



*Baseball BC Grassroots
7u Practice Plans*



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7U Practice #1 – Throwing/Fielding

Parent Meeting [5 mins]

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

Player Meeting [5 mins]

- Fun introduction to learn names

Warm up [10 mins]

- Active warm up – starting on foul line and jog out 30', stop and return.
 - Progressions: High knees, butt kickers, trunk twists, sprint

Review Throwing, Fielding Positions, Hitting [15 mins]

- Review Throwing of previous year. Show the positions (no ball) – parents to correct player form
 - **Aim-Ready-Throw-Follow Through and Grip of the ball**

Grip



Ready with ball facing out



Aim with glove to target



Throw - Release Point



Arm Finish



Leg Follow Through

- Review Fielding of previous year. Show positions with parents to correct player form
 - **Ready Position(strong legs)-fielding position-receive**



Ready Position



Fielding Position



Alligator

- Review Hitting of previous year
 - **Review set feet, set hands, bat position and squish the bug**



Set feet

Set hands /Bat
Position

Squish bug at contact

- Focus on being athletic, and balance
 - Progression – have players walk around open space and call out a throwing/fielding/hitting position. Ensure proper form, balance, and that they control their body to get into the proper position

Break [2 mins]

Chest Square



Soccer Kick



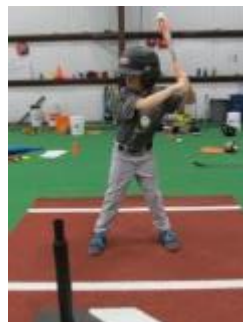
Stations [24 mins]

- Station 1: Fielding
 - Ready position to fielding position
 - Progression: moving towards ball; **shuffling side to side**
- Station 2: Throwing
 - Work on progressions to isolate mechanics
 - Introduce **Step and aim at target** here. Progressions: 1 knee, **square and throw (chest to partner)**, stand and throw, **step and throw**. Focus on alignment, balance, and proper arm circles.
- Station 3: Hitting
 - Introduce **power position**
 - Players hit off tees. 5-10 swings each, rotate through as many times as possible
 - Can use 1 tee and 1 soft toss, or 2-3 tees at the same time

Break [2 mins]



Set Hands



Power Position

Game [10 mins]

- Position knowledge
 - Have players run to different positions and have them call out the position. Give them a number or position to run to

Practice End [2 mins]

- Think about what team name is going to be for next practice
- Cheer

7U Practice #2 – Catching/Baserunning

Player Meeting [5 mins]

- Fielding review
- Throwing review
- Hitting Review

Warm up [10 mins]

- Active warm up – starting on foul line and jog out 30', stop and return.
 - Progressions: High knees, butt kickers, trunk twists, sprint
 - Freeze tag

Review Catching positions, baserunning [15 mins]

- Review catching of previous year. Show the positions (no ball) – parents to correct player form
 - Ready (2 hands), watch (eyes on ball), catch (close hands, cradle/cushion ball)



Catch above waist



Catch below waist



Squeeze Ball



Catch Hands Out



Catch after cradle

- Review Baserunning of previous year. Show positions with parents to correct player form
 - Run (straight line), stop (under control), balance (stay on feet)
 - Review bases and what direction to run in
 - Introduce running through 1st base. Rounding to 2nd base



Run Through 1st

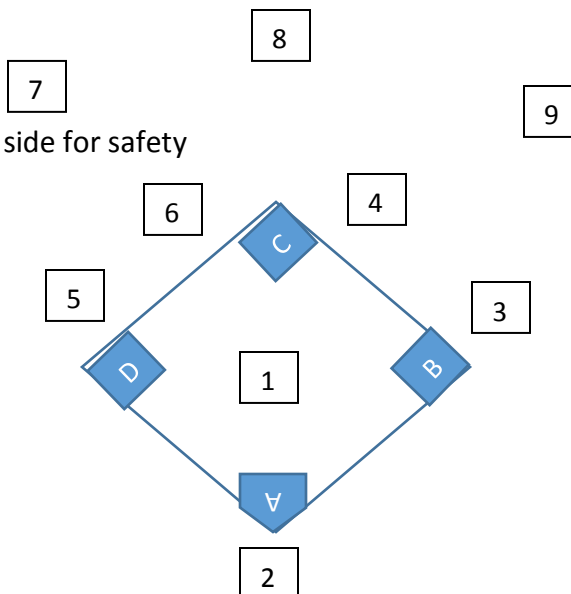
Rounding 1st Base



- Focus on being athletic, and balance
 - Progression – have players walk around open space and call out a throwing/fielding/hitting position. Ensure proper form, balance, and that they control their body to get into the proper position

