



***Baseball BC Grassroots  
5u Practice Plans***



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# 5u Practice #1 – Throwing

Division Coordinator meeting [10 min]

Objective of the Day [5 min]

- FUN
- Throwing

Equipment NEEDED for THIS PRACTICE

- Bean bags or wiffle balls
- Hoola hoops or putting nets

Parent Leader Meeting [5 mins]

- Introduction of Coach. Cover schedule, parent participation, objectives of year, and important dates

Player Meeting [5 mins]

- Fun introduction to learn names

Warm up [10 mins]

- Silly jog (follow the leader), jumping jacks, balancing on 1 foot
  - Teaching point – stay on feet when running/balance

Intro to Throwing [10 mins]

- Show throwing position (no ball) – parents to correct player form.
  - Introduce Strong legs (athletic position)
  - Introduce **Ready-Aim-Throw**
    - Play coach Says



Strong Legs – Athletic Position



Ready with ball facing out



Aim with glove to target



Throw - Release Point

### Throwing Drill (10 minutes)

- Repeat where all throw in 1 direction (no one receiving, just throwing into an empty outfield). Collect balls and do again.
  - Use nets or hoola hoops (on ground)

### Break [2 mins]

### Game [5 mins]

- Freeze Tag. Freeze in Throwing Position

### Practice End [3 mins]

- Ask them to think of a team name.
- Team Cheer

\*\*\*Suggested that first practice be run for 1 hour and 15 minutes to let kids play for 1 hour. \*\*\*

# 5u Practice #2 – Hitting

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## Objective of the Day

- Have FUN;
- Intro basic hitting position

## Equipment needed

- Foam or Plastic bat (NO METAL BATS ALLOWED)
- Large Wiffle balls
- Hoola hoops, bean bags, foam balls

## Player Meeting [2 mins]

- Review **strong legs** and throwing position (last practice)
- What did they come up with for a team name?
- Quick overview of today's drills

## Warm up [10 mins]

- Freeze tag in throwing position.

## Instruction to Hitting Position [10 mins]

- Coach demo with players mimicking. Parents correct form. Break down in steps then put all together (no bats yet)
  - BAT SAFETY: **Only swing the bat when you are at a tee. Carry bat with barrel**
  - **"Set your feet" (strong legs);**
  - **"Set your hands";**
  - **"Bat position";**
  - Focus on balance and stationary feet (no moving feet "happy feet")
    - Play Coach Says

## Hitting Drill [10 min]

- Hit: use a tee. Position players for 5 hits off the tee.

## Break [2 mins]

## Station [10 mins]

- Station 1 (throwing)
  - Target throwing
    - Foam/wiffle balls
    - Bean Bags

## Break [3 mins]

Game [10 mins]

- Freeze Tag – Freeze in hitting or throwing

Practice End [3 mins]

- What was fun about today's practice?
- Review by asking players to show Throwing or hitting positions
- Team Cheer (with new team name). New player leads every week.



Set feet



Set hands



Bat Position



Set hands /Bat Position



Ready with ball facing out



Aim with glove to target



Throw - Release Point

**Ready**                      **Aim**                      **Throw**

# 5u Practice #3 – Catching/Baserunning

## Objective of the Day

- Have FUN
- Intro to Catching
- Intro to Baserunning (direction)

## Equipment needed

- Bean Bags
- Drop down bases
- Plastic or foam Bats
- Wiffle Balls
- Hoola hoops/nets

## Player Meeting [2 mins]

- Review Strong legs
- Review throwing position
- Review hitting position

## Warm up [5 mins]

- Freeze tag – in throwing or hitting positions.

## Break [3 mins]

## Instruction [5 mins]

- Introduce Catching
  - Ready (2 hands together and out);
  - Watch (eye on ball);
  - Catch (close hands)
    - Coach (Simon) says....

