



Bellmawr Baseball Practice #2: 6-8yo

Time	Category	Drills	Drills	Notes for Coaches
Before				Set up equipment and practice layout. Important to have this done before players show up.
5 min	Greet Players	Greet players with positive energy. Set tone for being present, positive, ready to improve and have fun.	"3-Minute Drill": 1) Drop Mental Bricks 2) Three Deep Breaths 3) Visualize 4) Positive Self-Talk 5) Get Big Then give players a brief overview of practice plan and goals	<i>(We taught 3-Minute Drill at Coaches Clinic and Mental Toughness Class). Best way to get players in the moment, focused, relaxed.</i> <i>Coaches must set the tone for practice. When players see that coaches are positive, excited, prepared, present, and happy to see them, players will respond with positivity and excitement of their own.</i>
3 min	Dynamic Warm Up (all players together)	Lunges High Skips (for height) Power Skips (for distance) Carioka Arm stretches		Coaches engage with players during Dynamic Warm-Up. Talk to them, remind them to be in present moment and to focus on the exercise. Set a positive, upbeat tone.
8 min	Throwing Drills (all players together)	Review: Grip, stance, point shoulder and hip, use legs Drills: 10 toes Figure 8 3 step drop Double crow hop Review Catching the ball: 2 hands Move feet to center ball		<i>Have players focus on correct technique and doing the drill properly. This is not "warm-up"; this is throwing practice!</i> <i>Also require players to receive throw properly – ready position, move feet, catch ball two hands near center of their bodies.</i> <i>Note: "3-step drop": player faces partner like a QB in shotgun. "Drops back 3 steps (R-L-R for righty), then drives forward (R-L-throw). This drill is to make players have very active feet and legs.</i>

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7 min	Baserunning	Review and quick reps: Home to 1st; Home to 2nd Teach: runner on base – stance, how to move on each pitch Drill: Runners on each base; coach pitch to catcher (coach); runners move (lead) as ball crosses plate		<i>Drill is to teach players how to get a good "jump" on batted ball. Left foot on base, right foot forward; push off and take two hard steps toward next base as ball crosses plate. If ball is hit, continue hard to next base (or half-way if fly ball, etc.). If ball is not hit, push off right foot and return to base.</i>
	Now players in two groups	INFIELDERS	OUTFIELDERS	
15 min	Individual Defensive Skill Work	Individual Infield Drills – Ground Balls Review fielding position Drill: In fielding position – roll Teach ready position, prep move Drill: From ready position – roll Cone Drill	Individual Outfield Drills Review: proper technique to catch fly ball Drills: Coach 10' from player; pop up Outfield Drills Series	<i>Introduce drill quickly; use all available coaches to break players into smaller groups. Give players feedback on every rep; tell/show them what they are doing correctly and what they need to improve upon. Rolling the ground balls allows players to concentrate on technique without fear of batted ball. Similarly, tossing 10' fly balls allows players to catch the ball in proper position.</i>
10 min	More Individual Defensive Skill Work	More Ground Balls Teach Left, Right Review: Crossover for ball to L, R Drills: Dry – crossover In ready position, FH roll In ready position, BH – roll	Ground Balls Review technique for nobody on base, runner on base Drills: Dry – fielding position Roll GB – nobody on base: field, no throws Roll GB – runner(s) on base: field, no throws	<i>Can switch groups (if you want all players to learn infield and outfield skills). Or can choose to not switch and continue Inf/Of drills in two groups. Crossover is explosive step with "trail leg", the one further away from direction you are going. On crossover, turn hips and shoulders in that direction. Practice dry and then with rolled ball.</i>
15 min	Hitting (2 groups)	Overhand Toss (or Front Toss) Hitting Drills: 1-2-3-4 Warm up, hit	Soft Toss Drills: Review and Practice Pre-Pitch Routines Step Drill Hop Back Load Drill	<i>Have players do pre-pitch routine to start every drill and do their yellow light release as necessary. Give players frequent feedback and instruction. Focus on technique rather than results. See list of Hitting Drills for description of how to do these particular drills.</i>
15 min	Switch Groups	Switch groups	Switch groups	
10 min	Fun Competition	Throwing Contest (choose a target, throw, keep score, etc.)		<i>An effective way to conclude practice is a competitive activity that is also fun.</i>

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2 min	Conclude; Debrief, Announcements	Briefly discuss how practice went. Make announcements for next practice, game, etc.	Ask players to rate themselves (on 1–5 scale) on Effort, Attitude, and Fun (goal is always 5-5-5)	