



# MAJORS PRACTICE PLAN

**TODAY'S SKILL FOCUS:**

**HITTING & INFIELD**

**90 – 120 MINS\_**

**Warmup/Calisthenics:**

**Time to complete: 10 MINS**

Jog, High Knees, butt kicks, shuffles, karaoke, runner stretches (arm in the air), Frankenstein walks  
Arm circles, external arm flaps lower / then upper, Stretch legs, stretch arms

**Throwing/Catching Routine:**

**Time to complete: 10 MINS**

- 1 Knee drill: \_\_\_\_\_ throws for each knee down
- 45 Degree stationary feet drill: \_\_\_\_\_ throws
- Rock and Fire: \_\_\_\_\_ throws
- Step and throw out to crow hops \_\_\_\_\_ throws
- Ground ball throws: \_\_\_\_\_ throws
- Fly ball throws: \_\_\_\_\_ throws
- Catcher throws (Older age groups): \_\_\_\_\_ throws

Decide how many throws is good for your warmups. 5 throws each is a good starting point. Increase gradually.

**Drill 1: Infield Stations**

**Should split the team into 3 groups**

**Time: 30 mins**

## **Station 1 – 3<sup>rd</sup> base ground balls**

- Coach at this station will be testing all facets of ground balls
- Start with balls straight at the players having them work on getting outside and around the ball
- Ground balls next to their forehand side
- Ground balls next to their backhand side
- All these ground balls should be easily taken while working on proper footwork
- Then for fun we will do slow rollers at the end to work on barehand pickups
- 10 minutes for this station so set it up and work quickly having players get back in line
- No throws in any of these just footwork



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### Station 2 and 3 – double play flips

- Station 2 is short stop, and station 3 is second base. These stations are working together to turn a double play. Footwork is key and being on time is key as well
- When we teach underhand flips, we want to legs to lead the flip and the arm to be strong and work like a pendulum
- When we do these flips, we want to show the ball to who we are flipping to
- We will roll ground balls first to the short stops, then after a bunch we will roll ground balls to the second base people
- When the second base people go to receive the ball at second base they should be using their left foot on the base for the receiving of the ball and then when they go to transfer the ball to throw they can push off to their right foot, which is their strong back leg for throwing and then the left foot goes towards the target for the throw
- The same goes for short stop, the only difference is they will be coming through the base to make the switch to throwing

\*\*\*This has 3 stations to work though so if we spend close to 10 mins at each station that should be enough depending on how quickly we are working through these drills. If you need more time then by all means please take it.

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### **Drill 2: Hitting Stations**

**Time: 30 mins**

#### **Station 1 – Whiffle balls outfield foul line**

- Depending on how many bats we have we might need to have 2 hitters and 2 players retrieving balls and then switch. If you have enough bats have them all hit at once and then pick up the balls after

#### **Station 2 – Tennis balls other out field foul line**

- Same as above if you have enough bats hit all at once and if not split it into 2

#### **Station 3 – T work against the fence**

- This is where we can work on specific locations
- As the coach at this station instruct your players to put the T in a specific location such as inside corner, outside corner, Low and outside, high and inside. We should be teaching our kids location and what it means to swing at these pitches and how it feels while the ball is not moving.

\*\*\*for specific drills to work on hitting flaws check out the msl You tube channel



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### Drill 3: Live batting practice

#### Time: 45 – 60 mins

- Live batting practice with infield work is difficult to do but if properly planned can be beneficial
- We will need Bownets for safety – 1 in front of 2<sup>nd</sup> base for our bucket person, 1 in front of first base shielding the first base person from hits from home plate.
- We will need extra coaches to hit ground balls in between pitches and a coach to throw batting practice
- We should have an L screen for the coach pitching which should be half the distance to home plate for accurate pitches.
- 3 players in hitting at a time, rotating after 6 pitches
- The players in the field need to always be ready to field a ball and make a play to first base either from the live hit or from the coaches in behind the plate on the sides
- This is sometimes sloppy at first but once dialed in can be a great practice while getting a lot of live work in.

\*\*\*If any coaches want to run a live batting practice with all of this going on and need help please reach out to steve at 604-505-1861

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#### Game at end of Practice:

This game can be a game of elimination with live Batting Practice. Coach can decide any parameters they want including where the players need to hit the ball for certain number of points.

The coaches can split the team into 2 teams and indicate how many point a single, double, triple is

Make up the guidelines and move quickly through the lineup