



## *Baseball BC Grassroots 9u Practice Plans*



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# 9U Practice Plan #1 – Introduction to skills

## Parent Meeting [5 mins]

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

## Player/Coaches Meeting [5 mins]

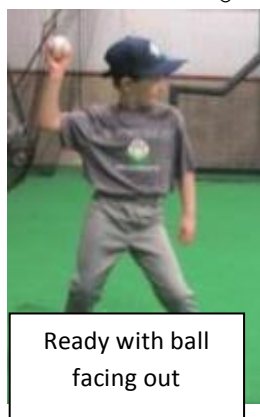
- Team expectations

## Warm up [10 mins]

- Poles (there and back)
  - Introduce one other player to the team after poles
  - See how many names you can remember
- Active warm up
  - High knees, butt kicks, shuffles, trunk twists, sprints
  - Dynamic Stretches (arm swings, hugs, leg stretches)

## Review/Introduction of Skills [15 minutes, 3 minutes each skill]

- Review/Intro Throwing
  - Grip, Ready, Aim, Throw, Follow through
  - Review “show the dog the ball”.



Ready with ball facing out



Aim with glove to target



Throw - Release Point



Arm Finish



Leg Follow Through

- Review/Intro Fielding
  - Ready position, fielding position, receive
  - Review **step and throw** after fielding ball (throwing foot, glove foot, throw)



Ready Position



Fielding Position



Alligator



Hands to Bellybutton



Step and Throw

- Review/Intro Catching
  - Ready, Watch, Move, Catch



Catch above  
waist



Catch below  
waist



Squeeze Ball



Catch Hands  
Out



Catch after  
cradle

- Review/Intro Baserunning
  - Review running through 1<sup>st</sup> base
  - Rounding bases (banana curve)
- Review/Intro Hitting
  - Set feet, set hands, bat position
    - Review POWER position into bat position (hands back/load)
      - Have players do dry swings with no bat stopping in each position. Parents/coaches make adjustments as needed
    -



Set Hands



Power Position



Swing/Squish bug at  
contact



Follow Through

#### Stations [35 mins; 8 minutes each]

- Station 1: Throwing/Catching: To parents or partners
  - Introduce show the dog the ball (what it means, how to do it)
  - Progressions: 1 knee, square and throw, stand and throw (rock and fire), step and throw. Focus on alignment, balance, and proper arm circles.
    - Check the ball, make sure “show the dog” is there every throw
  - Catching: Work on ball above waist, and ball below waist. Close glove and cover with bare hand
  -
- Station 2: Baserunning
  - Players hit a wiffle ball and run through first base

- Coach can have them return to 1<sup>st</sup> base right after.
    - Have players continue from base to base until they reach home
  - Hit a wiffle ball, and round 1<sup>st</sup> base and go to second stopping on the base.
    - Players continue from 2<sup>nd</sup> base, round 3<sup>rd</sup> base and score on the next hit.
- Station 3: Tee hitting/soft toss
  - Hit balls off a tee/soft toss focusing on set up and level swing
  - Focus on balanced finish
  - Set feet, set hands, power position, swing, follow through
- Station 4: Fielding/Catching
  - Partner up, roll ground balls to each other
    - Can use a coach to roll balls to players in a line
  - Catching: underhand toss work on ball above waist, and ball below waist Close glove and cover with bare hand

#### Break [2 mins]

#### Game [10 mins]

- Base Race with ball hand off
- Wiffle ball game
  - Split into 2 teams

#### Practice End [2 mins]

- Debrief on day's activities
- Cheer
  - Team name?

