

## Development Practice Format & Outline (1-2 Hour Practice)

**Begin each practice with...**Team Announcements & Warm Up

Lap

Stretch – i.e., Upper & Lower Body

**YOU ARE 10 MINUTES INTO YOUR PRACTICE**

### DEFENSE

**Playing Catch** – Beginner and Advanced techniques of receiving the ball. Total practice time 5-15 minutes.

**YOU ARE 15-25 MINUTES INTO YOUR PRACTICE**

**Throwing** – (Individual Skills) Grip, “Shak”, Wrist Flips, Controlled Catch, Catch Step Throw. Total practice time 10-25 minutes.

**YOU ARE 25-50 MINUTES INTO YOUR PRACTICE**

**Fielding** - (Individual Skills) Controlled fielding of groundballs and flyballs, Total practice time 10-25 minutes.

**YOU ARE 35-75 MINUTES INTO YOUR PRACTICE**

### OFFENSE

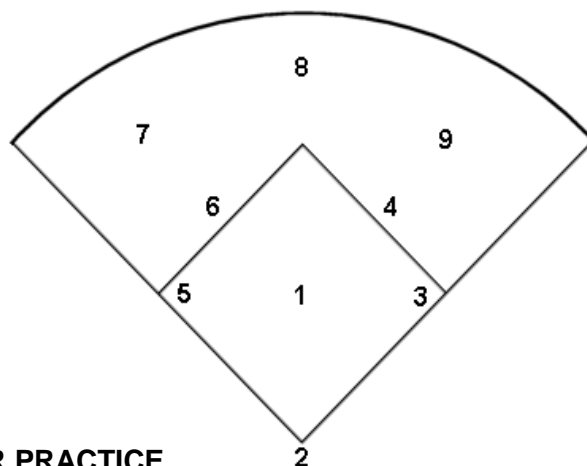
**Hitting** – (Individual Skills) Set-Up, Stride Position, Slow Motion Swings, Hit off Tees. Total practice time 10-25 minutes.

**YOU ARE 45-100 MINUTES INTO YOUR PRACTICE**

**Team Drills** – Introduce 1 or 2 game situations and what each position does and why.

**Location of the 9 positions & Corresponding number to each position**

#1 Pitcher, #2 Catcher, #3 First Baseman, #4 Second Baseman, #5 Third Baseman,  
#6 Shortstop, #7 Leftfielder, #8 Centerfielder, #9 Rightfielder



**COMPLETED 1-2 HOUR PRACTICE**

## DEFENSE

### Throwing Drills

**Grip:** The 4-seam fastball grip should be used. Index, middle, and ring finger across the seam thumb directly underneath

**Ten Toes:** Have each person face each other with glove in front of their face and make sure all 10 toes are facing the other person

**SHAK:** An acronym for proper glove side alignment: shoulder, hip, ankle, knee. The "SHAK" side of your body should be facing target

**Wrist Flips:** Players stand 5-7 feet apart. Four-seam grip with elbow at shoulder height extended in front of body. Glove under elbow for support. Ball is flipped to partner with emphasis on rotation and follow through. Done daily, each player should aim for 5 perfect flips.

**Controlled Catch:** Two lines, one throwing (directional side to target, ball in glove), one line receiving (gunfighter position). On command, (thumb to thigh knuckles to sky, glove spin throw) players from throwing side throw to receiving side.

**Catch, Step, Throw:** Throwing line and receiving side in gunfighter position. Throwing side steps to target lining up directional side and does thumb to thigh, knuckles to sky (arm action) at same time. On command of Throw, player throws ball. Receiving line positions body to receive ball, once received, player immediately steps in line to target and performs proper arm action. Once player has fundamentals correct, put it all together.

### Fielding Drills

**Ground Balls on Knees:** Roll ball back and forth to control with two hands with glove.

**Ground Balls Standing:** Standing with partner close together roll ball back and forth for control.

## OFFENSE

### Hitting Drills

**Set-Up:** Stance: Feet parallel, toes pointed straight, weight on inner balls of feet, knees inside feet, grip: knocking knuckles lined up, back elbow half way up, front shoulder on pitcher, head upright eyes level, hands held on top of strike zone.

**Stride Position:** Stride: Step to pitcher, front toe still pointing to home plate, weight is at a 50/50.

**Slow Motion Swings:** Any new mechanical idea or adjustment should be executed correctly in a slow motion dry swing so that the hitter can feel the proper movement.

**Standard Tee-work:** Emphasis on stride alignment and not over stepping the ball and tee.

### Team Drills

**Baseball Rules:** Review everything including positions, base rules, running the bases, a force out, and game situations.