## Catching Drill (10 minutes)

- With bean bag toss bean bag up by themselves (5 minutes)
- Play catch with partner (parent) with bean bag

## Break [2 min]

## Stations [20 mins]

- Explanation of stations to Parents (Kids) – Parents can reinforce mechanics and instruction at the start of each station



Ready - Catch below waist



Ready - Catch above waist



Catch – Squeeze Ball

- Station 1 (15 min) – Hitting
  - Tee work
  - Review **Set feet, set hands, bat position**
- Station 2 (5 min) – INF positions
  - Show players what each INF position is (1B, 2B, SS, 3B)
    - Have players run from home plate to a position coach calls out

### Break [2 mins]

### Game [10 mins]

- Follow the leader around bases. Name bases as you touch them
  - Players lead without coach.
    - **Run (in straight line), stop (under control), balance (stay on feet)**
  - Swing and run around bases
    - Don't need to use a bat, can swing with "invisible bat"



Opposite Arm/Leg

### Practice End [3 mins]

- What was fun today?
- Review throwing, catching, hitting and running
  - Volunteer players show each skill
- Team Cheer



Rounding 1<sup>st</sup> Base



# 5u Practice #4 – Fielding

## Objective of the Day

- Have FUN;
- Intro to fielding

## Equipment NEEDED for THIS PRACTICE

- Bases
- T-balls
- Tees
- Bats
- Wiffle balls
- Targets (Hoola hoops, inflatables)
- Soccer ball/Beach ball/Rubber Ball

## Player Meeting [2 mins]

- Review game/who had fun
- What did you learn from the game?

## Warm up [8 mins]

- Follow the leader around the bases
- Base race/dragon race

## Intro to Fielding [10 min]

- Ready position (strong legs)
- Fielding position (sit on a chair)
- Receive (alligator)
  - Field and Freeze
  - Play Coach says

## Fielding Drill [8 min]

- Play PIGGY
  - Roll a ball to players, and have them stop the ball with their glove/hand
  - If they stop the ball, they get a letter. (Letters are good!)
    - Once they get PIGGY, they get to run around and “oink” at their teammates. The kids think this is awesome and so much fun!



Ready Position



Fielding Position



Receive - Alligator

### Break [2 min]

### Stations [20 mins]

- Explanation of stations to Parents (Kids) – Parents can reinforcement of mechanics and instruction at the start of each station, then do a drill.
- Station 1
  - Hitting – instruction objective for parent: reinforce hitting position, show player where to stand in relation to tee or plate. Reinforce the process of swing and run to 1<sup>st</sup>.
  - Pick a hitting drill to do
- Station 2
  - Throwing – target practice
    - Count how many times can you hit a target. Fun competition individually

### Game [10 mins]

- California Kick ball

### Practice End [2 mins]

- What was fun today?
- Review fielding
- Team Cheer

# 5u Practice Plan #5 - Throwing/Catching

## Objective of the Day

- Have FUN;
- Throwing review
- Catching review

## Equipment NEEDED for THIS PRACTICE

- Bases
- Cones
- T-balls
- Wiffle balls
- Bats
- Targets (hoola hoops, inflatables)



## Player Meeting [2 mins]

- Strong Legs review
- Hitting review

## Warm up [10 mins]

- Run the Bases, yell out each base as you touch it
- Obstacle course/slalom
  - Focus on FMS
    - Include Jumping, running, turning

## Throwing Review/Follow-through Intro [5 mins]

- Show throwing position (no ball) – parents to correct player form. (INSERT PICS)
  - Review Strong legs (athletic position)
  - Introduce Grip
  - Review **Ready-Aim-Throw**



Ready with ball facing out



Aim with glove to target



Throw - Release Point

- Play coach Says
  - Check grip after “ready”

### Stations [30 mins]

- Explanation of stations to Parents (Kids) – Parents can reinforcement of mechanics and instruction at the start of each station, then do a drill.
- Station 1 (10 minutes) - Throwing
  - Repeat where all throw in 1 direction (no one receiving, just throwing into an empty outfield). Collect balls and do again.
  - Use nets or hoola hoops (on ground) for target practice
- Station 2 (10 minutes) - Catching
  - Catching – instruction objective for parent: catch the ball in the air (below the waist) with finders down. Let kids practice with wiffle balls or beanbag throwing to self no gloves. Progress to parents throwing.
  - Focus on **Fingers down, catch below the waist, close hands.**
- Station 3 (10 minutes) Hitting
  - Instruction objective for parent: reinforce hitting position; **SET FEET; SET HANDS; BAT POSITION.** show player where to stand in relation to tee or plate. Reinforce the process of swing (no bat), then progress with a bat.
  - Hit off Tee. Hit 5 balls to outfield

### Break [2 mins]

### Game [10 mins]

- Freeze Tag
  - Freeze in any position (throwing, catching, hitting).

