

9U - 11U

Practice Plan #4

TOPIC COVERED: Pitchers/Catchers & Base running

MISSION: Relay the proper technique for pitcher and catcher positions

Time: 1hr 45min (Modify depending on your time frame.)

5min - Roll Call/Overview

15 min - Warm Up & Stretch

40 min - Drills

10min 1. Throwing explained in detail

- 4-seam grip
- Proper Mechanics

10min 2. Receiving explained in detailed with hands and feet

- Tasks - for thrower ..feed, relay, receiver tag, pick, redirect
- Throwing slot - vary for game play (use the clock)

<BREAK INTO GROUPS>

10min 2. Pitchers - Balance and Body Control>Catchers set up and receive and block

10min 3. Pitchers - Pick off & Run down (cover a balk) >Catcher throw to 2nd & 3rd

10min 4. Base running (thru bag, banana turn, read line-drive, flyball and ground ball)

35 min - Game (scrimmage, defensive, offensive, Scrub)

5 min - Clean up

5 min - Review and Release