# 9U Practice Plan #2

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## Player/Coaches Meeting [5 mins]

- Team expectations
- Today's activities

## Warm up [10 mins]

- Poles (there and back)
  - Introduce one other player to the team after poles
  - See how many names you can remember
- Active warm up (these should be done at a high speed)
  - High knees, butt kicks, shuffles, trunk twists, sprints
  - Dynamic Stretches (arm swings, hugs, leg stretches)

## Throwing [15 minutes]

- Review throwing mechanics.
- Progression throwing intro
  - Start square, soccer kick, step and ready, aim, throw, follow through
  - Rock and fire
    - Focus on alignment, balance, and proper arm circles.
    - Check the ball, make sure “show the dog” is there every throw

## Fielding/Catching [15 minutes]

- Review fielding mechanics
  - Ready position, fielding position, alligator, field in the middle of the body
- 2 stations
  - Ground balls [7 minutes]
    - Players line up and ground balls are hit/rolled to them.
    - Progress into moving them left and right
    - Show how to catch a ball at 1B (NEW)
  - Fly balls [7 minutes]
    - Introduce how to catch a ball on the forehand (glove side) and the backhand (throwing side)
    - Use bean bags or soft balls and have them use bare hands to start. Start at a close distance so they learn how to react and turn their hand the right direction.
    - Progress to putting on their glove and have them do the same thing.

## Infield/outfield [15 minutes]

- Here we want to focus on how to make outs (force play, tags, catch etc) and teach them the ways to get players out
  - Set up players in different positions in the infield and outfield
  - Have them play at least 1 infield, and 1 outfield position
    - Depending on team numbers, you might have to do infield and baserunning first, and then outfield and baserunning second.

- Have baserunners to learn how to base run and so the players have to make a decision about where to throw the ball.

### Hitting [15 minutes, 5 minutes each]

- Review hitting mechanics
  - Set feet, set hands, power position, swing, follow through
    - Really focus on the power position (load) to swing hard
  - Set up stations to hit
- 3 hitting stations (split up evenly to maximize amount of swings)
  - Tee work
    - Focus on mechanics
  - Under hand side toss
    - Progression to hitting a moving ball
  - Over hand front toss (pitching)
    - Coach pitches on one knee

### Game

- Base race

### Practice End

- Review day
- Team cheer

# 9U Practice Plan #3

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## Player/Coaches Meeting [5 mins]

- Team expectations
- Today's activities

## Warm up [10 mins]

- Poles (there and back)
  - Introduce one other player to the team after poles
  - See how many names you can remember
- Active warm up (these should be done at a high speed)
  - High knees, butt kicks, shuffles, trunk twists, sprints etc.
  - Dynamic Stretches (arm swings, hugs, leg stretches)

## Baserunning [15 minutes]

- Review how to run through 1<sup>st</sup> base and how to round 1<sup>st</sup> base
- Introduction on stopping at bases (other than first base)
- Teach them proper way to leave 1<sup>st</sup> base when the ball is hit (chest to the plate)
  - Good running form, ready to go, and eyes on the ball
- Introduce what a tag up is.
  - When to tag? When you can leave the base (when the ball touches the fielders glove)

## Throwing [15 minutes]

- Review throwing mechanics.
- Progression throwing
  - Start square (10 throws),
    - Break hands, arm circle, ready, aim, throw, follow through (arm)
    - Feet stay stationary
  - Soccer kick, step and ready, aim, throw, follow through (arm and legs) (15 throws)
    - Focus on alignment, balance, and proper arm circles.
  - Rock and fire (10 throws)
    - Check the ball, make sure "show the dog" is there every throw
    - Use legs and create momentum with lower body
  - Shuffle and throw (NEW) 10 throws
    - Take 2 shuffle steps and throw on the second shuffle

## Catching [15 minutes]

- Review catching mechanics
  - Focus on the cradle/cushion and bringing the ball towards the middle of the body
  - Start with easy throws to them on both sides of their body (2 hands).
  - Progress into moving them left and right, towards the ball (forward), and also backwards (ball over their head) (NEW)
    - This should be done at a higher speed. They will struggle a bit, but need to learn how to run fast, get control of their body, and make a catch.



