



Bellmawr Baseball Practice #3: 9-12yo

Time	Category	Drills	Drills	Notes for Coaches
Before				<i>Set up equipment and practice layout. Important to have this done before players show up.</i>
4 min	Greet Players	Greet players with positive energy. Set tone for being present, positive, ready to improve and have fun.	Ask players to state one thing they are looking forward to for this practice and/or one thing they want to improve upon. Can also do "3-Minute Drill": Then give players a brief overview of practice plan and goals	<i>This sets 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)	High Knees High Skips (for height) Power Skips (for distance) 180 Shuffles Spiderman Arm stretches		<i>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.</i>
8 min	Throwing Drills (all players together)	Drills: 1 knee Box Squat Boxers 3 step drop Long Toss (increase from 45 to 60 to 90 feet)		<i>Continue to insist that players receiving throw get in ready position, move toward ball, catch ball two hands. Long Toss – for players to gain arm strength and to practice longer throws they make in games</i>
8 min	Baserunning	Read and React Drill – Players react to batted ball, according to base they are on and a number of outs	Put three bases and three runners at first base. Coach reviews what runner should do on ground ball, line drive, fly ball, etc. by number of outs. Coach hits fungo and players react to batted ball. Do same with runners on 2nd base, 3rd base, 1st & 2nd, etc.	<i>Players need lots of reps at reacting to batted ball. Some players have good instincts on this, but most need to be taught what to do in each situation. Then practice, practice, practice!</i>
	Players in 2 groups	INFIELDERS	OUTFIELDERS	

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12 min	Individual Defensive Skill Work	Individual Infield Drills – Ground Balls Drills: Player in Ready Position: Fungo ground balls – straight on, with throws to receiver Fungo ground balls left and right, with throws	Individual Outfield Drills Drills: Fly Balls. One player at a time (coach use tennis racquet and tuffy or tennis balls) Fly Ball Communication: players in 2 lines, practice communicating (call for fly ball)	<i>For Ground Ball Drills: now building from rolling to fungo. Players may be a little tentative. Have them focus on same sound technique they used with rolled ground balls.</i> <i>For Fly Ball Drills: tennis racquet is easy way to control fly balls. Make them routine and catchable so players gain confidence in their ability to read and catch ball.</i>
10 min	More Individual Defense	Multiple Ground Ball Drill: Put players in their infield positions (1b, 2b, SS, 3b) Two coaches: 1) One coach hits ground ball to SS, who throws to first. Other coach hits ground ball to 2nd baseman and 3rd baseman – NO THROWS. 2) Coach One hits to 3rd base, throw to first. Coach Two hits to SS, 2nd base – NO THROWS. 3) Coach One – hit to 2nd base, throw to first. Coach Two – SS, 3b NO THROWS	Put Outfielders in their positions (LF, CF, RF) Coach fungoes fly balls, line drives, ground balls. Players field and throw to "base"	<i>Now players are practicing their good ground ball technique combined with good throwing technique.</i> <i>Explain the Infield drill to ensure safety. This is much more efficient than having one coach hit to entire infield — this gives players more reps.</i> <i>For Outfield: players now practicing fielding with throwing. Use field space so that outfielders are not throwing toward infielders.</i>
14 min	Team Defense	Full defense, infield and outfield, on field. Coach hits fungoes to infield and outfield	Tell players that no runners are on base – so infielders throw to 1st and outfielders to 2nd. At future practices will simulate runners on base with throws to 2nd, 3rd, home	<i>This is where players, for the first time, take the individual skills they've learned and apply in a team concept. So focus on technique, not yet on the results.</i>
15 min	Hitting (2 groups)	Overhand Toss (or Front Toss) Hitting Drills: Miss, Hit, Hit Hit Away	Soft Toss Drills: Review and Practice Pre-Pitch Routines Hop back drill Oppo Drill (open drill)	Hop back drill: player stands more towards front of plate, hops back to a good load and then positive move to swing. Miss, Hit, Hit: player swings and misses as hard as s/he can – need to practice swinging hard. Then swing just as hard and hit next two pitches. Oppo Drill: player stands with 10 toes and belly button facing pitcher. Let ball travel deep (to back hip) and hits ball back up middle. Teaches how to wait and hit outside pitch to opposite field.
15 min	Switch Groups	Switch groups	Switch groups	
1 min	Conclude; Debrief, Announcements	Briefly discuss how practice went.	Make announcements for next practice, game, etc.	<i>Ask players to rate themselves (on 1–5 scale) on Effort, Attitude, and Fun</i>