### Practice End [3 mins]

- What was fun today?
- Team Cheer



Set Feet   Set Hands  
Bat Position

# 5u Practice Plan #6 - Fielding/Baserunning

## Objective of the Day

- Have FUN
- Fielding review
- Base running review

## Equipment NEEDED for THIS PRACTICE

- Bases
- T-balls
- Bats
- Wiffle balls

## Player Meeting [3 mins]

- Review strong legs
- Review where each base is

## Warm up [10 mins]

- Freeze tag (freeze in fielding position)
- Active warm up
  - High knees, butt kicks, shuffles, military walk
- Base Shuttle Game

## Review of Fielding [5 mins]

- Review fielding fundamentals
  - Ready Position (strong legs)
  - Fielding position (sit on a chair)
  - Receive (alligator)



Ready Position



Fielding Position



Alligator

### Drill for Fielding [10 mins]

- Play coach says
- Play PIGGY
  - Roll a ball to players, and have them stop the ball with their glove/hand
  - If they stop the ball, they get a letter. (Letters are good!)
    - Once they get PIGGY, they get to run around and “oink” at their teammates. The kids think this is awesome and so much fun!

### Stations [20 mins]

- Explanation of stations to Parents (Kids) – Parents can reinforcement of mechanics and instruction at the start of each station, then do a drill.
- Station 1 (5 Minutes)
  - Hitting – Coach Says Drill.
    - Break down into hitting positions – **Set feet, set hands, bat position, swing**



Set feet



Set hands



Set hands /Bat  
Position

- Station 2 (15 Minutes)
  - Hitting – invisible bat drill
    - Players set up and swing without a bat. Parents help with cues to keep balance throughout the swing
  - Hitting off Tee
    - Players hit a ball off a tee into the outfield. Reinforce balance and try to hit the ball as far as possible.

### Game [10 mins]

- Freeze Tag
  - In hitting/fielding positions

### Practice End [2 mins]

- What did we enjoy today?
- Team Cheer

# 5u Practice #7 – Throwing/Hitting

## Objective of the Day

- Have fun!
- Throwing and hitting practice

## Equipment NEEDED for THIS PRACTICE

- Cones
- Bats
- T-balls
- Targets (Hoola hoop, inflatables)
- Bats
- Tees

## Player Meeting [5 mins]

- Review strong legs
- Review 3 steps for each skill
  - Throwing – **Ready-Aim-Throw**



Ready with ball facing out



Aim with glove to target



Throw - Release Point

## Warm up [10 mins]

- Freeze Tag
- Obstacle course

### Review of Throwing [5 mins]

- With no ball, have them set up in stages; Ready, Aim, and Throw
  - Have parents help get them into right positions

### Drill for Throwing [10 mins]

- Throw into outfield and run to the ball. Keep throwing back and forth
- Throw to targets or to a partner if they have progressed to that
  - Use parents as each players partner

### Stations [20 mins]

- Station 1 – Hitting
  - With no bat, have players line up and get into their positions (**Set hands, set feet, bat position**). Then have them swing and keep balance (stay standing on feet)
    - Parents help with positioning
- Station 2
  - Have players hit balls off a tee into an open field.
    - Parents help with positioning and reinforce hitting keys
      - **Set feet, set hands, bat position**



Set feet



Set hands

Set hands /Bat  
Position

### Game [10 mins]

- Clean the yard
- Freeze tag
  - In hitting/throwing positions

### Practice End [2 mins]

- What did we enjoy today?
- Team Cheer



# 5u Practice #8 – Catching/Fielding

## Objective of the Day

- Have Fun
- Catching and Fielding practice

## Equipment NEEDED for THIS PRACTICE

- Bean bags
- T-balls
- Foam balls
- Wiffle balls
- Bats
- Tees

## Player Meeting [5 mins]

- Review Strong legs
- Review 2 catching positions
  - Above waist – fingers up
  - Below waist – fingers down

## Warm up [10 mins]

- Active warm up
  - High knees, butt kicks, shuffles, military walk
- Freeze tag
  - In catching positions (fingers up or down) or fielding positions (**Ready**, **Fielding position**, **Receive**)
  - Have to give high/low 5 to get unfrozen (for catching positions)

## Review of Catching [5 mins]

- **Ready** (2 hands together and in out), **Watch** (eye on ball), **Catch** (close hands)



Ready - Catch above waist



Ready - Catch below waist



Catch – Squeeze Ball

### Drill for [10 mins]

- With bean bags, have players toss bean bag up by themselves and catch it
- Play catch with a partner (parent) with bean bag
  - Underhand throws only
  - Have them set up with fingers up or down, and throw to that location

### Stations [20 mins]

- Station 1
  - Fielding – Instruction objective for parent: reinforce fielding keys (**Ready, Fielding position, Receive (alligator)**), and demonstrate if necessary.



