

Team:		plan-2-	Location:	Date:
6:00-6:05	Attendance, Health Check, Hand sanitize. Goal: use proper techniques and skill build			
6:05-6:15	Light Team jog and Team stretch Elbow, wrist, Arm circles, shoulder stretch Between cones: slow movements, low intensity 1.Lunge twist 2.Reverse lunge foot touch 3. Side to side slide stretch -groin 4. Monster steps Between Cones Fast movements, high intensity 5.High knees 6.Butt kickers 7.Side shuffles 8. Sprints			
6:15-6:30	Water Break/hand sanitize Throwing with a partner. Key Skills: catching and throwing			
6:30-6:45	Activity station:	Key skills:	Key points: safety	
Players 1-5 coach 1	Infeild grounders	Catch centred/ shuffles	Ready position aware	
Players 5-10 coach 2	Outfield fly balls	Catch centred/ tracking	watch and read flyballs	
Players 11-14 coach 3	Hitting practice	Make good contact	Evade being hit by pitch	
6:45-7:00	Activity station:	Key skills:	Key points: safety	
Players 11-14	Infeild grounders	Catch centred/ shuffles	Ready position aware	
Players 1-5	Outfield fly balls	Catch centred/ tracking	watch and read flyballs	
Players 5-10	Hitting practice	Make good contact	Evade being hit by pitch	
7:00-7:15	Activity station:	Key skills:	Key points: safety	
Players 5-10	Infeild grounders	Catch centred/ shuffles	Ready position aware	
Players 11-14	Outfield fly balls	Catch centred/ tracking	watch and read flyballs	
Players 1-5	Hitting practice	Make good contact	Evade being hit by pitch	
7:15-7:20	Water break, hand sanitize		Key skills:	
7:20-7:45	Positioning and scrub play (2 pitchers and 1 catcher working with a coach on side) (phase 3)		Strategy, positions, teamwork, communication, fun, skill building	
7:45-7:50	Dragon-race		Base running and speed	
7:50-8:00	Static stretching- post game and Closing Discussion -neck -shoulders -arms -sides -legs -groin -ankles		Injury prevention	

Team:		plan-1-	Location:	Date:
6:00-6:05	Attendance, health checks, hand sanitize		Goal: learn and use the 4 seam grip	
6:05-6:15	<p>Dynamic stretching warm-up Light team jog Team stretch-Elbow, wrist, Arm circles, shoulder stretch</p> <p>Between cones: slow movements low intensity 1.Lunge twist 2.Reverse lunge foot touch 3.RDL -step touch toe and back leg comes up to balance -flat back 4.Side to side slide stretch -groin 5.Monster steps 6.Reverse Monster steps</p> <p>Between Cones Fast movements high intensity: 7.High knees 8.Butt kickers 9.Side shuffles 10.Super Mario's 11.Stationary squat jumps 4 and then sprint run 12. Backpedal back</p>			
6:15-6:20	Water break, hand sanitize			
6:20-6:35	Throwing progression:	Key skills: proper mechanics	Key point: find players skill levels	
All Players	Knee throws	Standing throws	Longer throws	
6:35-6:50	Catching progression:	Key skills: proper mechanics	Key point: find players skill levels	
All Players	Self toss and catch	Low toss catching	High toss catching	
6:50-6:55	Water break			
6:55-7:15	Hitting progressions:	Key skills: proper mechanics	Key point: find players skill levels	
All Players	Bat swing check	Soft toss mini balls (2 groups)	Fence soft toss individuals	
7:15-7:20	Water break, hand sanitize		Key skills:	
7:20-7:45	Positioning and scrub play (2 pitchers and 1 catcher working with a coach on side)		Strategy, positions, teamwork, communication, fun, skill building	
7:45-7:50	Dragon-race		Base running and speed	
7:50-8:00	Static stretching- post game. And Closing Discussion -neck -shoulders -arms -sides -legs -groin -ankles		Injury prevention	