Positions –

- 1) Pitcher (P) – should be behind and to the side for safety
 - 2) Catcher (C)
 - 3) First Base (1B)
 - 4) Second Base (2B)
 - 5) Third base (3B)
 - 6) Short Stop (SS)
 - 7) Left Field
 - 8) Center Field
 - 9) Right Field
- | |
|----------------|
| A) Home Plate |
| B) First Base |
| C) Second Base |
| D) Third Base |



Break [2 mins]

Stations [24 mins]

- Station 1: Baserunning
 - Hit wiffle ball, run to first base
 - Once at first base, wait until next person goes and run to 2nd base; 3rd base; home.
- Station 2: Catching
 - Bean bags, catching underhand toss above/below waist. Focus on cradle/cushion
 - Progression: moving towards ball/bag; shuffling side to side
- Station 3: Hitting
 - Review set feet, set hands, bat position and follow through
 - Players hit off tees. 5-10 swings each, rotate through as many times as possible

Break [2 mins]

Game [10 mins]

- Clean the yard

Practice End [2 mins]

- Think about what team name is going to be for next practice
- Cheer

7U Practice #3 – Hitting

Player Meeting [5 mins]

- Catching review
- Baserunning review

Warm up [10 mins]

- Active warm up with slalom course
 - Slalom course includes jumping, and running through course

Review Hitting Positions [15 mins]

- Review hitting
 - Set feet, set hands, bat position, Squish the bug
 - Review **POWER** position into bat position (**hands back/load**)

Break [2 mins]

Stations [24 mins]

- Station 1: Tee hitting (3 at a time)
 - Hit balls off a tee focusing on set up and level swing
 - Focus on balanced finish
- Station 2: Soft toss hitting
 - From 45* angle, throw ball underhand
 - Focus on hitting the ball out front
 - Focus on a balanced finish/follow through



Follow Through

Break [2 mins]

Game [10 mins]

- California kickball

Practice End [2 mins]

- Cheer

7U Practice #4 – Throwing/Catching

Player Meeting [5 mins]

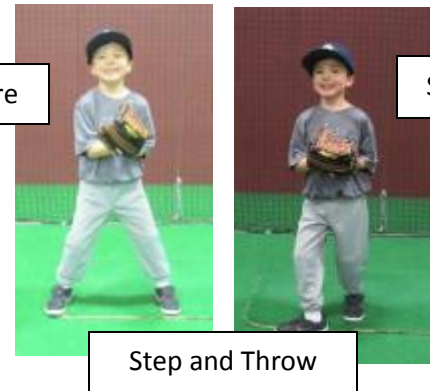
- Hitting review
- Last game review/thoughts

Warm up [10 mins]

- Active warm up
 - High knees, butt kicks, shuffles, trunk twists, sprints
 - Freeze tag in throwing/catching positions

Review, Throwing, Catching Positions [15 mins]

- Review Throwing
 - Grip, Ready, Aim, Throw, Follow through
 - Review “show the dog the ball”.
- Review Catching
 - Ready, Watch, Move, Catch



Chest Square

Soccer Kick

Step and Throw

Break [2 mins]

Stations [24 mins]

- Station 1: Throwing: 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
- Station 2: Catching
 - Have parents/coaches throw a bean bag or ball up in the air to players and they have to catch it. Make them move left/right, different heights
 - Start with no gloves, progress with gloves

Cover Ball with
bare hand in glove

- 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**



Set Hands



Power Position

Swing/Squish bug
at contact

Follow Through

- Over the line
 - Teams of 2-3. One team hits
 - Rest of team set up in the field. If ball gets past 1st set of players, single. Gets past 2nd set of players, double. Gets past 3rd set of players on ground, triple. Over 3rd set of players, homerun

Practice End [2 mins]

- Cheer

7U Practice #5 – Fielding/Baserunning

Player Meeting [5 mins]

