



Game Plan: Week 8

Base Race

10 minutes — Base Race/ Home to 2nd-2nd to Home

- Line up 1 team at 2nd base and 1 team at home plate. Team at 2nd base will consider it home plate
- Teammates race around bases and pass ball to teammate once they cross the plate
- First team to complete the relay wins
- Teams with fewer players will need to send player(s) more than once

COACH: Make sure runners use proper turns around the bases. Also, make sure they touch all four bases before handing the ball off

BREAKOUT INSTRUCTION — 4 Stations/Rotate on Hitting Station every 3-4 minutes/ Mix teams at each station/waterbreak at end

STATION 1: Throwing to Target — distance throw from 3rd Base

POSITIONING: Single file line beside coach at third base

1

- Distance throw from 3rd base position. Target is located at 1st base 50' away
- Players take turns standing on field number 5
- Player fields a grounder from the coach, throws the ball at target
- Proper grip, step towards target
- Each player attempts to throw across the field to hit the target - on the fly or bounce

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

STATION 2: Throwing Progression — located on RF foul line

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

2

- “Step, Catch and Throw” — throwing to coach
- Player faces coach. Hands with ball in throwing hand are shoulder high. (coach should demonstrate and work on positioning players)
- Player steps with throwing foot toward coach, catches throw from coach and then throws to coach (Complete throwing process)
- Coach follows typewriter method to catch for each player

COACH: Emphasize proper footwork while moving quickly down the line

STATION 3: Hitting Progression — located at 2nd base, hitting toward CF

POSITIONING: 1 batter, on-deck batters field balls in the outfield

3

- Hitter stands at 2nd base (lay a throw-down home plate on top of base if possible)
- Remind players of proper grip and foot positioning (use rubber footprints)
- Proper swing and follow-through — natural bat swing
- Coach on a knee, provides underhand front soft-toss or overhand soft-toss
- Induce contact to develop hand-eye coordination

COACH: Goal is to toss the ball into the hitter’s swing path

STATION 4: Fielding Progression — located on LF foul line

POSITIONING: Players toe the foul line, stands behind a cone, lines up belt buckle with cone

4

- Review ground balls
- Review fly balls and line drives
- Use QB Baseballs only

COACH: Review each player’s hand positioning when catching the ball

Review at each station

Game Time! Complete Cycle Format

BATTING TEAM - Hits for 1B, 2B, 3B, HR

- Each batter swings for a single in inning 1, a double in inning 2, a triple in inning 3 and a home run in inning 4.
- Batters get up to 5 swings per at bat. Ball is randomly tossed into field of play if 5th swing doesn't produce a fair ball.

SCORING: Offense - 1 pt. per safe hit, 2 pts. per over-the-fence HR

FIELDING TEAM - Throw all batted balls to coach at 1st base in inning 1, 2nd base in inning 2, 3rd base in inning 3 and at home in inning 4

- Use numbered field spots to assign positions.
- Fielders play a different position each inning.

Defense - 1 pt. per out

QUICKBALL