

Orono Baseball Association—Player Training Guide

LESSON: Spartan “FIRST 30” (Machine Pitch and Above—Could take 45 min to an hour initially)

PURPOSE: Begin Practice with a quick, active refresh of critical fundamentals

Step 1: Dynamic Warm Up (5 min)

Standing Arm Stretch—Cross Chest, Elbow to sky, arm circles—Small to Big, Forward and Backward

On ground—sleeper stretch, hurdlers stretch, butterfly

Active--Jumping Jacks 20 rep’s together as a team

Running—Jog a lap around outfield at ½ to ¾ speed together team—increase blood flow to muscles--not a race



Sleeper



Elbow to sky



Butterfly

Step 2: Spartan Throwing Progression (6 min)

Grip, Snaps, Knee Toss, Step and Throw, Hops

6 reps each step –focus on mechanics not speed

10/15/20/25 ft—expand distance for throw/hops

Throw and hops at ¾ to full tempo--

Follow through with your feet—have momentum

By mid May—kids take a knee if ball hits the ground



Step 3: Fielding Progression (15 min)

--Soft Hand Pairs: Two lines 10 ft apart facing, fill infield, no gloves (4 min)

One hand roll, two hand alligator, 8 reps each

--Four Corners w/ gloves: 5-6 players spread at cones (5 min)

4 cone square, 15 ft apart, 2 squares on the infield--all kids on a cone

Flip drill—pendulum arm, wrist stiff, ball out, Underhand toss

2X Clockwise first follow ball to cone, then 2X counterclockwise

Keep ball inside cones at all times—Target Chest / Pivot Footwork

--“Rounding the Ball”: 3 lines on infield, 1 cone /line (6 min)

Ready Position: Elbow in, palms out, butt down, feet moving, weight slightly forward on balls of feet—anticipate the break at windup

Coach stands near “1B” and rolls ball to opposite side of cone

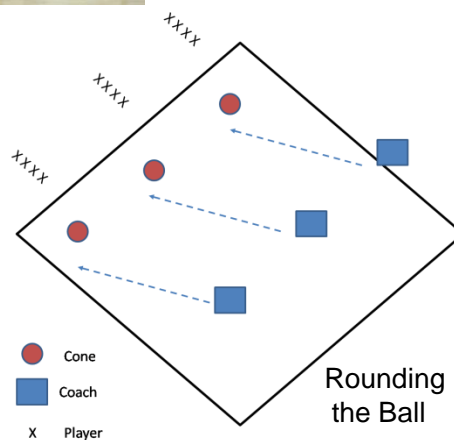
Ready Position, player rounds cone, fields, drops ball, follows through with face/finger/feet toward the coach –Repeat 3X

“Attack under control”

“Field the ball closer to the hitter, moving to the target”



Alligator



Rounding the Ball

Step 4: Hitting Mechanics Review--No Bats (3 min)

Line up on base lines or create a line in the dirt for footwork

Coach cues “Grip, Stance, Stride, Pivot, Swing, Follow Through, Hold”

Check for balance at start and finish, bat to opposing box, stride to pitcher

Final Drill--Pivot to Bunt stance

