



Student-Athlete.Co – Baseball Lesson Plan

Sport: Baseball – Advanced

Session #:

Age group: 6-13

Equipment: Baseball glove, baseball bat, baseballs, cones

Core Objective: Improve throwing, fielding, hitting technique

Preparation Required: Review video links, develop lesson plan (make it your own!) and talking points

Conversation Topics: What's your favorite food, favorite TV show, favorite sport, favorite subject

Activity	Time	Examples	Desired Outcome
Warm-up	5 min	o Jogging, legs, arms, jumping jacks	Prepare youth for fitness and help them understand the criticality of stretching
Throwing	10-15 min	o <u>Quick Toss</u> o <u>Arm Speed</u>	Improve throwing reaction time, speed, and accuracy / technique of throws
Fielding	10-15 min	o <u>Grounders</u> o <u>Short Hops</u> o <u>Crow Hops</u>	Improve skill of utilizing glove and overall footwork, positioning for fielding
Hitting	20-30 min	o <u>Side Toss</u> o <u>Front Toss</u>	Tailor swings by stroking ball to left, middle, right field with grounders, line-drives
Hitting Game	10 min	o Point game, first to 50 (points for L-screen, back-net, grounder, etc.)	Fun game while grooving swings!

Reflection Conversation Points:

- What was your favorite activity or game today?
- Which baseball skill is your biggest strength / weakness right now?
- How do you feel like you can improve your overall skills?

Fun Fact of the Day:

- Some baseball players hit both right and left-handed!
- Over 120 baseballs are used in each MLB game!
- The longest MLB home-run is 505 feet! Do you know how far that is?

Take home activity:

- Which activity or game do you want to try at home?
 - o # of times you can throw the ball up and catch it!
 - o Find a wall and throw a tennis ball against it to field it!
 - o Play wiffleball with friends in your neighborhood!

Take home conversation:

- What is your parent, guardian's favorite sport and why?
- If your parent, guardian could be any professional athlete who would it be and why?
- What sports do your friends play and what do they like about it?