



Baseball BC Grassroots 6u Practice Plans



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6U Practice #1 – Throwing

Division Coordinator meeting [10 min]

Objective of the Day [5 min]

- FUN
- Throwing

Equipment NEEDED for THIS PRACTICE

- Bean bags or wiffle balls
- Targets (Hoola hoops, inflatables)

Parent Leader Meeting [5 mins]

- Introduction of Coach. Cover schedule, parent participation, objectives of year, and important dates

Player Meeting [5 mins]

- Fun introduction to learn names

Warm up [10 mins]

- Silly jog (follow the leader), jumping jacks, balancing on 1 foot
 - o Teaching point – stay on feet when running/balance

Intro to Throwing [10 mins]

- Show throwing position (no ball) – parents to correct player form.
 - o Introduce/review **Strong legs** (athletic position)
 - o Introduce/review **Ready-Aim-Throw**



Strong Legs



Ready with ball facing out



Aim with glove to target



Throw - Release Point



- o Introduce **Grip**
 - Fingers across ball, thumb under ball (check after “ready”)
 - Play coach Says with grip and throwing keys

Throwing Drill (10 minutes)

- Grip
 - o Throw ball up in the air, catch it and get proper grip
- Have all players throw in 1 direction (no one receiving, just throwing into an empty outfield). Collect balls and repeat.
 - o Use nets or hoola hoops (on ground)

Break [2 mins]

Game [5 mins]

- Freeze Tag. Freeze in Throwing Position (with proper grip)

Practice End [3 mins]

- Ask them to think of a team name.
- Team Cheer

6U Practice #2 – Hitting

Objective of the Day

- Have FUN;
- Intro basic hitting position

Equipment NEEDED for THIS PRACTICE

- Foam or Plastic bat (NO METAL BATS ALLOWED)
- Large Wiffle balls
- Hoola hoops
- Bean bags
- Foam balls
- Bats
- Tees

Player Meeting [2 mins]

- Review **strong legs** and throwing position (last practice)
- What did they come up with for a team name?



Warm up [10 mins]

- Freeze tag in throwing position.

Instruction to Hitting Position [10 mins]

- Coach demo with players mimicking. Parents correct form. Break down in steps then put all together (no bats yet)
 - o **BAT SAFETY: Only swing the bat when you are at a tee. Carry bat with barrel**
 - o **"Set your feet"** (strong legs);
 - o **"Set your hands";**
 - o **"Bat position";**
 - o **Follow through (balance, squish the bug)**



Set feet



Set hands



Set hands / Bat
Position



- o Focus on balance and stationary feet (no moving feet "happy feet")

- Play Coach Says

Hitting Drill [10 min]

- Hit: use a tee. Position players for 5 hits off the tee.
 - Reiterate the hitting keys especially the follow through

at contact

Break [2 mins]

Station [10 mins]

- Station 1 (throwing)
 - Ready-Aim-Throw
 - Check grip (at the ready position)
 - Target throwing
 - Foam/wiffle balls
 - Bean Bags

BREAK (3 mins)

Game [10 mins]

- Freeze Tag – Freeze in hitting or throwing

Practice End [3 mins]

- What was fun about today's practice?
- Review by asking players to show Throwing or hitting positions
- Team Cheer (with new team name). New player leads every week.

6U Practice #3 – Catching/Baserunning

Objective of the Day

- Have FUN
- Intro/review of Catching
- Intro/review of Baserunning (direction)

Equipment NEEDED for THIS PRACTICE

- Bean Bags
- Drop down bases
- Plastic or foam Bats
- Wiffle Balls
- Hoola hoops/nets
- Bats
- Tees

Player Meeting [2 mins]

- Review **Strong legs**
- Review throwing position (with grip)
- Review hitting position

Warm up [5 mins]

- Freeze tag – in throwing or hitting

BREAK [3 mins]

Instruction [5 mins]

- Introduce Catching
 - o **Ready (2 hands together and**
 - **High throws fingers up;**
 - Always palms out.**
 - o **Watch (eye on ball);**
 - o **Catch (close hands) and cradle the ball**
 - **Cradle is cushioning the throw or softening the catch/bringing ball towards your body**



own.



dy - Catch
low waist

Squeeze Ball



Catch Hands
Out



Catch after
cradle

- Coach (Simon) says....

