



Bellmawr Baseball Practice #4: 9-12yo (95 minutes)

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>
3 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. 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>
4 min	Dynamic Warm Up (all players together)	Do two quick exercises, then try drill at right. High Knees Butt Kicks then →	Players partner up. Player One lies face down on ground with head pointing toward "goal line". Player Two stands several feet back. On coach's call, Player One gets to feet and tries to reach goal line before Player Two can tag him.	<i>It is good to vary warm-up. This is a way to get warm while having some competitive fun. Award a point to player who "escapes" or a point to player who makes tag. Switch roles each time.</i>
8 min	Throwing Drills (all players together)	Drills: Cocking Position Follow Through Drill Double Crow Hop Long Toss (increase from 45 to 60 to 90 feet)	Long Toss: for players to gain arm strength and to practice longer throws they make in games	<i>Follow Through Drill: Player stands with feet wide, lead shoulder to target. Throw to partner, following through with hand outside lead leg, below the knee, back gets flat like "table top", back foot rotates (back foot can release with heel to sky, but back leg should NOT "step forward").</i>
	Players in 2 groups	INFIELDERS	OUTFIELDERS	
10 min	Individual Defensive Skill Work	Individual Infield Drills – Double Plays (Force Outs at 2nd base) Drills: Feeds to 2nd base (coach roll) Feeds to 2nd base (coach fungo)	Put all Outfielders in left center field. Coach fungoes fly ball, line drive, ground ball. Outfielder fields and throws (to coach) at 3rd base. Outfielder (now in left field) fields and throws to coach at home plate.	<i>For Feeds to 2nd base: Put Players at SS and 2nd base. Coach rolls ground ball to SS who makes feed to 2nd baseman for forceout. Then roll to 2nd baseman who feeds to SS. Technique – field ball with proper technique; feed by staying low and making firm toss or underhand flip. For Outfield – players are in left center or left so that infielders will not be in the path of their throws.</i>

Time	Category	Drills	Drills	Notes for Coaches
10 min	More Individual Defense	PITCHERS Drill: Bunts and comebackers Pitchers on mound, coach fungoes comebacker or rolls bunt. Pitcher makes play to 1st. Repeat to 2nd, 3rd, home	CATCHERS Drills: Stances and Receiving Teach proper stance Receiving Drills: coach tosses balls from close distance, catcher receives properly	<i>Pitchers and Catchers practice defensive skills. Players who are not P or C can do soft toss with a coach.</i> <i>Pitchers handle ball more than any infielder, so need this practice. Catcher's #1 job is to catch ball, so practice receiving properly.</i>
8 min	Team Defense	Rundown Drill (see Notes →)	All players, including outfielders, should practice rundowns. Outfielders can be "live runners" when needed.	Rundown Drill: set up a basepath with 2 bases. Player One has ball and will chase (imaginary) runner. Player Two is at base and will call "NOW". On the Now call, Player One tosses ball to Player Two who tags the runner. All players take turns as chaser and tagger. Once players do this well, add a live runner.
10 min		Bunt Defense (see Notes →)	Do this first with no live runners, so players can calmly practice techniques. Then can use Outfielders as "live runners".	Bunt Defense: Put full infield defense on field. Coach gives situation (runner on 1st, etc.) and rolls bunt. Players do their particular job. On small diamond, P or C is likely to field all bunts, with baseman covering their bags.
12 min		Fungo Scrimmage	Here is where you can take individual skills and put into context: infielders/outfielders working on ground balls/flyballs and throwing; baserunners working on reacting to batted ball.	<i>Full Defense on field, extra players are runners or batter/runners. Coach gives situation and fungoes ball to infield or outfield.</i> <i>Note: have not worked on cutoffs and relays yet (will do that in Practice #5) so no worries if outfielders not sure where to throw ball yet.</i>
15 min	Hitting / Pitching / Catching	Hit (non-Pitchers/Catchers) Live Hitting (Coach Pitch) Players can practice "Game At Bats". Full routines/releases as they hit live pitching.	Pitch and Catch Catchers in full gear, including cup, to practice receiving. Pitchers: Start from balance position / Full windup	<i>Non-pitcher/catchers in one group, P/C in other. P/C will do "bullpen" while other group hits. Then switch groups so P/C get to hit and other players hit again!</i> <i>Pitchers: 25 pitches each</i>
14 min	SWITCH GROUPS	Soft Toss Drills: Happy Gilmore Feet Together Positive Move Drill	Overhand Toss Drills: Follow Through Drill Feet Together Positive Move	Follow Through Drill: Player hits ball and over-emphasizes follow through, throwing hands to sky and turning around to look at catcher. Feet Together Drill: Start with feet together; on toss, make positive move forward, landing with foot closed.
1 min	Debrief, Announcements	Discuss how practice went. Make announcements for next practice, game.	Ask players to rate themselves (on 1–5 scale) on Effort, Attitude, and Fun	

