

5U --- Practice Plan #1 With Diagrams

Phase One (total time 10 minutes) *(All 12 players participate as one large group)*

WARM-UP, Stretches and Running (3 minutes)

- Arm Circles (*forwards and backwards*), Jumping Jacks (*just keep working on it*)
- Skipping, Hopping, Running in Place, High Knees, Running Around the Bases (*get the blood flowing*)

Post WARM-UP, Throwing (7 minutes)

- Throwing to a target. Learning how to throw “ON THE MOVE”! Take at least 2 or 3 steps and throw to the target! Teaches rhythm and timing, develops athleticism (*get that body moving*).
- Go get the baseball and run back to the starting point (*repeat*)
- Position players at the edge of the outfield grass (*foul line to foul line spread out like a fan*), place cones (*or any target*) about 20-30 feet out in front of them in the grass (See Diagram 1)

Phase Two (total time 20 minutes) *Rotate at 9 minutes (with a 2-minute water break)*

SPLIT INTO TWO GROUPS (*using 12 players as an example*)

- A) Fielding Work (*six players*)
- B) Baserunning (*six players*)

GROUP “A” splits into two smaller groups working on fielding groundballs (*two groups of 3 players*)

- KEY PHRASE: “**Work around the baseball**” (AROUND THE CONE) and throw to the coach
- One Group near 3B & One Group near 2B
- Three coaches per group: Coach 1 rolls the ball, Coach 2 makes sure the work around the cone, Coach 3 receives the throws. AWESOME DRILL TO GET THEM MOVING “AROUND THE BALL” TO FIELD IT, AND MOVING TO THROW IT. (*If short on coaches, do as ONE group of six players*) (See Diagram 2)

GROUP “B” is one group (half the team) at Home Plate, running to & through first base (*six players*)

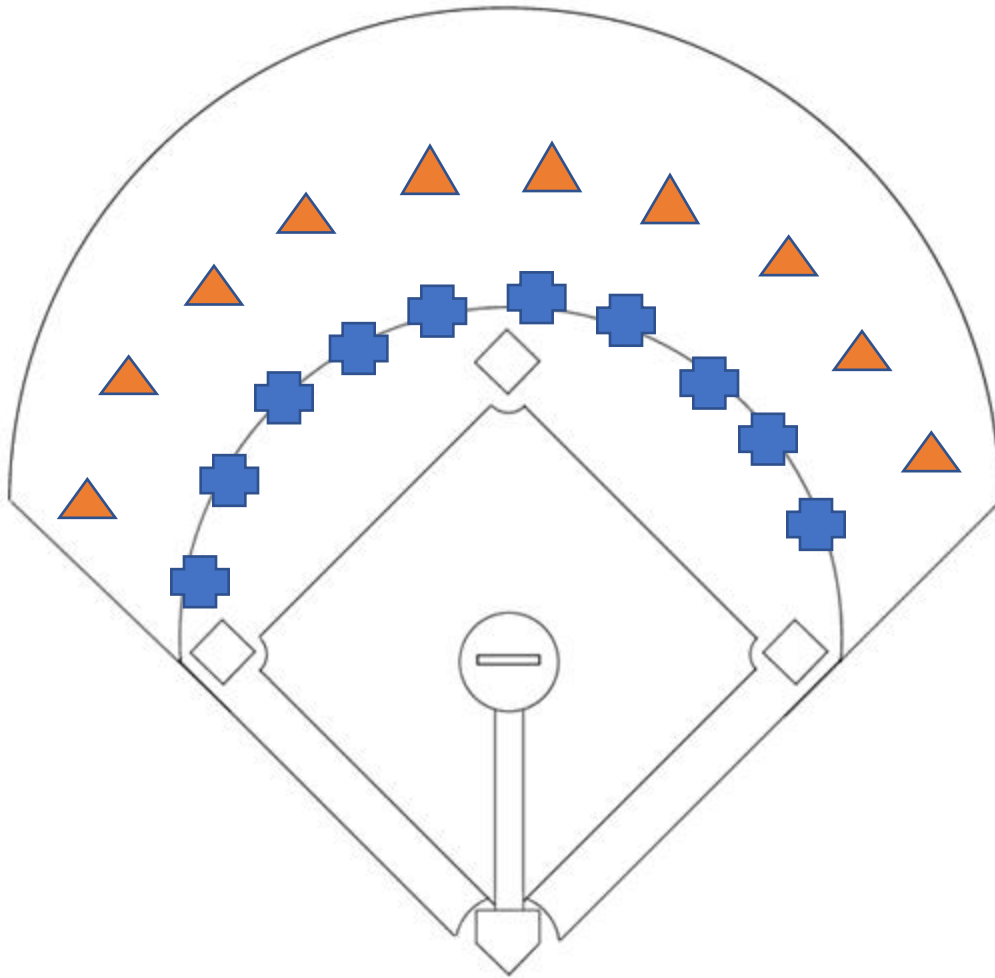
- KEY PHRASE: “**Run through the base,**” then peel off the right into foul territory
- Don’t allow them to run “to first base” and stop, they **MUST** run through the base”
 - Make it FUN, give them a target to run to that is past the base and in foul territory
- I have a few of the OLD BLAST BALL BASES I can give you guys – works like a charm, they love running through 1B and then jumping on top of the BLAST BALL BASE (See Diagram 3)