Catching Drill (10 minutes)

- With bean bag toss bean bag up by themselves (5 minutes)
- Play catch with partner (parent) with bean bag
 - o Keep eyes open entire time.

BREAK [2 min]

Stations [20 mins]

- Explanation of stations to Parents (Kids) – Parents can reinforce mechanics and instruction at the start of each station
- Station 1 (15 min) – Hitting
 - o Tee work
 - o Review **Set feet, set hands, bat position**
- Station 2 (5 min) – INF positions
 - o Show/review players what each INF position is (1B, 2B, SS, 3B)
 - Have players run from home plate to a position coach calls out

Break [2 mins]

Game [10 mins]

- Follow the leader around bases. Name bases as you touch them
 - o Players lead without coach.
 - **Run (in straight line), stop (under control), balance (stay on feet)**
 - o Swing and run around bases

Practice End [3 mins]

- What was fun today?
- Review throwing, catching, hitting and running
 - o Volunteer players show each skill
- Team Cheer



6U Practice #4 – Fielding

Objective of the Day

- Have FUN;
- Intro/review of fielding

Equipment NEEDED for THIS PRACTICE

- T-balls
- Bats
- Wiffle balls
- Targets (hoola hoops, inflatables)
- Tees

Player Meeting [2 mins]

- Review from the first game
- Who had fun?

Warm up [8 mins]

- Follow the leader around the bases
- Active warm up
 - o High knees, butt kicks, military walk, shuffles

Intro/review of Fielding [10 min]

- Ready position (strong legs)
- Fielding position (sit on a chair)
- Receive (alligator)
 - o Field and Freeze
 - o Play Coach says
- Introduce Shuffle (lateral movement and fielding)



Fielding Drill [8 min]

- Play PIGGY
 - Roll a ball to players, and have them stop the ball with their glove/hand
 - If they stop the ball, they get a letter. (Letters are good!)
 - Incorporate a little bit of lateral movement as progression
 - Once they get PIGGY, they get to run around and “oink” at their teammates. The kids think this is awesome and so much fun!

Break [2 min]

Stations [20 mins]

- Explanation of stations to Parents (Kids) – Parents can reinforcement of mechanics and instruction at the start of each station, then do a drill.
- Station 1
 - Hitting – instruction objective for parent: reinforce hitting position, show player where to stand in relation to tee or plate. Reinforce the process of swing and run to 1st.
 - Pick a hitting drill to do
- Station 2
 - Throwing – target practice
 - Count how many times you can hit a target. Fun competition individually

Game [10 mins]

- California Kick ball

Practice End [2 mins]

- What was fun today?
- Review fielding
- Team Cheer

6U Practice Plan #5 Throwing/Catching

Objective of the Day

- Have FUN;
- Throwing review
- Catching review

Equipment NEEDED for THIS PRACTICE

- Bases
- Cones
- T-balls
- Targets (hoola hoops, inflatables)
- Beanbags
- Wiffle Balls
- Bats
- Tees

Player Meeting [2 mins]

- Fielding review
- Hitting review

Warm up [10 mins]

- Run the Bases, yell out each base as you touch it
- Obstacle course/slalom
 - o Focus on FMS (Fundamental Movement)
 - Include Jumping, running,

Throwing Review [5 mins]

- Show throwing position (no ball) – parents to
 - o Review **Strong legs** (athletic position)
 - o Review **Grip**
 - o Review **Ready-Aim-Throw**
 - Introduce **Follow Through**
- Play coach Says

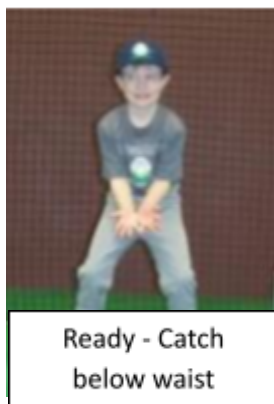


correct player form.