- Throwing review
- Catching review

Warm up [10 mins]

- Active warm up with slalom/obstacle course
 - High knees, butt kicks, shuffles, trunk twists, sprints
 - Slalom/obstacle course

Review, Fielding and Baserunning Positions [15 mins]

- Review Fielding
 - Ready position, fielding position, receive
 - Introduce **step and throw** after fielding ball (throwing foot, glove foot, throw) – 2 step



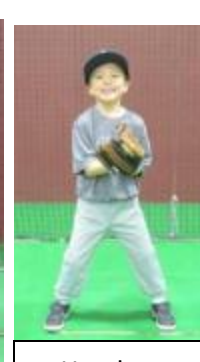
Ready Position



Fielding Position



Alligator



Hands to
Bellybutton



Step and
Throw

- Review Baserunning
 - Review Running through 1st base, rounding 1st base

Break [2 mins]

Stations [24 mins]

- Station 1: Fielding:
 - Roll ball to player straight, roll ball to side.
 - Review field-step-throw. At short distance, have players practice with no ball. Progress to using a ball and throwing back to coach quickly and accurately.
- Station 2: Baserunning
 - Hit wiffle ball, run through first base
 - Once at first base, wait until next person goes and run to 2nd base; 3rd base; home.
 - Second time through, have players round 1st base and continue on to 2nd base.
 - Focus on getting a good angle at 1st base so they are running in a straight line to 2nd base
- Station 3: Tee hitting
 - Hit balls off a tee focusing on set up and level swing

- Focus on balanced finish
- Set feet, set hands, power position, swing, follow through

Break [2 mins]

Game [10 mins]

- Base Race with ball hand off

Practice End [2 mins]

- Cheer

7U Practice #6 – Hitting

Player Meeting [5 mins]

- Fielding review
- Baserunning review

Warm up [10 mins]

- Active warm up
 - High knees, butt kicks, shuffles, trunk twists, sprints
 - Freeze tag in hitting positions

Review Hitting Positions [15 mins]

- Review hitting
 - Set feet, set hands, bat position
 - Review **POWER** position into bat position (**hands back/load**)



Set Hands



Power Position



Swing/Squish bug
at contact



Follow Through

Break [2 mins]

Stations [24 mins]

- Station 1: Tee hitting
 - Hit balls off a tee focusing on set up and level swing
 - Focus on balanced finish
 - Set feet, set hands, power position, swing, follow through
- Station 2: Soft toss hitting
 - From 45* angle, throw ball underhand
 - Focus on hitting the ball out front
 - Focus on a balanced finish

Break [2 mins]

Game [10 mins]

- California kickball

Practice End [2 mins]

- Cheer

7U Practice #7 – Throwing/Baserunning

Player Meeting [5 mins]

- Hitting review

Warm up [10 mins]

- Active warm up
 - High knees, butt kicks, shuffles, trunk twists, sprints
 - Freeze tag in throwing position(s)

Review, Throwing, Baserunning [15 mins]

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



Grip



Ready with ball facing out



Aim with glove to target



Throw - Release Point



Arm Finish



Leg Follow Through

- Review Baserunning
 - Review running through 1st

Break [2 mins]

Stations [24 mins]

- Station 1: Throwing: 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
- Station 2: Baserunning
 - Players hit a wiffle ball and run through first base
 - Coach can have them return to 1st base, or go to 2nd base on an overthrow
 - Have players continue from base to base until they reach home
 - Hit a wiffle ball, and round 1st base and go to second stopping on the base.
 - Players continue from 2nd base, round 3rd 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

Break [2 mins]

Game [10 mins]

- Base Race with ball hand off

Practice End [2 mins]

- Cheer

7U Practice #8 – Fielding/Catching

Player Meeting [5 mins]

- Throwing review
- Baserunning review

Warm up [10 mins]

- Active warm up with slalom/obstacle course
 - High knees, butt kicks, shuffles, trunk twists, sprints
 - Freeze tag in fielding/catching positions

Review, Fielding and Baserunning Positions [15 mins]

- Review Fielding
 - Ready position, fielding position, receive
 - Review **step and throw** after fielding ball (throwing foot, glove foot, throw) 2 – step



Ready Position



Fielding Position



Alligator



Hands to
Bellybutton



Step and
Throw

- Review Catching
 - Ready, Watch, Move, Catch



Catch above
waist



Catch below
waist



Squeeze Ball



Catch Hands
Out



Catch after
cradle

Break [2 mins]

Stations [24 mins]

- Station 1: Fielding:
 - Roll ball to player straight, roll ball to side.

