

# BBAI Practice Plan

Date:

Time:

## OBJECTIVES:

**Warm Up** (5 minutes) Make the body ready for practice

| Activity     |               |
|--------------|---------------|
| Slow Jog     | Stretch Torso |
| Stretch Legs | Stretch Arms  |

Team Talk OVERALL PRACTICE OBJECTIVES:

|              |                               |
|--------------|-------------------------------|
| <b>Goals</b> | know where to throw the ball. |
|--------------|-------------------------------|

**Base Running - 10 minutes Skill Development** Games and Exercises

| Activity   |                  |
|--|------------------|
| Infield Hit (Through First)  | Run for a Double |
| Round First (Single)   | Run for a Triple |
| Note: After each sprint to a base, the player should jog back to home plate. |                  |

**Throwing** (10 minutes)

| Activity  |  |
|---|--|
| One partner should be on foul line and the other in the outfield. |  |

**Stations - Total of 40 minutes (10 minutes each)**

| Activity  |   |
|---|---|
| Ground Balls  | Pop-ups / Fly Balls   |
| Hitting on field or in batting cage/s   | Fielding balls hit by batter or hitting off of batting tees |
| Note: Groundball and Flyball stations need to be outside of the playing field if the players are hitting on the baseball diamond. |   |

**Team Work Examples** (30 minutes)

| Activity                       |                 |
|--------------------------------|-----------------|
| Base Running - Tagging up etc. | Pitching Drills |
| Run-Downs                      | Base Stealing   |

**Scrimmage** (20 minutes) Emphasize last weeks skill and new skill

|                       |               |
|-----------------------|---------------|
| <b>Previous Skill</b> | Delayed Steal |
| <b>New Skill</b>      | Steal 2nd     |

**Team Talk** (5 minutes) Emphasize new skill and techniques from scrimmage

|                           |               |
|---------------------------|---------------|
| <b>Scrimmage Lesson 1</b> | Delayed Steal |
| <b>Announcements</b>      | Next Game     |
| <b>Review</b>             |               |