Stations [30 mins]

- Explanation of stations to Parents (Kids) – Parents can reinforcement of mechanics and instruction at the start of each station, then do a drill.
- Station 1 (10 minutes) - Throwing
 - o Repeat where all throw in 1 direction (no one receiving, just throwing into an empty outfield). Collect balls and do again.
 - o Use nets or hoola hoops (on ground) for target practice

- Station 2 (10 minutes) - Catching
 - o Catching – instruction objective for parent: catch the ball in the air (below the waist) with finders down or (above waist) with fingers up. Let kids practice with wiffle balls or beanbag throwing to self with no gloves. Progress to parents throwing.
 - o Focus on Fingers down, catch below the waist; fingers up, catch above waist. **Ready, Watch, Catch, and Cradle.**



Ready - Catch
below waist



Squeeze Ball



Catch Hands
Out



Catch after
cradle

- Station 3 (10 minutes) Hitting
 - o Instruction objective for parent: reinforce hitting position; **SET FEET; SET HANDS; BAT POSITION, SQUISH THE BUG.** Show player where to stand in relation to tee or plate. Reinforce the process of swing (no bat), then progress with a bat.
 - o Hit off Tee. Hit 5 balls to outfield

Break
Game



Set feet

[10 mins]



Set hands /Bat
Position



Squish bug at contact

- Freeze Tag
 - o Freeze in any position (throwing, catching, hitting).

Practice End [3 mins]

- What was fun today?
- Team Cheer

6U Practice Plan #6 Fielding/Baserunning

Objective of the Day

- Have FUN
- Fielding review
- Base running review

Equipment NEEDED for THIS PRACTICE

- Bases
- T-balls
- Wiffle Balls
- Bats
- Tees

Player Meeting [3 mins]

- Review strong legs
- Review where each base is

Warm up [10 mins]

- Freeze tag (freeze in fielding position)
- Active warm up
 - o High knees, butt kicks, shuffles, military walk
- Base Shuttle Game

Review of Fielding [5 mins]

- Review fielding fundamentals
 - o Ready Position (strong legs)
 - o Fielding position (sit on a chair)
 - o Receive (alligator)



Ready Position



Fielding Position



Alligator

Drill for Fielding [10 mins]

- Play coach says
- Play PIGGY
 - o Roll a ball to players, and have them stop the ball with their glove/hand
 - o If they stop the ball, they get a letter. (Letters are good!)

- Once they get PIGGY, they get to run around and “oink” at their teammates. The kids think this is awesome and so much fun!
- Make sure to move them laterally and change the speeds in the ball rolled to them. Mix it up!

Stations [20 mins]

- Explanation of stations to Parents (Kids) – Parents can reinforcement of mechanics and instruction at the start of each station, then do a drill.
- Station 1
 - Baserunning – Follow the leader. Have players yell out the base they are at when passing it
 - Hit and run – hit a wiffle ball, run to first base. Next player hits, and runs to first, while player at first runs to second.
- Station 2
 - Hitting – Coach Says Drill.
 - Tee practice – focus on balance throughout swing and contact with ball

Game [10 mins]

- Freeze Tag

Practice End [2 mins]

- What did we enjoy today?
- Team Cheer

6U Practice #7 – Throwing/Hitting

Objective of the Day

- Have fun!
- Throwing and hitting practice

Equipment NEEDED for THIS PRACTICE

- Balls
- Bats
- Tees
- Cones
- Targets

Player Meeting [5 mins]

