

Orono Baseball Association—Player Training Guide

LESSON: Tee Ball and Coach Pitch Practice Plan (Two Pages)

PURPOSE: Simplify the lesson and maximize the FUN!

Step 1: Dynamic Warm Up (5 min)

Young players are at little risk for strained muscles but we want them to learn the habit at the youngest of ages. No gloves. No helmets.

- Stand in a circle with coach in the middle.
- Reach to the Sky (count to 5) & Reach to your Toes (Count to 5) Repeat
- Arm circles: Arms to side making small circles forward and backward (10X)
- March of the Kings: High Knee March in a circle—no bumping in front
- Snake Run: Coach leads curving run through the field—players snake behind



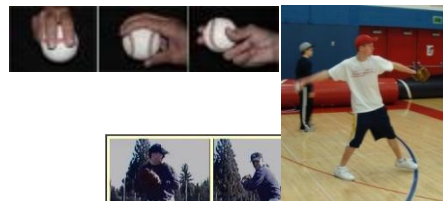
Arm circles

Note: Coaches should preset cones for the following drills before stretching

Step 2: Mini-Spartan Throwing Progression (10 min)

Purpose is to isolate throwing mechanics (wrist snap, arm and chest, then feet and body). This drill mimics the majority of the Varsity Drill.

- 4 seam Grip, Snaps, Knee Toss, Step and Throw
- 5 reps each step –focus on mechanics not speed
- 10/15/20—expand distance for throw/hops
- Throw and hops at $\frac{3}{4}$ to full tempo--
- Follow through with your feet—have momentum
- By mid May—kids take a knee if ball hits the ground



Step 3: Mini-Fielding Progression (15 min)

- Ready Position
 - Athletic stance with feet wider than shoulders/knees bent
 - Glove elbow in / glove palm to catcher / throwing palm up
 - Arms in front of body—always field in front of body
 - Hands between knees and waist high—not touching legs--Butt is down
 - Feet are moving/ weight slightly forward—Look like a MONKEY!



- Alligator Pairs: Two lines 10 ft apart facing, fill infield, with gloves (8 min)
 - Roll ball to each other, two hand alligator, 10 + reps each
 - Focus on fielding in front from ready position—think “hands under cap”
 - Glove is down, throwing fingers “to the sky”—Alligator BITES to catch!
 - Field the ball, then roll it back to partner = high reps is best learning
 - Watch ready position, keep butts down and hands out.



Alligator

- Goalie Drill: Three sets of two cones set 10 ft apart set on infield (7 min)
 - Purpose of drill is to build fielding footwork and range of coverage by stopping ball from going through the goal
 - 1 player 1 ft in front of cones, centered—ready position--coach rolls ball
 - Player does not have to field it, just bat it away—roll 5 ball then next

WATER BREAK / BATHROOM BREAK (5 Minutes)

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Step 4: Hitting Mechanics Review--No Bats (5min)

Purpose is to safely review hitting mechanics with no bats/helmets

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

--Grip has Knocking Knuckles in a Line

--Stance is wider than shoulders, knees bent—hands at or above back shoulder

Heel of bat is pointing to opposite batter's box

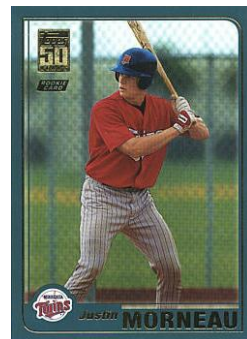
--Stride front foot small amount (4") --"Step straight to the pitcher"

--Swing level at waist and follow through with two hands together to the ear

Coach cues "Grip, Stance, Stride, Swing, Follow Through"

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

Have players "hold" in follow through to test for balance



YOU ARE NOW ABOUT 40 MINUTES INTO PRACTICE AND HAVE ABOUT 15 MINUTES FOR 2 DRILLS /STATIONS OR GAME SIMULATIONS.

Possible Drills/Stations

--Fly Balls with tennis balls or wiffles (for safety)

--Teach glove "fingers up" above the waist and "fingers down" below the waist

--Move feet first to get under the ball, catch above the bill of your hat over glove eye. This sets up the throwing hand to come in high for a faster throw as they get older.

--Infield Practice

--Line up players at positions. Practice ready position, alligator hands, throw lightning bolts to first base.

--Baserunning through first, not to first

--To teach running through the base set two cones 5 ft past the base and have the players run through the cones and turn to the right after

--Hitting Contest

--Set a 1-point, 2-point and 3-point cone in the infield / outfield

--Each player gets 3 swings to see how many points they get

--Catching /Throwing Contest

--3 lines of 4 kids spaced 10 ft apart

--Relay race throwing from front to back and back to front (2X)

--Baserunning Relay Contest

--1/2 team at home, 1/2 at second base

--Run around touching each base and tag next player on your team to start their leg of the relay

--Focus is rounding bases properly touching inside corners to push off