**Hitting [15 minutes]**

- Review hitting mechanics
  - Set feet, set hands, power position, swing, follow through
    - Really focus on the power position (load) to swing hard
  - Set up stations to hit
- 2 hitting stations (split up evenly to maximize amount of swings)
  - Tee work/Underhand side toss
    - Focus on mechanics
  - Over hand front toss (pitching)
    - Coach pitches on one knee
    - Throw some balls out of the strike zone (only a few) and make sure they are swinging at strikes.

**Game [10 minutes]**

- Wiffle ball game

**Practice End**

- Review day
- Team cheer

# 9U Practice Plan #4

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## Player/Coaches Meeting [5 mins]

- Team expectations
- Today's activities

## Warm up [10 mins]

- Poles (there and back)
- Active warm up (these should be done at a high speed)
  - High knees, butt kicks, shuffles, trunk twists, sprints etc.
  - Dynamic Stretches (arm swings, hugs, leg stretches) etc.

## Throwing [15 minutes]

- Review throwing mechanics.
- Progression throwing intro
  - Start square, soccer kick, step and ready, aim, throw, follow through
  - Rock and fire
    - Focus on alignment, balance, and proper arm circles.
    - Check the ball, make sure "show the dog" is there every throw
  - Shuffle Throws
    - Take 2 shuffle steps and throw on the second shuffle

## Fielding/Catching [15 minutes]

- Review fielding mechanics
  - Ready position, fielding position, alligator, field in the middle of the body
- 2 stations
  - Ground balls [7 minutes]
    - Players line up and ground balls are hit/rolled to them.
    - Progress into moving them left and right
      - Introduce forehands and backhands for balls that they can't field in the middle of their body (NEW)
      - Also have players catch the ball like they are at 1B and practice "stretching" for the ball
  - Fly balls [7 minutes]
    - Catch a ball on the forehand (glove side) and the backhand (throwing side) with 1 hand (NEW)
    - Use bean bags or soft balls and have them use bare hands to start. Start at a close distance so they learn how to react and turn their hand the right direction.
    - Progress to putting on their glove and have them do the same thing.
    - Work on FB's in every direction. Forward, backward, left and right at high speed.
    - Communication with other players. Call "ball" or "I got it" when you know you are going to catch it.

### Infield/outfield [15 minutes]

- Here we want to focus on how to make outs (force play, tags, catch etc) and teach them the ways to get players out
  - Set up players in different positions in the infield and outfield
  - Have them play at least 1 infield, and 1 outfield position
    - Depending on team numbers, you might have to do infield and baserunning first, and then outfield and baserunning second.
  - Have baserunners to learn how to base run and so the players must make a decision about where to throw the ball.

### Hitting [15 minutes, 5 minutes each]

- Review hitting mechanics
  - Set feet, set hands, power position, swing, follow through
    - Really focus on the power position (load) to swing hard
  - Set up stations to hit
- 3 hitting stations (split up evenly to maximize amount of swings)
  - Tee work
    - Focus on mechanics
  - Under hand side toss
    - Progression to hitting a moving ball
  - Over hand front toss (pitching)
    - Coach pitches on one knee

### Game

- Base race

### Practice End

- Review day
- Team cheer

# 9U Practice Plan #5

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## Player/Coaches Meeting [5 mins]

- Team expectations
- Today's activities

## Warm up [10 mins]

- Poles (there and back)
- Active warm up (should be done at a high speed)
  - High knees, butt kicks, shuffles, trunk twists, sprints etc.
  - Dynamic Stretches (arm swings, hugs, leg stretches)

## Baserunning [15 minutes]

- Review how to run through 1<sup>st</sup> base and how to round 1<sup>st</sup> base
- Review stopping at bases (other than first base)
- Review proper way to leave 1<sup>st</sup> base when the ball is hit
  - Good running form, ready to go, and eyes on the ball
- Review Tag ups. When to do it? How to leave the base properly.

