



SOMBA

SOUTH OKANAGAN MINOR BASEBALL ASSOCIATION

Providing a Positive Baseball Experience for the Youth of the South Okanagan

9U Practice Plan #3

Created March 2024

PRIOR	Field Check, Attendance, Health Check.		Goal: use proper techniques and skill build
10 MIN	Dynamic stretching warm-up Light Team jog Team stretch: Elbow, wrist, Arm circles, shoulder stretch Between cones: slow movements, low intensity <ol style="list-style-type: none"> 1. Lunge twist 2. Reverse lunge foot touch 3. RDL – step toe-touch and back leg comes up to balance -flat back 4. Side to side slide stretch -groin 5. Monster steps 6. Reverse Monster steps Between Cones Fast movements, high intensity <ol style="list-style-type: none"> 7. High knees 8. Butt kickers 9. Side shuffles 10. Super Mario's 11. Stationary squat jumps 4 and then sprint run 12. Backpedal back 		
15 MIN	Water Break. Throwing with a partner. Key Skills: use of proper throwing techniques.		
15 MIN	Activity station:	Key skills:	Key points: Safety
Group 1 (coach 1)	Popflys and grounders	Catching skills	Calling the ball
Group 2 (coach 2)	Popflys and grounders	Catching skills	Making the play centred
Group 3 (coach 3)	Popflys and grounders	Throwing skills	Throws on target
2 MIN	Water break		
30 MIN	Hitting practice	Full field	Key skills: individual skill building
All players	Bat swing check	10 pitches each max	No running
2 Pitchers & 1 Catcher	Working with a coach on the side		
2 MIN	Water break		Key Skills:
10 MIN	Dragon-race: <ol style="list-style-type: none"> 1. Have players start at home plate and run the bases. Send each one when they are one base length apart. Encourage a slide at home plate once you have taught them how to slide. 2. A variation, half the kids on home plate and half at 2nd base. Then each team does a rally race passing a baseball between teammates. Each team sits down, out of the way once they have had their turn to run around the bases. First team done wins. 		Base running and speed
5 MIN	Static stretching- post practice and Closing Discussion -neck -shoulders -arms -side -legs -groin -ankles		Injury Prevention