

9u Practice Plan A

1 Coach.

Objective. Get to know your players characters and personalities and what positions they want to play.

1hr15min

Warm up Stretch- 5 min

Catch- 20min

Water- 5 min

Drill 1- 15 min

Drill 2- 15 min

Baserunning/Base Race - 15 min

Warm up & Stretch (5min)

- Quick run as a team.
- Very quick stretch as a team.
- Stretch from the ground up.

Catch (15min)

Objective of catch** Catch is the most important part of practise, as practise goes on players will develop their skills on throwing and catching. Teaching kids not to be scared of the ball is challenging and sometimes takes time.

- At the beginning players are not catching the ball.
- In a straight line one at a time
- After throwing to the coach, the coach returns a ground ball that gets fielded.
- After fielding, the player returns to the back of the line with their ball.
- As players get more comfortable, throw them the ball.
- Slowly back up.

Drill 1- Positioning (15min)

- Put the team behind the plate.
- Ask if players know where a position is and have them run out to the spot.
- Teach them where each position is and where to stand to play it.

Drill 2- Outfield Ground Balls (15min)

- Split team in two groups in the outfield.
- Hit or throw ground balls to each player.
- 2 balls each with a throw to coach.
- Make the throw far to see how their arms are.
- Move them around left to right.

Baserunning/Base Race (15min)

- Start each kid running through first base.
- Then a double, triple and home run.
- Then finish practice off with a baserace.

9u Practice Plan B

1 Coach.

Objective- Getting the players to learn each other's names and something about their teammates. Sliding and Hitting drills.

1hr15min

Warm Up Stretch -5 min.

Catch/Relay Race- 20 min.

Water 5 min

Drill 1- 20min

Drill 2- 25 min

Warm up & Stretch (5min)

- Quick run as a team.
- Very quick stretch as a team.
- Stretch from the ground up.

Catch/Relay Race (20 min)

- Split up the team in two evenly spaced lines.
- Objective of the game is to pass the ball all the way up and down the line so each player touches the ball.
- Start them without a glove underhand tossing.
- If able, mix it up to one hand catches. Make it a race.
- Put gloves on and get players to throw overhand to each other.

Drill 1- Sliding. (20min)

Objective- Sliding is very important and is often done improperly. Teach athletes to slide safely into base to avoid injury. Arms up in the air, one leg in front with the other leg tucked under the knee.

- Line the kids up to slide on the grass, using a rubber bag.
- Show them the proper safe way to slide.
- Slide directly at the bag.

Hitting 15 min (25 min)

Objective- Depending on what kind and how many balls you have, try to give each kid as many swings as possible. Don't worry too much about mechanics, just try to get them in contact with the ball.

- If the coach has tennis balls or just baseballs, set up soft toss into the field.
- Coach could set up a T and play a point system game with his players.
- Put players in the field in positions to collect balls.

9u Practice Plan C

1 Coach

Objective- Practice plan C will focus on gameplay. During the mini game make sure to stop anytime to correct and teach players if they are unsure.

1hr15min

Warm up and Stretch - 5 min

Catch 25 min

Game 45 min

Warm up & Stretch (5 min)

- Quick run as a team.
- Very quick stretch as a team.
- Stretch from the ground up.

Catch (25 min)

- Kids throw to each other. (if kids cannot catch, change it to throwing to coach)
- Work on stepping towards the target and pointing and releasing the ball outfront.
- Catching the ball is just as important as throwing it.

Game (45 min)

Objective - Play as realistic of a game as possible. Set up whoever wants to catch and coach throws from the mound to hitters. Play game-like scenarios, but start every batter with a count of 2-1 and each inning with 1 out. Throughout the game switch players to different positions.

- Try not to allow players to just keep running.
- Stop the game as needed for any teaching moment that you can.
- Show players where to throw the ball and who is the cut.

Examples of positioning.

Play to 2nd base, ball hit to the outfield.

- Hit to left field- Shortstop cut. 2nd base on bag.
- Hit to center field- Shortstop cut. 2nd base on bag.
- Hit to right field- 2nd base cut. Shortstop on bag.

Play to 3rd base, ball hit to outfield.

- Short stop is always the cut. 2nd base on bag.

Play Home from outfield.

- Hit to left field, 3rd base is cut.
- Hit to center field, 1st base is cut.
- Hit to right field, 1st base is cut.

9u Practice Plan D

1 Coach.

Objective- Focusing with plan D is hitting. Everyone wants to hit, so make it fun and keep it safe. Try to get every kid as many swings as possible.