## Throwing [15 minutes]

- Review throwing mechanics.
- Progression throwing
  - Start square (10 throws),
    - Break hands, arm circle, ready, aim, throw, follow through (arm)
    - Feet stay stationary
  - Soccer kick, step and ready, aim, throw, follow through (arm and legs) (15 throws)
    - Focus on alignment, balance, and proper arm circles.
  - Rock and fire (10 throws)
    - Check the ball, make sure "show the dog" is there every throw
    - Use legs and create momentum with lower body
  - Shuffle Throws (10 throws)
    - Take 2 shuffle steps and throw on the second shuffle

## Catching [15 minutes]

- Review catching mechanics
  - Focus on the cradle/cushion and bringing the ball towards the middle of the body
  - Start with easy throws to them on both sides of their body.
  - Progress into moving them left and right, forward, and backward
    - This should be done at a higher speed. They will struggle a bit, but need to learn how to run fast, get control of their body and make a catch.
  -

## Hitting [15 minutes]

- Review hitting mechanics
  - Set feet, set hands, power position, swing, follow through
    - Really focus on the power position (load) to swing hard

- Set up stations to hit
- 2 hitting stations (split up evenly to maximize amount of swings)
  - Tee work/Underhand side toss
    - Focus on mechanics
  - Over hand front toss (pitching)
    - Coach pitches on one knee
    - Throw a few pitches out of the zone so they don't just swing at everything.

#### Game [15 minutes]

- Wiffle ball game

#### Practice End

- Review day
- Team cheer

# 9U Practice Plan #6

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## Player/Coaches Meeting [5 mins]

- Team expectations
- Today's activities

## Warm up [10 mins]

- Poles (there and back)
- Active warm up (these should be done at a high speed)
  - High knees, butt kicks, shuffles, trunk twists, sprints etc.
  - Dynamic Stretches (arm swings, hugs, leg stretches) etc.

## Throwing [15 minutes]

- Review throwing mechanics.
- Progression throwing intro
  - Start square, soccer kick, step and ready, aim, throw, follow through
  - Rock and fire
    - Focus on alignment, balance, and proper arm circles.
    - Check the ball, make sure "show the dog" is there every throw
  - Shuffle Throws
    - Take 2 shuffle steps and throw on the second shuffle

## Intro to Pitching {15 minutes}

- Explain and demonstrate what the pitching motion looks like (refer to manual on each position)
  - 1) Set position (hands together)
  - 2) Leg lift/Balance position
  - 3) Stride
  - 4) Landing position (foot pointed directly at catcher)
  - 5) Release point

## Infield/outfield [15 minutes]

- Here we want to focus on how to make outs (force play, tags, catch etc) and teach them the ways to get players out
  - Set up players in different positions in the infield and outfield
  - Have them play at least 1 infield, and 1 outfield position
    - Depending on team numbers, you might have to do infield and baserunning first, and then outfield and baserunning second.
  - Have baserunners to learn how to base run and so the players must make a decision about where to throw the ball.

## Hitting [15 minutes, 5 minutes each]

- Review hitting mechanics
  - Set feet, set hands, power position, swing, follow through
    - Really focus on the power position (load) to swing hard
  - Set up stations to hit
- 3 hitting stations (split up evenly to maximize amount of swings)

- Tee work
  - Focus on mechanics
- Under hand side toss
  - Progression to hitting a moving ball
- Over hand front toss (pitching)
  - Coach pitches on one knee

### Game

- Base race

### Practice End

- Review day
- Team cheer

# 9U Practice Plan #7

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## Player/Coaches Meeting [5 mins]

- Team expectations
- Today's activities

## Warm up [10 mins]

- Poles (there and back)
- Active warm up (should be done at a high speed)
  - High knees, butt kicks, shuffles, trunk twists, sprints etc.
  - Dynamic Stretches (arm swings, hugs, leg stretches)