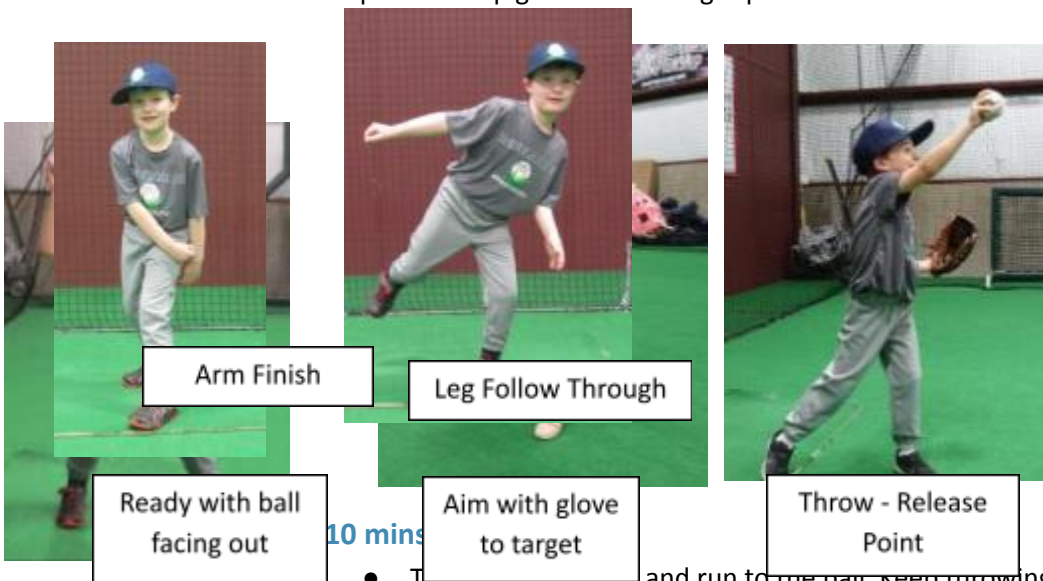
- Review strong legs
- Review 3 steps for each skill
 - Throwing – Grip, Aim, Ready, Throw, Follow through.
 - Hitting – Set feet, Set hands, Bat position, follow though (squish the bug)

Warm up [10 mins]

- Freeze Tag
- Obstacle course

Review of Throwing [5 mins]

- With no ball, have them set up in stages; Grip, Aim, Ready, and Throw, Follow through
 - Have parents help get them into right positions and correct where needed



Drill for Throwing

- Throw into catcher and run to the ball. Keep throwing back and forth
- Throw to targets or to a partner (if they have progressed to that)
 - Use parents as each players partner

Stations [20 mins]

- Station 1 – Hitting
 - With no bat, have players line up and get into their positions (**Set hands, set feet, bat position, follow through**). Then have them swing and keep balance (stay standing on feet, with focus on squish the bug)
 - Parents help with positioning
- Station 2
 - Have players hit balls off a tee into an open field.
 - Parents help with positioning and reinforce hitting keys



Set feet



Set hands /Bat
Position



Squish bug at contact

Game [10 mins]

- Clean the yard
- Freeze tag - In hitting/throwing positions

Practice End [2 mins]

- What did we enjoy today?
- Team Cheer

6U Practice #8 – Catching/Fielding

Objective of the Day

- Have Fun
- Catching and Fielding practice

Equipment NEEDED for THIS PRACTICE

- Bean Bags
- Balls
- Bats
- Tees
- Bases



Player Meeting [5 mins]

- Review **Strong legs**
- Review 2 catching positions
 - Above waist – fingers up
 - Below waist – fingers down

Warm up [10 mins]

- Active warm up
 - High knees, butt kicks, shuffles, military walk
- Freeze tag
 - In catching positions (fingers up or down) or fielding positions (Ready, Fielding, Receive)
 - Have to give high/low 5 to get unfrozen (for catching positions)

Review of Catching [5 mins]

- Review keys
 - **Ready** (2 hands together and in out), **Watch** (eye on ball), **Catch** (close hands), **Cradle/cushion**

Drill for [10 mins]

- With bean bags, have players toss bean bag up by themselves and catch it
- Play catch with a partner (parent) with bean bag
 - Underhand throws only



Ready - Catch
below waist



Squeeze Ball



Catch Hands
Out



Catch after
cradle

- Have them set up with fingers up or down, and throw to that location

Stations [20 mins]

- Station 1
 - Fielding – Instruction objective for parent: reinforce fielding keys (**ready, fielding, alligator, shuffle**) and demonstrate if necessary.



Ready Position



Fielding Position



Alligator

- o Play PIGGY
 - Roll a ball to players, and have them stop the ball with their glove/hand
 - If they stop the ball, they get a letter. (Letters are good!)
 - Once they get PIGGY, they get to run around and “oink” at their teammates. The kids think this is awesome and so much fun!
- Station 2
 - o Invisible bat –
 - Parents help with positioning and reinforce hitting keys
 - o Hitting – Have players hit balls off a tee into an open field. (3 tee drill)
 - Parents help with positioning and reinforce hitting keys
 - Set feet, set hands, bat position, follow through

Game [10 mins]

- Base race

Practice End [2 mins]