1hr15

Warm up and Stretch (10min)

Catch (20min)

BP (45min)

Warm up & Stretch (10min)

- Quick run as a team.
- Very quick stretch as a team.
- Stretch from the ground up.

Catch (20min)

- Play catch as a team.
- Work with players helping how to catch the ball properly.
- Make sure the players are spread out at a safe distance from each other. (if unable to play catch, refer to Practice plan A in throwing to a coach one at a time.

BP (45min)

Objective- Getting through Batting Practice with a team is all about timing. In your practice make note of how many players need to hit and how long you have in practice. BP works the best when there is proper flow, the lull time in between groups will slow it down.

- Coach set up however suits your practice. If you have an L-screen then throw to your players overhand or front toss at a close distance. If there is no screen to use, the coach can sit on a bucket in front of players doing side tosses into the field.
- Use of a T is great if implemented somehow.
- Group them up in even numbers.
- Make sure they know which group they are in. (Important when you rotate groups)
- Rotate through each group giving each player 2 rounds of 6-8 swings. Call in the next group when the last player is swinging in the group before.
- Groups not hitting in the field shagging balls for their coach. (bring a bucket into the outfield and get players to safely gather balls)

In the field shagging balls, sometimes there isn't a screen to protect the player on the bucket. Find a way that works with your team when collecting balls whether that's one person or dropping an empty bucket in the field and having the entire field picking them.

9u Practice Plan E

1 Coach

Objective- Defensive practice, players will be getting reps in outfield and infield.

1hr15min

Warm up and Stretch (5min)

Catch (15 min)

Drill 1 (20min)

Water (5min)

Drill 2 (20min)

Drill 2 (10min)

Warm up & Stretch (5min)

- Quick run as a team.
- Very quick stretch as a team.
- Stretch from the ground up.

Catch (15min)

- Play catch as a team

Drill 1- Ground Balls (20min)

- Set players in the infield, anyway you want.
- Put a first baseman at first. (Whether that's an able first basemen, another coach or a screen, just something to throw into)
- Hit or roll ground balls to each player, and have them throw across the diamond to first base.
 - Working on. Fielding the ball out front of their bodies.
 - Stepping, and gaining momentum towards first base.
 - Feet a little wider than shoulder width apart and in a sitting position when fielding.

Drill 2- Fly balls, Helmet drill (20min)

- Before using gloves get each player to put on a helmet. (you need tennis or whiffle balls)
- Stand in front of the player, one at a time throw the ball up in the air as a fly ball.
- Players trying to hit the ball in the middle of the top of their helmet with the ball.
 - Working on getting underneath the ball.
- Proceed to throw balls in the air with their gloves and catching the ball.
- Catch the ball over their hats. (if scared of the ball, or bailing out of the way use a softer ball)

Drill 3 Cut Relay

- Split up the team in one group in the outfield and one group in the infield. Switch after (5min)
- Hit or roll balls to the outfields.

- Works best when outfield is in right and infield is at first base throwing home.
- Have the outfields make a play and throw to the infielders who then throw to the coach.
 - Working on, outfields making a play and throwing an accurate throw to the infielders.
 - Infields working on, making the catch and throwing to the coach.

9u Practice Plan F

1 Coach

Objective- Catching the ball and hand eye coordination. Players need to be able to catch the ball.

1hr15min

Warm up & Stretch (5min)

Catch (25min)

Drill 1 (15min)

Game (30 min)

Warm up & Stretch (5min)

- Quick run as a team.
- Very quick stretch as a team.
- Stretch from the ground up.

Catch/ Fundamentals (25min)

Objective- Get the players to focus on catching the ball with and without a glove.

- Partner up (no gloves) and underhand throwing the ball back and forth, one handed catches switching from right and left.
- Have each player catch 10 underhand passes with one hand and then switch.
(if players cannot grasp put the team in a line and one at a time throw each player 5 balls and make them catch with one hand.
 - Proceed to regular catch after the fundamentals.
 - Partner up and throw as a team.

Drill 1 Outfield (15min)

- Place players in the outfield, coach not standing too far away.
- Coach throwing balls up in the air.
- Work moving left and right, in and back.
- Choose whether players throw balls back to the coach, or place in the bucket behind.
- Work on getting underneath the ball and catching over their glove side shoulder.

Game (15min) Pepper

- **Objective-** Working on hitting the ball softly but square as a ground ball to teammates. Hitter is choked up and only swinging 20% strength. (this drill can be dangerous, please take care)
- Line players up in a row facing hitter.
- Not too far away 20-30 ft

-1 players hitting while the others are fielding the balls.

-Player hitting only has one chance to hit the ball on the ground softly as a ground ball to remain hitting.