- Review field-step-throw. At short distance, have players practice with no ball. Progress to using a ball and throwing back to coach quickly and accurately.
- Station 2: Catching
 - Have parents/coaches throw a bean bag or ball up in the air to players and they have to catch it. Make them move left/right, different heights
 - Start with no gloves, progress with gloves.
- Station 3: Front toss/live hitting
 - Hit balls from a parent/coach thrown underhand at either a 45 degree angle to the hitter, or from behind a screen
 - Focus on balanced finish
 - Throw overhand from behind a screen at a pace they are comfortable with
 - Focus on a balanced finish and contact with the ball

Break [2 mins]

Game [10 mins]

- Over the line
 - Teams of 2-3. One team hits
 - Rest of team set up in the field. If ball gets past 1st set of players, single. Gets past 2nd set of players, double. Gets past 3rd set of players on ground, triple. Over 3rd set of players, homerun

Practice End [2 mins]

- Cheer

7U Practice #9 – Hitting

Player Meeting [5 mins]

- Fielding review
- Catching review

Warm up [10 mins]

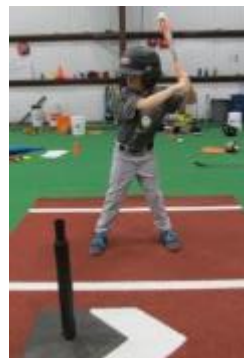
- Active warm up
 - High knees, butt kicks, shuffles, trunk twists, sprints
 - Slalom/obstacle course

Review Hitting Positions [15 mins]

- Review 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



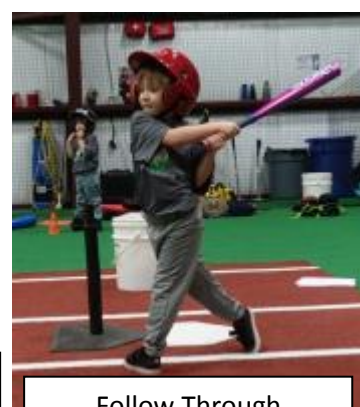
Set Hands



Power Position



Swing/Squish bug
at contact



Follow Through

Break [2 mins]

Stations [24 mins]

- Station 1: Tee hitting
 - Hit balls off a tee focusing on set up and level swing
 - Focus on balanced finish
 - Set feet, set hands, power position, swing, follow through
- Station 2: Soft toss hitting
 - From 45* angle, throw ball underhand
 - Focus on hitting the ball out front
 - Focus on a balanced finish
 - Set feet, set hands, power position, swing, follow through
- Station 3: Live hitting
 - From a short distance, throw overhand batting practice behind a screen for protection
 - Focus on contact and to the middle of the field

Break [2 mins]

Game [10 mins]

- California kickball

Practice End [2 mins]

- Cheer

7U Practice #10 – All Skills – FUN

Player Meeting [5 mins]

- Fun Practice with everything that we have covered.

Warm up [5 mins]

- Active warm up
 - Have players pick their favourite warm-up

Review Fielding Positions [5 mins]

- Review 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

Fielding Game [5 mins]

- Players pick their favourite Fielding game to play

Review Catching Positions [5 mins]

- Review Catching
 - **Ready, Watch, Move, Catch**



Catch above
waist



Catch below
waist



Squeeze Ball



Catch Hands
Out



Catch after
cradle

Catching Game [5 mins]

- Players pick their favourite Catching game to play
 - Can use water balloons for more fun.

Break [2 mins]

Review Throwing Positions [5 mins]

- Review 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

Throwing Game [5 mins]

- Players pick their favourite Throwing game to play
 - Can use water balloons for more fun.

Review Hitting Positions [5 mins]

- Review 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

Hitting Game [10 mins]

- Have players hit water balloons as a fun way to end the season

Game [10 mins]

- Players pick last game they want to play

Practice End [2 mins]

- Coach's last message to team
- Cheer