

Game Plan: Week 2

QUIK BALL

10 minutes — Run the bases: Home to 1st Base/Home to 2nd Base

- Batter steps into the Batter's Box on the appropriate side of the plate using the rubber foot-prints. On the coach's command, he or she takes a full swing (practice swing, no ball is pitched)
 - Batter runs from Batter's Box to 1st base (infield single)
 - Touches 1st base and continues running through the cone finish line
 - Next round, batter makes proper turn at 1st and then runs to 2nd

Both Teams



Baserunning Warmup

COACH: Remind batters - no bat slinging. Make sure each batter follows the arrows, rounds 1st base properly and stops at 2nd base.

BREAKOUT INSTRUCTION — 4 stations/Rotate on Hitting Station every 3-4. Mix teams at each station/Waterbreak at end

STATION 1: Throwing to Target — from Pitcher's mound

POSITIONING: Single file line beside cones on mound or pitcher's circle

- Throwing player gets into throwing position, ball in hand
 - AutoUmp is located 15' in front of player
 - Each player throws 3 times at target then rotates to the back of the line

COACH: After everyone has thrown, have players hustle to retrieve the balls and put them back into the ball bucket



Throwing-to-Target station

STATION 2: Throwing Progression — located on RF foul line

POSITIONING: Players toe foul line, each one straddles their field cone

- "Elephant Trunk Wrist Flips" - Thrower's chest facing coach, elbow sitting on non-throwing hand at shoulder level, ball in hand
 - Use 2-3 fingers to grip the ball firmly like an egg
 - Flip to coach - emphasize wrist flexion

COACH: To receive throws from each player, move down the line and back in typewriter fashion



Throwing Station

STATION 3: Hitting Progression — 2nd base serves as home plate

POSITIONING: Batter at 2nd base, others in group in outfield positions

- Use footprints to assist in batting stance ***Maverick Division will use a hitting tee.**
 - Coach takes a knee, underhand front toss to hitter
 - Focus on tossing ball into batter's natural swing plane
 - 5 swings per batter and rotate in the next batter

COACH: Do not change batter's natural swing plane. If necessary, use overhand "dart" toss to connect with extreme uppercut swing



Hitting station

STATION 4: Fielding Progression — located on LF foul line

POSITIONING: Each player stands behind a field cone, lines up belt buckle with cone

- Use cones and rubber feet to establish "athletic position."
 - Demonstrate "Fingers to the Sky" hand positioning for fielding line drives
 - Focus on catching soft line drive - first with bean bag toss
 - After bean bag toss, transition to USAQB softball

COACH: To receive throws from players, move down the line and back in typewriter fashion.



Fielding station

Scoring Coins

In the Doubles round, make sure each runner stands on second base while receiving his or her scoring coin.



Game time! Cycle Format/Doubles

BATTING TEAM - Hit for doubles only

- Coach that pitches takes a knee and throws front soft-toss to each batter
- Batters get up to 5 swings per at bat. If they fail to connect, they run on the 5th swing regardless. If no ball is put into play, the coach/pitcher randomly rolls a ball into fair play for the defense to play as the batter runs out a double

FIELDING TEAM - Throw all balls to 2nd base

- Use numbered fielder spots to assign positions
- Fielders play a different position each inning
- Coach/helper plays 2nd base
- Defense scoring bucket stationed by second base

SCORING:

- Offense - 1 pt. per safe hit, 2 pts. for HR
- Defense - 1 pt. per out