- What did we enjoy today?
- Team Cheer

6U Practice # 9 – Baserunning/Hitting

Objective of the Day

- Have Fun!
- Baserunning practice with position knowledge

Equipment NEEDED for THIS PRACTICE

- Bases
- Bats
- Tees
- Balls
- Targets

Player Meeting [5 mins]

- Review bases

Warm up [10 mins]

- Shuttle Base (use 3 bases)
 - o Put 2 balls and 2 players at every base. Goal is to move all the balls from your base to another base. 1 minute time limit per game. Switch partners

Review of Baserunning [5 mins]

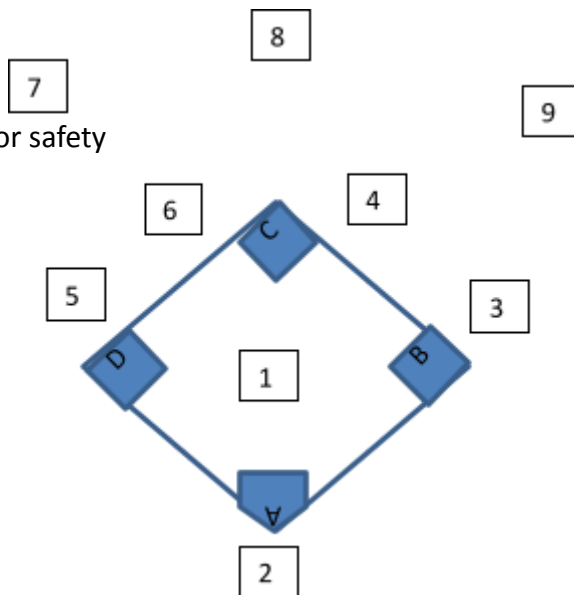
- Review 3 keys of running/baserunning
 - o **Run** (straight line), **Stop** (under control), **Balance** (stay on feet)

Drill for Baserunning [10 mins]

- Follow the leader
 - o Pick a different leader at each base. Yell the base you touch
- With no bat, have each player swing and run to first and stop on first (next base drill)
 - o Once all have run to first, have them all run to second (individually)
 - o From second to third, and third to home

Positions –

- 1) Pitcher (P) – should be behind and to the side for safety
 - 2) Catcher (C)
 - 3) First Base (1B)
 - 4) Second Base (2B)
 - 5) Third base (3B)
 - 6) Short Stop (SS)
 - 7) Left Field
 - 8) Center Field
 - 9) Right Field
- A) Home Plate
 B) First Base
 C) Second Base
 D) Third Base



Stations [20 mins]

- Station 1
 - Hitting – target practice off tee
 - Set up some targets in the outfield, try to have them hit the targets or through different coned off areas.
- Station 2
 - Position knowledge
 - Yell out a position, players have to run to that position. Correct where necessary. Can use positions, and bases.

Game [10 mins]

- Base race

Practice End [2 mins]

- What did we enjoy today?
- Team Cheer

6U Practice # 10 – Throwing/Fielding

Objective of the Day

- Have fun!
- Throwing and fielding practice

Equipment NEEDED for THIS PRACTICE

Player Meeting [5 mins]

- Review strong legs/fielding positions
- Review Throwing positions

Warm up [10 mins]

- Active warm up
 - High knees, butt kicks, shuffles, military walk
- Freeze Tag in throwing/fielding positions

Review of Throwing [5 mins]

- With no ball, have them set up in stages; **Grip, Aim, Ready, and Throw, Follow through**
 - Have parents help get them into right positions

Drill for Throwing [10 mins]

- Throw into outfield and run to the ball. Keep throwing back and forth
- Throw to targets or to a partner
 - Use parents as each players partner

Stations [20 mins]

- Fielding – field and throw. Play PIGGGY x2
 - Roll a ball and have the players field the ball and throw to a coach
 - Every fielded ball is a letter, and every throw ball to a coach is a letter
 - Letters are good!



Ready Position



Fielding Position



Alligator

- o 3 tee drill
- o Have coaches correct if needed on hitting positions (set feet, set hands, bat position, follow through)



Set feet



Set hands /Bat
Position



Squish bug at contact

Game [10 mins]

- Clean the yard

Practice End [2 mins]

- What did we enjoy today?
- Team Cheer