



## ROOKIE JR & SR PRACTICE PLAN

**TODAY'S SKILL FOCUS:**

**CATCHING & THROWING**

**60 - 90 MINS**

**Warmup/Calisthenics:**

**Time to complete: (10 MINS)**

Jog, High Knees, butt kicks, shuffles, karaoke foot work, Frankenstein kicks, arm circles forwards, arm circles backwards, stretch legs, then arms

**Catching Routine:**

**Time to complete: (10 MINS)**

- 1) Partner underhand toss with 2 hand barehand catches 5 ft distance apart
    - a. Gradually move distance every 5 catches
    - b. Gradually move to 1 hand catches – but this is a coaches discretion depending on the level of difficulty they think a player can handle
  - 2) Partner underhand toss with glove on catching with just the glove
    - a. First toss is below the waist for a basket catch with the glove palm facing up 5 – 10 tosses
    - b. Second toss is to the forehand of the player towards the glove shoulder – fingers of the glove up palm facing partner 5 – 10 tosses
    - c. Third toss is to the backhand of the player to the other shoulder (throwing hand shoulder) palm should be facing partner 5 – 10 tosses
  - 3) Partner underhand toss with glove on same as above except the routine is done on 1 leg
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### **Drill 1: Coaches lineup catches**

**Time: 10 mins**

Set up 3 cones approximately bases distance apart from each other in a line. 1 coach at each cone with a few baseballs.

- Players start at 1 cone at the far end with a baseball in their gloves.
- Player 1 underhand the ball to coach 1 then starts jogging in the direction of the next coach.
- Coach 1 tosses the ball back to player 1 just slightly ahead of them and player 1 tries to catch the ball on the forehand. Coaches should be making it as easy as possible for players to catch the ball.
- As Player 1 gets to coach 2 they will do the same thing that they did with coach 1. Underhand their ball to coach 2, jog towards coach 3, coach 2 throws the ball leading player 1 and player 1 tries to catch the ball
- As player 1 catches the ball from coach 1 player 2 will start
- Once players have caught the ball or tried to from all 3 coaches they run back to the line to start again



\*\*\*We should do at least 5 rounds in this direction adjusting difficulty for players as coaches need to challenge certain players and to give other players a chance to catch the ball

\*\*\*Once 5 rounds have happened change directions to catch on the backhand (or forehand)

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## Drill 2: Centipede Catching Drill

Time: 10 – 15 Mins

Players will line up facing the infield on the 1<sup>st</sup> base line starting at home plate and will be approximately an arms length apart from each other spread out down the line. There will be a coach at the beginning of the line with the bag of balls and a coach at the end of the line with an empty bucket to put balls back in.

- Player 1 at home plate will get a ball from coach and go into the infield and face the next player in line but be about 10 feet away from them.
- Player 1 will underhand the ball to player 2 in line and player 2 will catch it and underhand it back to player 1
- Player 1 proceeds to shuffle over to player 3 and does the same thing and keeps going down the line until they are the last player in line
- When player 1 shuffles to player 4 coach will give player 2 a ball and player 2 will come 10 ft into the infield and face player 3 and repeat the underhand toss back and forth.
- The idea of this drill is for each next player to come into the infield and work their way down the line basically playing underhand catch with each next player.
- If this drill goes well, we will work around the infield looking like a moving centipede.
- We should move between home and first and then first base and second base then second and third all the way back to home plate.

\*\*\*This drill provides complexity for the players to be paying attention but simplicity in the underhand tossing and catching

\*\*\*If your players are capable of light tossing overhand and catching try this for a degree more of difficulty at your discretion

\*\*\*You can move the line faster being the first coach as well for another progression

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### **Drill 3: Throwing Progression**

**Time: 10 -15 Minutes**

Each player should have a partner with 1 partner on a foul line and then other partner in the field about 10ft facing their partner. They should have 1 ball between them

#### **Drill 1 – 1 knee drill**

- Glove hand foot down toe facing partner, throwing hand knee down on ground, ball should be in the throwing hand in the glove.
- Separate the hands where the glove goes out to the target and the ball goes down to the thigh and then up to shoulder height so that the throwing arm is 90 degrees
- Player will then turn chest towards partner and throw the baseball