Team:		plan-4-	Location:	Date:
6:00-6:05	Attendance, health checks, hand sanitize Goal: on field communication and cover			
6:05-6:15	Light Team jog Team stretch Elbow, wrist, Arm circles, shoulder stretch Between cones: slow movements low intensity: 1.Lunge twist 2.Reverse lunge foot touch 3.RDL -step touch toe and back leg comes up to balance -flat back 4.Side to side slide stretch -groin 5.Monster steps 6.Reverse Monster steps Between Cones Fast movements high intensity: 7.High knees 8.Butt kickers 9.Side shuffles 10. Slaloms (jumping side to side) 11.Stationary squat jumps 4 and then sprint run 12. Backpedal back			
6:15-6:20	Water break, hand sanitize			
6:20-6:30	Throwing with a partner	Key Skills: catching and throwing		
6:30-7:15	Activity station:	Key skills:	Key points: safety	
Infielders (6) coach 1:	Infield positioning 2 groups- 20min each	Learn to work as a team and make plays	Communicate and cover to prevent injuries	
Outfielders(remaining) Coach 2:	Outfield positioning cutoffs	Learn to work as a team and make plays	Communicate and cover to prevent injuries	
Hitting (2) Coach 3:	Hitting practice	Improve individual hitting abilities and skills	Read pitches to prevent injuries	
	**Hitting coach to rotate	Players from outfielding	Station	
7:15-7:20	Water break, hand sanitize	Key skills:		
7:20-7:45	Positioning and scrub play (2 pitchers and 1 catcher working with a coach on side)	Strategy, positions, teamwork, communication, fun, skill building		
7:45-7:50	Dragon-race	Base running and speed		
7:50-8:00	Static stretching- post game. And Closing Discussion -neck -shoulders -arms -sides -legs -groin -ankles	Injury prevention		

Team:		plan-3-	Location:	Date:
6:00-6:05	Attendance, health checks, hand sanitize. Goal: proper technique used and skill building			
6:05-6:15	<p>Dynamic stretching warm-up Light team jog Team stretch-Elbow, wrist, Arm circles, shoulder stretch</p> <p>Between cones: slow movements low intensity: 1.Lunge twist 2.Reverse lunge foot touch 3.RDL -step touch toe and back leg comes up to balance -flat back 4.Side to side slide stretch -groin 5.Monster steps 6.Reverse Monster steps</p> <p>Between Cones Fast movements high intensity: 7.High knees 8.Butt kickers 9.Side shuffles 10.Super Mario's 11.Stationary squat jumps 4 and then sprint run 12. Backpedal back</p>			
6:15-6:30	Water break, hand sanitize. Throwing with a partner. Key skills: use of proper throwing techniques			

6:30-6:45	Activity station:	Key skills:	Key points: safety
Players 1-5 coach 1:	Popflys and grounders	Catching skills	Calling the ball
Players 6-10 coach 2:	Popflys and grounders	Catching skills	Making the play centred
Players 11-14 coach 3:	Popflys and grounders	Throwing skills	Throws on target
6:45-6:50	Water break		
6:45-7:20	Hitting practice	Full field	Key skills: individual skill building
All Players	Bat swing check	10 pitches each max	No running
7:15-7:20	Water break, hand sanitize		Key skills:
7:20-7:45	Positioning and scrub play (2 pitchers and 1 catcher working with a coach on side)		Strategy, positions, teamwork, communication, fun, skill building
7:45-7:50	Dragon-race		Base running and speed
7:50-8:00	Static stretching- post game. And Closing Discussion -neck -shoulders -arms -sides -legs -groin -ankles		Injury prevention

Team:	Pre Game Warm-up:
5-5:05	Greeting, attendance, health checks, hand sanitize
5:05-5:20	<p style="text-align: center;">Dynamic stretching warm-up</p> <p>Light team jog</p> <p>Team stretch-Elbow, wrist, Arm circles, shoulder stretch</p> <p>Between cones: slow movements low intensity:</p> <ol style="list-style-type: none"> 1.Lunge twist 2.Reverse lunge foot touch 3.RDL -step touch toe and back leg comes up to balance -flat back 4.Side to side slide stretch -groin 5.Monster steps 6.Reverse Monster steps <p>Between Cones Fast movements, high intensity:</p> <ol style="list-style-type: none"> 7.High knees 8.Butt kickers 9.Side shuffles 10. A skips B skips for rhythm 11.Stationary squat jumps 4 and then sprint run 12. Backpedal back
5:20-5:25	Water break, hand sanitize
5:25-5:35	Warm up throws with a partner
5:35-5:45	Pop flys and grounders between partners (Pitchers and catchers warm up)
5:45-5:55	Hitting mini balls 2 groups
5:55-6:00	Water break, hand sanitize