Phase Three (total time 20 minutes) *Rotate at 9 minutes (with a 2-minute water break)*

Group A vs. Group B: GAME SITUATION UTILIZING THE DRILLS WE LEARNED (See Diagram 4)

- **Group A** at 2B working on groundballs and throws to first
 - Coach near pitching area, rolling balls to fielders, who work around the cone, field and throw to Coach at First Base, trying to get the runners out (*emphasize athletic movement on the throw*)
- **Group B** at Home Plate working on running **to and through 1B**
 - Coach at Home Plate sends the baserunners as soon as the groundball is rolled, and another coach located at the stopping point encouraging them to **Run Hard** and all the way Through 1B

DIAGRAM 1



Player 

Target
Cone 

PHASE ONE, Post Warm-Up Throwing:

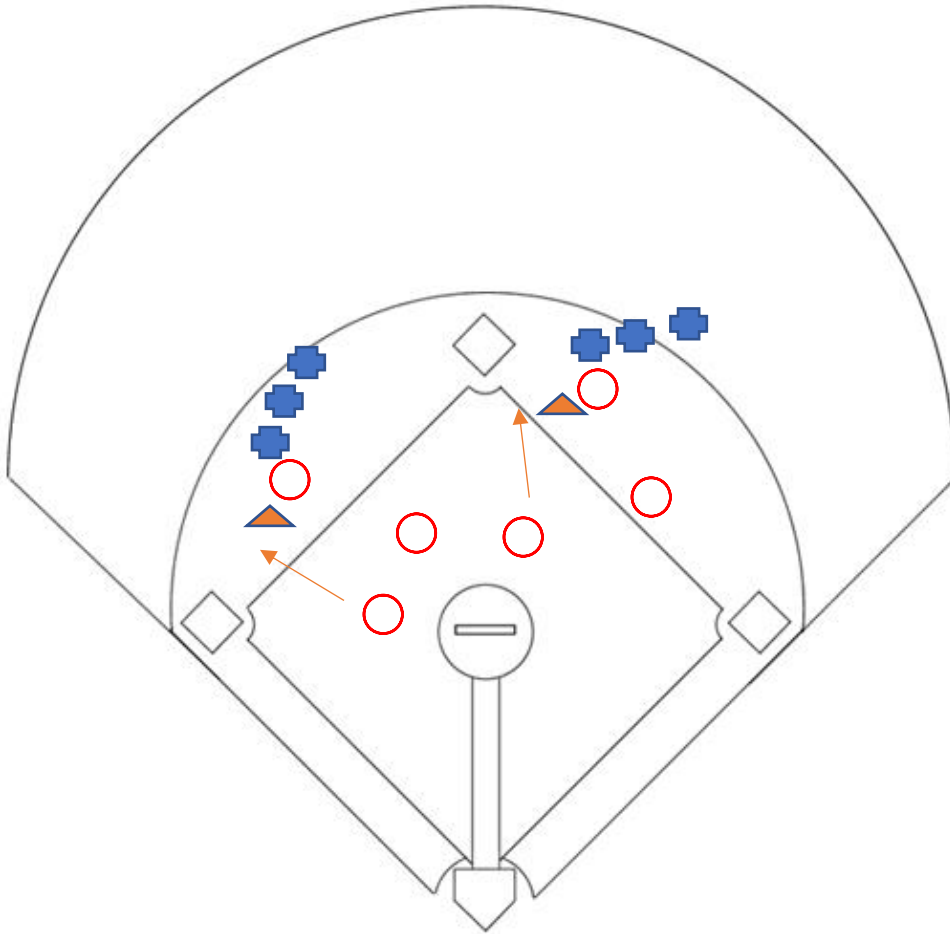
Set up targets in the outfield (spacing your 12 man roster around the perimeter of the infield).

Great drill to have parents assist! Parents/older siblings, etc.

The Players each start with a ball, take two to three steps, getting their bodies in motion, and throw toward the target (*target = cone, parent, older sibling, whatever you designate will work*). The Players then run, retrieve their ball and return to the starting point. Repeat.

Do this drill long enough that the Head Coach has worked with each player and least one time.