#### **Drill 2 – 45-degree feet drill**

- Feet a little wider than shoulder width apart with toes facing partner and knees bent
- Glove hand foot should be ahead of the foot of the throwing hand by a full foot length
- Ball starts in throwing hand and in the glove
- First move is to turn the upper body so that the front shoulder faces target and at the same time the glove goes out to the target and the ball goes down to the thigh and back up to shoulder height
- throwing arm should be 90 degrees
- player turns back towards target with chest and throws the baseball
- follow through with the throwing hand should be past opposite hip at a minimum

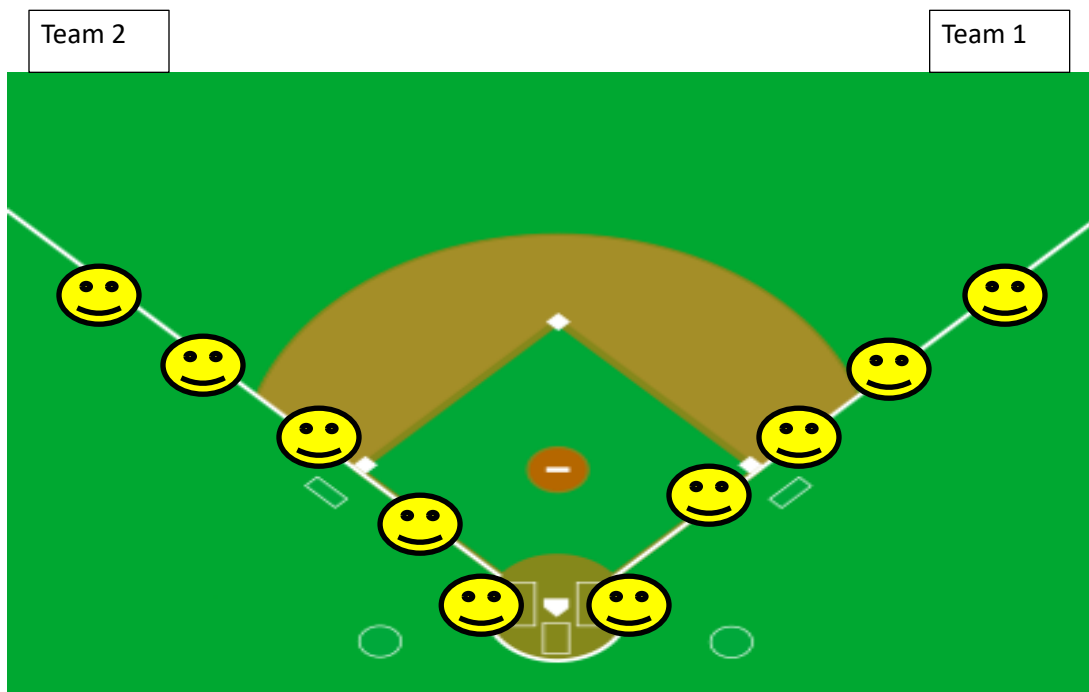
#### **Drill 3 – Step and Throw**

- player faces their partner with their toes, ball in throwing hand and hand in glove at chest
- player takes their throwing hand foot towards their target and opens it up so that the instep of the foot faces target
- player will then take the glove foot and stride it to the target
- at the same time player should be separating their hands and glove goes to the target and the ball goes down to the thigh and then up to shoulder height
- once the front foot lands player should be turning hips and then upper body back towards the target and throwing the baseball

\*\*\*The progression of these drills should be in the number of throws and the increasing of distance between partners as each drill gets executed. We do not need to do a lot of throws so keep it to 5 – 10 per drill and then when step and throw happen have them back up every few throws

## Game at end of Practice: Relay throw

\*\*\*As a coach you should be dictating how many throws and how far back, they are going



- The ball will start with each team's player at home plate
- The last player will run to home plate, and the other players will shift into the next spot along the line (the coaches should put cones out to designate these places)
- Then the teams will go through the same process until the player that started at home plate gets back to home plate. Team that gets their first wins
- The last player will run to home plate, and the other players will shift into the next spot along the line (the coaches should put cones out to designate these places)

### Extra Information

All of these drills can be made as easy as you want them to or harder just by tweaking a few things such as distance between players, pace of the drill, how many balls are in play, and how hard the balls are being thrown

- Then the teams will go through the same process until the player that started at home plate gets back to home plate. Team that gets their first wins