## Baserunning [15 minutes]

- Review how to run through 1<sup>st</sup> base and how to round 1<sup>st</sup> base
- Review stopping at bases (other than first base)
- Review proper way to leave 1<sup>st</sup> base when the ball is hit
  - Good running form, ready to go, and eyes on the ball
- Review Tag ups. When to do it? How to leave the base properly.
  - Have runners at bases, coach hitting fly balls to other coaches or players. Have them tag up and run to next base
  - IF USING PLAYERS TO THROW, DO THIS AFTER THE THROWING PORTION OF PRACTICE

## Throwing [15 minutes]

- Review throwing mechanics.
- Progression throwing
  - Start square (10 throws),
    - Break hands, arm circle, ready, aim, throw, follow through (arm)
    - Feet stay stationary
  - Soccer kick, step and ready, aim, throw, follow through (arm and legs) (15 throws)
    - Focus on alignment, balance, and proper arm circles.
  - Rock and fire (10 throws)
    - Check the ball, make sure "show the dog" is there every throw
    - Use legs and create momentum with lower body
  - Shuffle Throws (10 throws)
    - Take 2 shuffle steps and throw on the second shuffle

## Catching [15 minutes]

- Review catching mechanics
  - Focus on the cradle/cushion and bringing the ball towards the middle of the body
  - Start with easy throws to them on both sides of their body.
  - Progress into moving them left and right, forward, and backward
    - This should be done at a higher speed. They will struggle a bit, but need to run fast, get control of their body and make a catch.

## Hitting [15 minutes]

- Review hitting mechanics



- Set feet, set hands, power position, swing, follow through
  - Really focus on the power position (load) to swing hard
- Set up stations to hit
- 2 hitting stations (split up evenly to maximize amount of swings)
  - Tee work/Underhand side toss
    - Focus on mechanics
  - Over hand front toss (pitching) USE WIFFLE OR JUGS BALLS
    - Introduce how to protect yourself if the ball is coming at you.
      - Turn away from pitch so back is toward pitcher
    - Coach pitches on one knee
    - Throw a few pitches out of the zone so they don't just swing at everything.
    - Throw a ball at them softly, get them to turn and protect themselves.

#### Game [15 minutes]

- Wiffle ball game

#### Practice End

- Review day
- Team cheer

# 9U Practice Plan #8

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## Player/Coaches Meeting [5 mins]

- Team expectations
- Today's activities

## Warm up [10 mins]

- Poles (there and back)
- Active warm up (these should be done at a high speed)
  - High knees, butt kicks, shuffles, trunk twists, sprints etc.
  - Dynamic Stretches (arm swings, hugs, leg stretches) etc.

## Throwing [10 minutes]

- Review throwing mechanics.
- Progression throwing intro
  - Start square, soccer kick, step and ready, aim, throw, follow through
  - Rock and fire
    - Focus on alignment, balance, and proper arm circles.
    - Check the ball, make sure "show the dog" is there every throw
  - Shuffle Throws
    - Take 2 shuffle steps and throw on the second shuffle

## Review of Pitching [10 minutes]

- Explain and demonstrate what the pitching motion looks like again (refer to manual on each position)
  - Have players do it with you. Incorporate them throwing to one another with the pitching motion.
    - The players catching the ball should be **STANDING UP** and not being catchers!!!!
- 1) Set position (hands together)
  - 2) Leg lift/Balance position
  - 3) Stride
  - 4) Landing position (foot pointed directly at catcher)
  - 5) Release point

## Fielding/Catching [10 minutes]

- Review fielding mechanics
  - Ready position, fielding position, alligator, field in the middle of the body
- 2 stations
  - Ground balls [5 minutes]
    - Players line up and ground balls are hit/rolled to them.
    - Progress into moving them left and right
      - Review forehands and backhands for balls that they can't field in the middle of their body
      - Also have players catch the ball like they are at 1B and practice "stretching" for the ball
  - Fly balls [5 minutes]
    - Catch a ball on the forehand (glove side) and the backhand (throwing side) with 1 hand

- Use bean bags or soft balls and have them use bare hands to start. Start at a close distance so they learn how to react and turn their hand the right direction.
- Progress to putting on their glove and have them do the same thing.
- Work on FB's in every direction. Forward, backward, left and right at high speed.
- Communication with other players. Call "ball" or "I got it" when you know you are going to catch it.