DIAGRAM 2



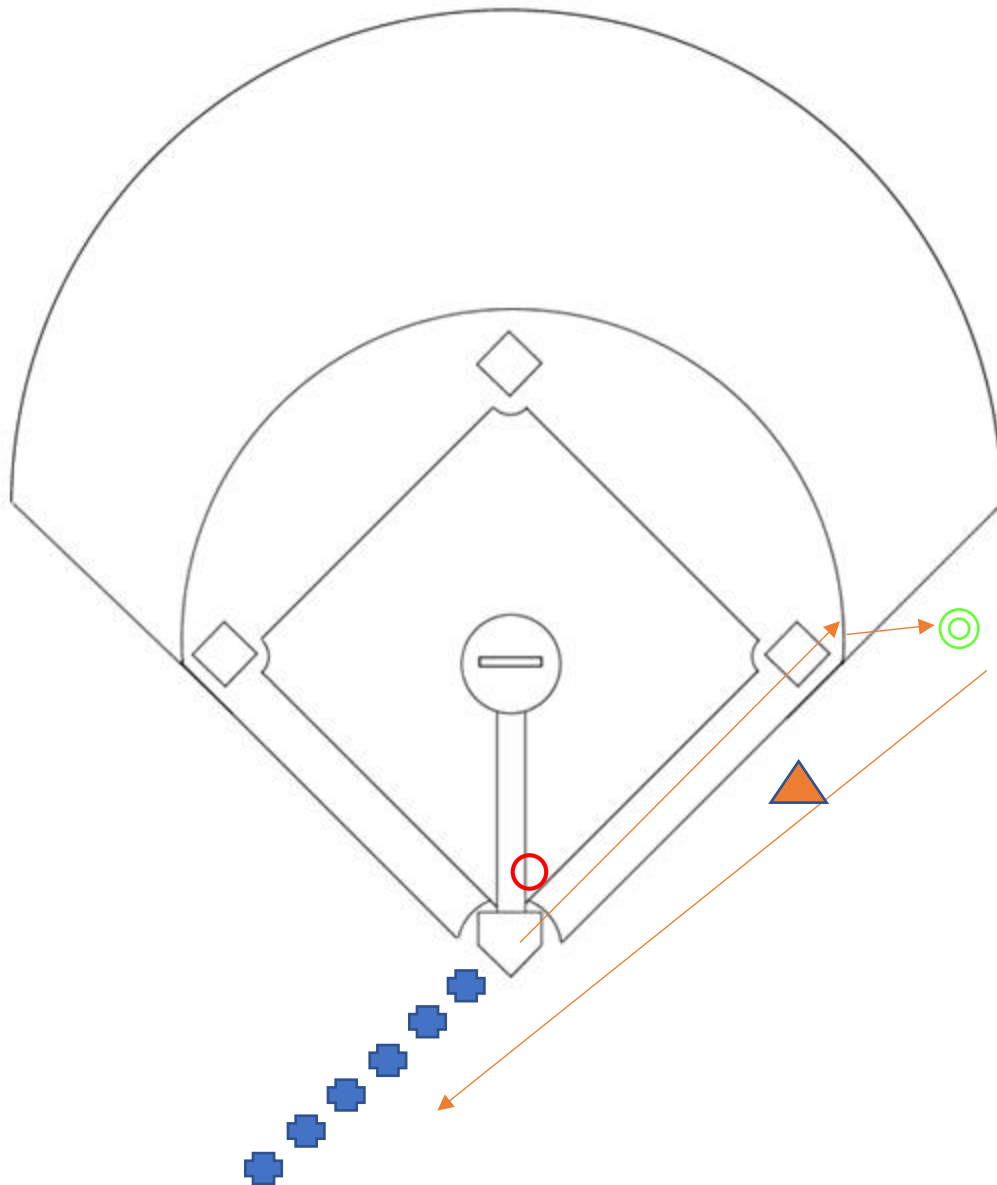
PHASE TWO, Fielding Station – Working “Around the Baseball” and Throwing to Target:

Set up is in the infield one group on the right side, and one group on the left side. *(If not enough coaches, or parent helpers, this drill can be done with one station and all six players.)*

- KEY PHRASE: **“Work around the baseball”** (AROUND THE CONE) and throw to the coach
- One Group near 3B & One Group near 2B

Three coaches per group: Coach 1 rolls the ball, Coach 2 makes sure the work around the cone, Coach 3 receives the throws. AWESOME DRILL TO GET THEM MOVING “AROUND THE BALL” TO FIELD IT, AND MOVING TO THROW IT. Great drill to have parents assist! IF NEEDED, CAN BE DONE BY ONE COACH.

