



# SOMBA

**SOUTH OKANAGAN MINOR BASEBALL ASSOCIATION**

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

## 9U Practice Plan #2

Created March 2024

<b>PRIOR</b>	Field Check, Attendance, Health Check. Goal: use proper techniques and skill build		
<b>10 MIN</b>	Light Team jog and Team stretch: Elbow, wrist, Arm circles, shoulder stretch Between cones: slow movements, low intensity <ol style="list-style-type: none"> <li>1. Lunge twist</li> <li>2. Reverse lunge foot touch</li> <li>3. Side to side slide stretch -groin</li> <li>4. Monster steps</li> </ol> Between Cones Fast movements, high intensity <ol style="list-style-type: none"> <li>5. High knees</li> <li>6. Butt kickers</li> <li>7. Side shuffles</li> <li>8. Sprints</li> </ol>		
<b>15 MIN</b>	Water Break	Throwing with a partner.	Key Skills: catching and throwing.
<b>15 MIN</b>	<b>Activity station:</b>	<b>Key skill:</b>	<b>Key points: safety</b>
<b>Group 1 (coach 1)</b>	Infield grounders	Catch centred/ shuffles	Ready position aware
<b>Group 2 (coach 2)</b>	Outfield fly balls	Catch centred/ tracking	Watch and read fly balls
<b>Group 3 (coach 3)</b>	Hitting Practice	Make good contact	Evade being hit by pitch
<b>15 MIN</b>	<b>Activity station:</b>	<b>Key skill:</b>	<b>Key points: safety</b>
<b>Group 2</b>	Infield grounders	Catch centred/ shuffles	Ready position aware
<b>Group 3</b>	Outfield fly balls	Catch centred/ tracking	Watch and read fly balls
<b>Group 1</b>	Hitting Practice	Make good contact	Evade being hit by pitch
<b>15 MIN</b>	<b>Activity station:</b>	<b>Key skill:</b>	<b>Key points: safety</b>
<b>Group 3</b>	Infield grounders	Catch centred/ shuffles	Ready position aware
<b>Group 1</b>	Outfield fly balls	Catch centred/ tracking	Watch and read fly balls
<b>Group 2</b>	Hitting Practice	Make good contact	Evade being hit by pitch
<b>5 MIN</b>	<b>Water break</b>		<b>Key Skills:</b>
<b>10 MIN</b>	<b>Dragon-race:</b> <ol style="list-style-type: none"> <li>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.</li> <li>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.</li> </ol>		Base running and speed
<b>5 MIN</b>	Static stretching- post practice and Closing Discussion -neck -shoulders -arms -side -legs -groin -ankles		Injury Prevention