Ready Position



Fielding Position



Alligator

- Play PIGGY
  - Roll a ball to players, and have them stop the ball with their glove/hand
  - If they stop the ball, they get a letter. (Letters are good!)
  - Once they get PIGGY, they get to run around and “oink” at their teammates. The kids think this is awesome and so much fun!
- Station 2
  - Invisible bat –
    - Parents help with positioning and reinforce hitting keys
  - Hitting – Have players hit balls off a tee into an open field. (3 tee drill)
    - Parents help with positioning and reinforce hitting keys
      - **Set feet, set hands, bat position**

### Game [10 mins]

- Freeze tag in fielding/catching positions

### Practice End [2 mins]

- What did we enjoy today?
- Team Cheer

# 5u Practice # 9 – Baserunning

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## Objective of the Day

- Have Fun!
- Baserunning practice with position knowledge

## Equipment NEEDED for THIS PRACTICE

- Bases
- T-balls
- Bats
- Targets (Cones, Hoola hoops, inflatables)
- Tees
- Wiffle Balls

## Player Meeting [5 mins]

- Review bases
- Review Infield positions

## Warm up [10 mins]

- Shuttle Base (use 3 bases)
  - Put 2 balls and 2 players at every base. Goal is to move all the balls from your base to another base. 1 minute time limit per game. Switch partners

## Review of Baserunning [5 mins]

- Review 3 keys of running/baserunning
  - **Run** (straight line), **Stop** (under control), **Balance** (stay on feet)

## Drill for Baserunning [10 mins]

- Follow the leader
  - Pick a different leader at each base. Yell the base you touch
- With no bat, have each player swing and run to first and stop on first (next base drill)
  - Once all have run to first, have them all run to second (individually)
  - From second to third, and third to home

## Stations [20 mins]

- Station 1
  - Hitting – target practice off tee
    - Set up some targets in the outfield, try to have them hit the targets or through different coned off areas.
- Station 2
  - Position knowledge

- Yell out a position, players have to run to that position. Correct where necessary. Can use positions, and bases.

### Game [10 mins]

- Base race

### Practice End [2 mins]

- What did we enjoy today?
- Team Cheer

# 5u Practice # 10 – Throwing/Fielding

## Objective of the Day

- Have fun!
- Throwing and fielding practice

## Equipment NEEDED for THIS PRACTICE

- T-balls
- Bats
- Tees
- Wiffle balls
- Targets (cones, helmet, inflatables)

## Player Meeting [5 mins]

- Review strong legs
- Review throwing positions
- Review fielding positions

## Warm up [10 mins]

- Silly jog (follow the leader)
- Base race

## Review of Throwing [5 mins]

- With no ball, have them set up in stages; **Ready, Aim, and Throw**
  - Have parents help get them into right positions



Ready with ball facing out



Aim with glove to target



Throw - Release Point

### Drill for Throwing [10 mins]

- Throw into outfield and run to the ball. Keep throwing back and forth
- Throw to targets or to a partner if they have progressed to that
  - Use parents as each players partner

### Stations [20 mins]

- Station 1: Fielding – Instruction objective for parent: reinforce fielding keys (**ready, fielding position, receive (alligator)**), and demonstrate if necessary.



- Play PIGGY
  - Roll a ball to players, and have them stop the ball with their glove/hand
  - If they stop the ball, they get a letter. (Letters are good!)
  - Once they get PIGGY, they get to run around and “oink” at their teammates. The kids think this is awesome and so much fun!
- Station 2
  - Invisible bat –
    - Parents help with positioning and reinforce hitting keys
  - Hitting – Have players hit balls off a tee into an open field. (3 tee drill)
    - Parents help with positioning and reinforce hitting keys
      - **Set feet, set hands, bat position**

### Game [10 mins]

- Clean the yard

### Practice End [2 mins]

- What did we enjoy today?
- Team Cheer