-seam grip, hand and elbow up, follow through with hand finishing over raised knee) Standing, front shoulder aimed at target with feet in thrown position, start ball in proper throwing position (scapula flexed) and throw x 10 each player Normal throws at 40' x 15 each Normal throws at 60' x 15 each 	<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 (40 minutes, rotate after 20 minutes)</p> <p>2 SPOT ROTATION: split boys into infielders and outfielders groups</p> <p>Outfielders</p> <ul style="list-style-type: none"> Field fly balls (coach thrown), throwing the ball back the cutoff person <p>Infielders</p> <ul style="list-style-type: none"> Ground balls, 2nd throws to 1st, SS throws to 3rd, rotate clockwise. 	<p>Fielding</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/back Get down to field the ball on grounders Get back into a well balance throwing position, but do not throw
<p>Hitting (45 minutes, rotate from one station to another once completed)</p> <p>3 SPOT ROTATION: split boys among Tee work, Side-toss, Shagging</p> <p>Tee work</p> <ul style="list-style-type: none"> Setup 4 Tees, 10 balls per tee 1 coach helping with fundamentals <p>Side Toss</p> <ul style="list-style-type: none"> Coach pitch 10 pitches <p>Shagging</p> <ul style="list-style-type: none"> Players in infield (no pitcher), volunteers in outfield 	<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
<p>Closing (5 minute)</p>	