DIAGRAM 3

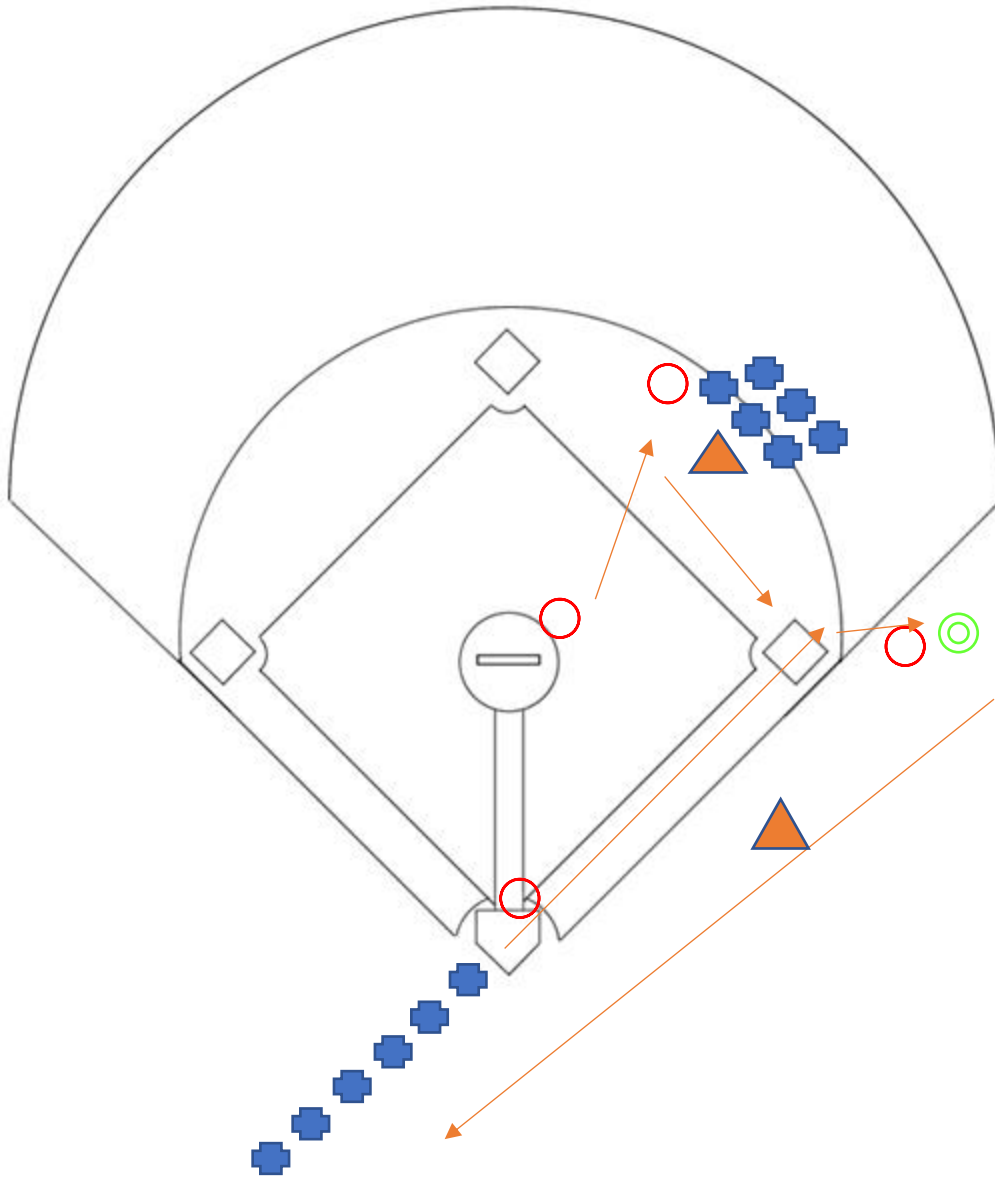


PHASE TWO, Base Running Station – Learning to run “to & through” first base

We are looking for “max effort”, and running “through the bag”, vs. to the bag

- KEY PHRASE: **“Run through the base,”** then peel off the right into foul territory, and return to the base
- Don’t allow them to run “to first base” and stop, they **MUST** run “through the base”
 - Make it FUN, give them a target to run to that is past the base and in foul territory, and if enough help give them a “high five” for reaching the target!
- Place a cone ½ way up the baseline, well into foul territory, for the base runners to “stay foul of” as they return to home plate for another rep

DIAGRAM 4



PHASE THREE, Game Situation – Practicing Skills Learned

Six vs. Six Game Play Live Scrimmage. We are simply looking to reinforce the skills learned in a competitive environment

- **Group A** at 2B working groundballs and throws to first
 - Coach near pitching area, rolling balls to fielders, who **work around the cone**, field and throw to Coach at First Base, trying to get the runners out (*emphasize athletic movement on the throw*)
- **Group B** at Home Plate working on running **to and through 1B**
 - Coach at Home Plate sends the baserunners as soon as the groundball is rolled, and another coach located at the stopping point encouraging them to Run all the way Through 1B