

2014 PCR
3rd and 4th
Grade
Group
Practice Plans

Prescott Baseball

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Equipment Needed for each Practice

- 6 tees – 2 per field
- 3 buckets of real balls – 15-20 balls per bucket (45 – 60 balls total)
- As many age appropriate bats as possible
- 15 helmets – 5 per field
- 12 buckets of pickle balls – 4 buckets per field, 12 balls per bucket (144 pickle balls total)
- Multiple parental volunteers

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Saturday May 3, 2014, 10:30 a.m. – Practice 1 – Hitting

Group Throwing for 10 minutes

- Throwing mechanics
 - Stepping towards target
 - Front shoulder points to target
 - Releasing out front
 - Following through
 - Throw to the chest
 - Catching
 - Watch the ball all the way to the glove
 - Catch the ball out front
 - Don't step away from the ball

- Throwing Progression
 - Standing straddle toss
 - Regular catch

Hitting

- Basics – 10 Minutes
 - Stance
 - Grip on bat
 - Location of hands
 - Bat angle
 - Placement in the box
 - Alignment of feet
 - Swing
 - Keeping head down
 - Swinging hard through the ball
 - Finishing the swing

- Stations – 3 stations, 20 minutes each station
 - Pitching
 - Throw from stretch to a parental catcher
 - Hitting – 2 stations, 10 minutes each
 - Tees
 - Short Toss
 - Live Hitting
 - 1 hitter, 1 on deck, rest shagging

Monday May 5, 2014, 6:00 p.m. – Practice 2 – Fielding & Base Running

Group Throwing for 10 minutes – Review mechanics before starting

- Throwing mechanics
 - Stepping towards target
 - Front shoulder points to target
 - Releasing out front
 - Following through
 - Throw to the chest
 - Catching
 - Watch the ball all the way to the glove
 - Catch the ball out front
 - Don't step away from the ball

- Throwing Progression
 - Standing straddle toss
 - Regular catch

Fielding

- Basics – 10 minutes
 - Ready position
 - Dodger step
 - Getting in front of the ball
 - Glove in the dirt
 - Use 2 hands
 - Bend knees
 - Charging slow rollers

- Stations – 3 stations 20 minutes each
 - Pitching
 - Throw from stretch to a parental catcher
 - Fielding – 2 stations, 10 minutes each
 - 2 groups, 2B and SS – field ball and throw to a parent at 1st base
 - Fly balls
 - Base Running
 - Basics – 5 minutes
 - Run hard all the way through first base
 - Cannot run through 2nd or 3rd base, but run hard all the way to it
 - Pop flies cannot run until the ball hits the ground
 - With 2 outs always run right away

 - Stations – 2 stations, 8 minutes each
 - Home to 1st multiple times
 - Home to 2nd and 2nd to home

**Saturday May 10, 2014, 8:15 a.m. - Practice 3 - St. Croix Valley
Baseball Clinic**

Location: Firehall Field
Registration: 8:15-9:00 a.m.
Clinic: 9:00-12:00

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Saturday May 17, 2014, 10:30 a.m. - Practice 4 - Hitting

Group Throwing for 20 minutes

- Throwing Progression
 - Standing straddle toss
 - Regular catch

Hitting

- Stations – 3 stations, 20 minutes each
 - Pitching
 - Throw from stretch to a parental catcher
 - Hitting – 2 stations, 10 minutes each
 - Tees
 - Short Toss
 - Live Hitting
 - 1 hitter, 1 on deck, rest shagging

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Monday May 19, 2014, 6:00 p.m. - Practice 5 - Situations

Group Throwing for 10 minutes

- Throwing Progression
 - Standing straddle toss
 - Regular catch

Situation

- Stations – 3 Stations 20 minutes each
 - Defense
 - Defensive infield situations
 - Base Running
 - Running the bases in a game like scenario
 - Pitching
 - Throw from stretch to a parental catcher

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