Key Learning Points:

Always give a positive then correction then encouragement

A.) Throwing

Use a four seam grip on the ball

1. Inside of foot pointing at target
2. Point glove palm out, at target
3. 90° elbow up, balanced with shoulder
4. Belly button pointing towards target, chest up
5. Back of shoulder pointing to target after release

Progressions:

1. Throw underhand close
2. Throw from sitting
3. Throw from kneeling
4. Throw from standing
5. Throw with a step
6. Throw long with the crow hop

B.) Catching

Keep the ball centred on your body to make the catch

- Low catch: when the ball is coming below the belt line, turn the glove down
- High catch: when the ball is coming above the belt line, turn your glove up

Progressions:

1. Catch soft toss with two barehands
2. Basket catch with glove
3. Pop ups to self
4. Catching with glove up
5. Begin to slowly add distance to catching
6. Pop flies and grounders

C.) Hitting

Always wear a helmet!

7 steps to hitting Joe Madden:

1. Set up good position in the batters box the same every time
Square in the box and feet a little wider than shoulder length apart. (As wide as your bat)
Have the knee be little narrower than straight over the ankle for movement in the hips
2. Top hand should be shoulder height and close to arm pit when loaded
3. Stride that you choose same every time but always be 45-60° open when you land
4. Swing shaft to shoulder with good body angle over the plate, tilt over the plate
5. Contact point in front of the plate with your power arm out and left arm inline with the bat
6. Extend and roll wrist after contact
7. Follow through with two hands unless it's pulling batter too far over then let go to one hand

Progressions:

1. Free swinging
2. Hit off a tee
3. Soft toss underhand pitch
4. Soft toss overhand pitch
5. Can judge pitches and avoids plunks
6. Hits off a machine pitch
7. Hits off a pitcher

D.) Base running

Slide feet first only ever. Tag ups can be divebacks.

Lead offs: left, right, shuffle, shuffle...

- 1st base lead off from inside of base
- 3rd base lead off foul side of baseline

E.) Pitching

Pitchers only need a fast pitch and a change up pitch. Wider fingers, slower pitch
-4 seam fastball, -2 seam fastball, change-up

Pitching Movements should be repeatable, consistent, and the same every time.

1. Starting Position- shoulder length apart, shoulder inline with home plate
2. Pivot and Balance-lift knee to get balance over planted leg, keep head still over raised knee hands should be together in the middle of the body at the balance point.
3. Stride and power position- take a long stride keeping back leg straight with a slight bend in the stride knee and planting front foot in line with the centre of the plate, in a slightly closed position. Stride should be 90% of the height of the athlete.
4. Follow through and defensive ready- all energy is moving towards the plate. Bring back foot forward so it ends parallel and shoulder width apart putting the athlete in a defensive ready position.

F.) Catcher

1. Be quick to retrieve pass balls, turn and throw towards plate when runner on 3rd
2. When blocking, lead with your glove. Drop to your knees a little wider than shoulder length apart. Hide hand behind glove and roll shoulders like a bowl.
3. Throwing to second- transfer ball as taking a fab step towards second base and then stride, align glove-side shoulder with second and throwing side elbow is shoulder high with the hand behind the ball and throw low to the base.

Infield Drills:

- 1.) -Half on first and half on SS
 - grounders to SS and then throw to first and then home. Swap positions halfway thru.
- 2.) - one on each position all take grounders and throw to first. Cover each other.
- 3.) - one on each position all take grounders and play 2nd and 1st outs. Cover each other.
- 4.) - full infield plays all bases. Cover each other and communicate what runners are doing.

End every infield with an around the horn drill.

Outfield Drills:

- 1.) pop flies that challenge each player individually.
- 2.) running in and out on fly balls. Start to position for the catch when begins it's descent.
- 3.) calling the ball and covering other fielders
- 4.) cutoffs and how to align the throw with them and a base and how to communicate with each other.

Batting Drills:

- 1.) soft toss whiffles
- 2.) soft toss mini balls
- 3.) soft toss into fence baseballs
- 4.) coach pitches from a net for batting practice
- 5.) pitching machine or batting cages

Catchers Drills:

- 1.) running for past balls and then flipping to the pitcher at the plate
- 2.) blocking balls to keep them in front.