

## **2016 Fall Ball – Rookie Majors**

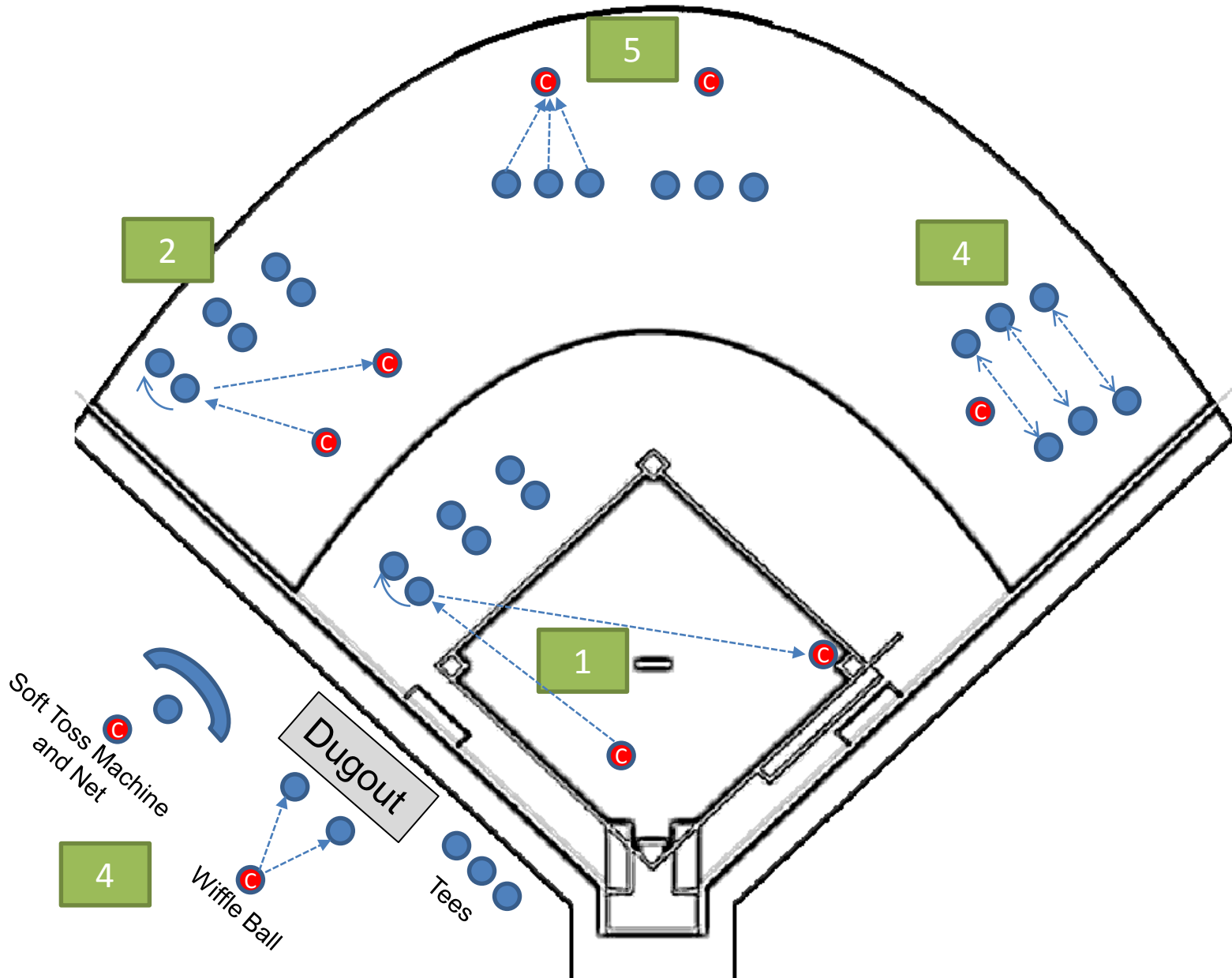
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*September 25, 2016*

# Practice Overview

- **Intro Discussion & Break into Groups (5 minutes)**
- **Rotating Drills (60 minutes, 10 minutes each station, 2 minutes to rotate)**
  - **Station 1: Fielding Grounders**
  - **Station 2: Catching Pop-Ups**
  - **Station 3: Hitting**
  - **Station 4: Throw and Catch**
  - **Station 5: Pitching**
- **Exit Games (time permitting)**
  - **Last Man Standing**
  - **Bucket Throw**

# Station Map



# Station 1: Grounders – Coach Focus

- **Receiving the ball:**
  - FEET WIDE
  - BUTT DOWN
  - HANDS IN FRONT



- **Completing the throw:**
  - SHUFFLE SHUFFLE THROW
  - FOLLOW THROUGH TOWARDS YOUR TARGET



## Station 2: Pop-Ups – Coach Focus

- **One coach tossing or hitting pop-ups, one coach receiving throws back in.**
- **Receiving the ball:**
  - Hands above the head
  - Avoid basket catches
- **Completing the throw:**
  - Step into the throw
  - FOLLOW THROUGH TOWARDS YOUR TARGET

## Station 2: Hitting – Coach Focus

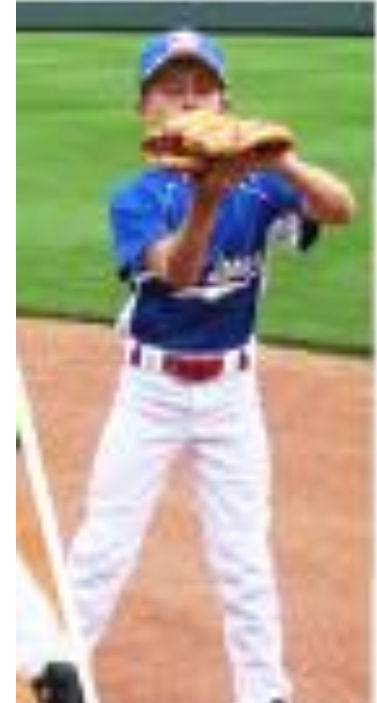
- **Three kids on tees hitting into fence**
- **Two kids taking wiffle ball pitches from a coach on one knees (quickly alternating)**
- **One kid hitting from soft toss machine into screen.**
- **Rotate when soft toss empties, coach at soft toss reloads balls.**
- **Coach at wiffle collects balls with kids.**
- **Depending on skill level focus on:**
  - **Stance**
  - **Hand position**
  - **Weight shift**



# Station 4: Throw and Catch – Coach Focus

## Two Handed Catch

- **Two hand target** never throw to anyone until you see the two hand target!
- **“Thumb-to-Thumb” (T2T)** for above the waist
- **“Pinky-to-Pinky” (P2P)** for below the waist
- **AVOID “BASKET CATCHING” AS MUCH AS POSSIBLE**
- Join kids by skill level. Toss new balls in as much as possible rather than having kids chasing balls.



## Station 5: Pitching – Coach Focus

- **Two coaches act as catchers**
- **Pitchers have to properly come set and throw each time**
- **We can work in player catchers here if the kids are eager (future sessions will have this)**
  
- **Just trying to get their arms working and see who has the potential to be a pitcher when the league starts**