### Infield/outfield [15 minutes]

- Here we want to focus on how to make outs (force play, tags, catch etc) and teach them the ways to get players out
  - Set up players in different positions in the infield and outfield
  - Have them play at least 1 infield, and 1 outfield position
    - Depending on team numbers, you might have to do infield and baserunning first, and then outfield and baserunning second.
  - Have baserunners to learn how to base run and so the players must make a decision about where to throw the ball.

### Hitting [15 minutes, 5 minutes each]

- Review hitting mechanics
  - Set feet, set hands, power position, swing, follow through
    - Really focus on the power position (load) to swing hard
  - Set up stations to hit
- 3 hitting stations (split up evenly to maximize amount of swings)
  - Tee work
    - Focus on mechanics
  - Under hand side toss
    - Progression to hitting a moving ball
  - Over hand front toss (pitching)
    - Coach pitches on one knee

### Game

- Base race

### Practice End

- Review day
- Team cheer

# 9U Practice Plan #9

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## Player/Coaches Meeting [5 mins]

- Team expectations
- Today's activities

## Warm up [10 mins]

- Poles (there and back)
- Active warm up (should be done at a high speed)
  - High knees, butt kicks, shuffles, trunk twists, sprints etc.
  - Dynamic Stretches (arm swings, hugs, leg stretches)

## Baserunning [15 minutes]

- Review how to run through 1<sup>st</sup> base and how to round 1<sup>st</sup> base
- Review stopping at bases (other than first base)
- Review proper way to leave 1<sup>st</sup> base when the ball is hit
  - Good running form, ready to go, and eyes on the ball
- Review Tag ups. When to do it? How to leave the base properly.
  - Have runners at bases, coach hitting fly balls to other coaches or players. Have them tag up and run to next base
  - IF USING PLAYERS TO THROW, DO THIS AFTER THE THROWING PORTION OF PRACTICE

## Throwing [15 minutes]

- Review throwing mechanics.
- Progression throwing
  - Start square (10 throws),
    - Break hands, arm circle, ready, aim, throw, follow through (arm)
    - Feet stay stationary
  - Soccer kick, step and ready, aim, throw, follow through (arm and legs) (15 throws)
    - Focus on alignment, balance, and proper arm circles.
  - Rock and fire (10 throws)
    - Check the ball, make sure "show the dog" is there every throw
    - Use legs and create momentum with lower body
  - Shuffle Throws (10 throws)
    - Take 2 shuffle steps and throw on the second shuffle

## Catching [15 minutes]

- Review catching mechanics
  - Focus on the cradle/cushion and bringing the ball towards the middle of the body
  - Start with easy throws to them on both sides of their body.
  - Progress into moving them left and right, forward, and backward
    - This should be done at a higher speed. They will struggle a bit, but need to run fast, get control of their body and make a catch.

## Hitting [15 minutes]

- Review hitting mechanics

- Set feet, set hands, power position, swing, follow through
  - Really focus on the power position (load) to swing hard
- Set up stations to hit
- 2 hitting stations (split up evenly to maximize amount of swings)
  - Tee work/Underhand side toss
    - Focus on mechanics
  - Over hand front toss (pitching) USE WIFFLE OR JUGS BALLS
    - Introduce how to protect yourself if the ball is coming at you.
      - Turn away from pitch so back is toward pitcher
    - Coach pitches on one knee
    - Throw a few pitches out of the zone so they don't just swing at everything.
    - Throw a ball at them softly, get them to turn and protect themselves.

#### Game [15 minutes]

- Wiffle ball game

#### Practice End

- Review day
- Team cheer

# 9U Practice Plan #10

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## Player/Coaches Meeting [5 mins]

- Team Expectations for the day
- Today's activities
  - Have a fun practice day playing games that the kids want to play. Enjoy the last practice that you have with them!