- A strike or hit too hard, not hard enough or popped up, the hitter must switch and someone else hits.

9u Practice Plan G

1 Coach

Objective- Baserunning.

1hr15min

Warm up/Stretch (5min)

Catch (15 min)

Drill 1 (20 min)

Drill 2 (20 min)

Drill 3 (15min)

Warm up & Stretch (5min)

- Quick run as a team.
- Very quick stretch as a team.
- Stretch from the ground up.

Catch (15min)

Objective- Over emphasize using their bottom half to throw. Get players to use legs and crow hop.

- Throw to a coach one at a time. (Throw back to players if able)
- Players slowly backing up getting further away.
- Players work on using legs to throw. Practice crow hops.

Drill 1- Rounding 1st & Hitting a Double(20min)

- Start with the team at the plate and mock swing.
- Have them run to first and run straight through the bag.
 - Not lunging or jumping for the bag and running but remaining running straight through.
- Then hitting a double.
 - Put a glove or something on the ground in front and at the right of the bag to ensure players make a turn towards second base. (Rounding the base)
 - When hitting a double, if possible hit the inside of first base to push off towards second base.

Drill 2- Tag-up (20min)

Objective. Teaching players how to tag and how fly balls and force outs work. Simulate a fly ball into right field (If 1 coach, throw ball up to yourself) Throw ball to coach or player in right field and get the base runners to react on whether it was caught or not.

- Split players up baserunning at 1st and second base.
- Have a coach or a player as a right fielder.
- Throw the ball in the air and at the same time just like a hit, the baserunners run.
- After they take their secondary lead, if the outfielder catches the ball, they must retreat back to the bag. If missed they can continue on.

Drill 3- Pickup Coach (15min)

- Have players start at first base.
- On a go run as if they're going to third.
- Coach is standing in the 3rd base coach box.
- Coach either waves through for the player to come to third, or stops the runner at 2nd base.
- Coach be loud and clear, use consistent hand signals for players

9u Practice Plan H

1 Coach

Objective- Defense. Learning positions and where to go. "Where do I go with the ball if it hit to me". Game Like situations.

1hr15min

Warm up/Stretch (5min)

Drill 1 (35min)

Drill 2 (35 min)

Warm up & Stretch (5min)

- Quick run as a team.
- Very quick stretch as a team.
- Stretch from the ground up.

Drill 1 (35min) Positioning. Infield outfield

Objective- This drill is for players to learn where to play different positions and where to throw the ball from different spots.

- Put players in different positions around the field.
- After every out players go to another position.
- Coach randomly hits the ball into the field.
- If enough players, have some baserun.
- Make it a competition on how many outs they can make.

Drill 2 (35min) Live off a T

- Simulates a game situation.
- Keep players in their positions in the field.
- One player hits off a T. (or soft toss if no T)
- Give each player 2 balls to hit, and the 3rd one is live.
- Defense needs to play it out gamelike.

9u Practice Plan I

1 Coach

Objective- Fun Game day.

1hr15

Warm up/Stretch (5min)

Catch (15 min)

Game (55min)

Warm up & Stretch (5min)

- Quick run as a team.
- Very quick stretch as a team.
- Stretch from the ground up.

Catch (15 min)

- Partner catch.
- Split up and spread out.
- Safely backing up and working on hitting your partner in the chest.

Fun Game (55min)

- Organize your team into two teams.
- Coach pitch simulates live gameplay at bats.
- Change it up every inning to make it fun.
- Like, running the other way, Starting with 2 strikes, switch hit, use a tennis ball, anything different to do each inning.
- Defensively, each player must change into a different position every inning. (or every out)

9u Practice Plan J

1 Coach

Objective- Reps at defense.

1hr15

Warm up/Stretch (5min)

Catch (30 min)

Drill 1 (20 min)

Drill 2 (20 min)

Warm up & Stretch (5min)

- Quick run as a team.
- Very quick stretch as a team.
- Stretch from the ground up.

Catch (30min)

- Split players up, spread out and safely distanced from each other.
- Working on good throws and good catches.
- Progress moving back and using legs to throw.
- Throw as long as comfortable.

Drill 1- Ground balls. (20min)

- Set players up at short and second base.
- Hit balls at them. Move them around.
- Add throws to first and 2nd base.

Drill 2- Outfield Cut. (20 min)

- Split up players at 3rd base and in left field.
- Hit or throw balls from the plate to the outfielders.
- Outfielders make plays and throw balls to infielders who throw the ball to home plate.
- Working on completing all 2 throws.
- Make it a game and challenge them.