

# 9U-11U NMBA

## Practice Plan #1

### WEEK ONE

**TOPIC COVERED: Throwing, Receiving, & Infield**

**MISSION: Relay the proper technique for throwing, receiving and fielding ground balls**

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

05 min - 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 3. Ground Balls (partners) bare hands and then w/glove

- Progression - knees, standing, moving
- Middle, Glove side, Hand side

10min 4. Ground balls off the bat (Middle, left, right, choppers)

- Use Stopwatch
- Use runners

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

5 min - Clean up

5 min - Review and Release