



Orangeville & Headwaters Minor Baseball Association

Player Development and Coaching
Aids

[OHMBA Website](http://Playball.ca) - Playball.ca

[Baseball Ontario](http://BaseballOntario.com) - BaseballOntario.com

[Baseball Canada NCCP](http://NCCP.baseball.ca) - NCCP.baseball.ca

[Better Baseball Instructional Videos](#)

[OHMBA Practice Planner](#)



Please Remember

1. These are kids.
2. This is a game.
3. Everyone is Volunteering.
4. Umpires are Kids.
5. We all need to set a good example.



Keys to Running a Successful Practice

1. Keep Things Simple.
2. Recruit assistant coaches.
3. Variation helps maintain interest.
4. Keep the practice moving and the kids moving.
5. Maintain control of the group.
6. Zero tolerance for any criticism.
7. Use rewards at the end of practice like games the kids enjoy.
8. Stay positive and let the kids have fun.



Week 1 Practice Plan

10 Min	<p><u>Meeting</u></p> <ul style="list-style-type: none">● Review previous game / practice,● Practice Objectives for today
10 Min	<p><u>Warm Up</u></p> <ul style="list-style-type: none">● Forward Jogging (foul pole to foul pole)● Running with high back kicks● Shoulder rotations small to large and then reverse● Arms stretch across the chest.
35 Min	<p><u>OneKnee Throw Drill(Proper Throwing Technique) (LINK)</u></p> <ul style="list-style-type: none">● Players in pairs, throwing to each other <p><u>Long Toss (Throwing Accuracy and Catching) (LINK)</u></p> <ul style="list-style-type: none">● Players in pairs (similar skill preferred)● Star t20 feet apart and throw to partner● Each time a successful throw and catch is made, both players take a big step away from each other. If the ball is dropped or throw was off target, remain at current distance apart.● Continue increasing throwing distance until maximum distance is reached <p><u>Side Soft Toss (Proper swing mechanics) (LINK)</u></p> <ul style="list-style-type: none">● Divide players into 2 groups (hitting & fielding)● Aim to have 2 successful hits per player before rotating groups● All fielded balls thrown to first base and back to coach
10 Min	<p>Cool Down</p> <p>Practice Debrief</p>



Week 2 Practice Plan

10 Min	<u>Warm Up</u> <ul style="list-style-type: none">● Forward Jogging (foul pole to foul pole)● Running with high back kicks● Shoulder rotations small to large and then reverse● Arms stretch across the chest.
25 Min	<u>OneKnee Throw Drill(Proper Throwing Technique)</u> <ul style="list-style-type: none">● Players in pairs, throwing to each other <u>Long Toss (Throwing Accuracy and Catching)</u> <ul style="list-style-type: none">● Players in pairs (similar skill preferred)● Start 20 feet apart and throw to partner● Each time a successful throw and catch is made, both players take a big step away from each other. If the ball is dropped or throw was off target, remain at current distance apart.● Continue increasing throwing distance until maximum distance is reached where both players can still throw and catch with consistency
20 Min	<u>Side SoftToss (Proper swing mechanics)</u> <ul style="list-style-type: none">● Divide players into 2 groups (hitting & fielding)● Click for video demonstration● Aim to have 2 successful hits per player before rotating groups● All fielded balls thrown to first base and back to coach
5Min	Cool Down Practice Debrief



Week 3 Practice Plan

10 Min	<u>Warm Up</u> <ul style="list-style-type: none">• Forward Jogging (foul pole to foul pole)• Running with high back kicks• Shoulder rotations small to large and then reverse• Arms stretch across the chest.
15 Min	<u>OneKnee Throw Drill(Proper Throwing Technique)</u> <ul style="list-style-type: none">• Players in pairs, throwing to each other <u>Long Toss (Throwing Accuracy and Catching)</u> <ul style="list-style-type: none">• Players in pairs (similar skill preferred)• Start 20 feet apart and throw to partner• Each time a successful throw and catch is made, both players take a big step away from each other. If the ball is dropped or throw was off target, remain at current distance apart.• Continue increasing throwing distance until maximum distance is reached where both players can still throw and catch with consistency
30 Min	<u>Ground Balls</u> <ul style="list-style-type: none">• Players in pairs on the infield, 40 feet apart• Players throw 3 variations of ground balls to each other. i. One-bouncer ii. Fast roller iii. Slow roller• Coaches need to check for ready position and proper ball reception technique. <u>Fly Balls (LINK)</u> <ul style="list-style-type: none">• Players divided into two groups, forming 2 lines• First 2 players come to front and prepare to catch fly ball thrown by coach• One player calls for ball while the other backs up• Once the ball is caught, both players return to the back of line and next two players come up• Coaches need to check for ready position and proper ball catching technique
5Min	Cool Down Practice Debrief



Week 4 Practice Plan

10 Min	<p><u>Warm Up</u></p> <ul style="list-style-type: none">• Forward Jogging (foul pole to foul pole)• Running with high back kicks• Shoulder rotations small to large and then reverse• Arms stretch across the chest.
15 Min	<p><u>OneKnee Throw Drill(Proper Throwing Technique)</u></p> <ul style="list-style-type: none">• Players in pairs, throwing to each other <p><u>Long Toss (Throwing Accuracy and Catching)</u></p> <ul style="list-style-type: none">• Players in pairs (similar skill preferred)• Start 20 feet apart and throw to partner• Each time a successful throw and catch is made, both players take a big step away from each other. If the ball is dropped or throw was off target, remain at current distance apart.• Continue increasing throwing distance until maximum distance is reached where both players can still throw and catch with consistency
30 Min	<p><u>Fence Drill (LINK)</u></p> <ul style="list-style-type: none">• Line up all players against fence, allowing for plenty of room to swing. Use both sides of the fence if possible <p><u>Called Soft Toss (Bat Control)</u></p> <ul style="list-style-type: none">• Divide players into 2 groups (hitting & fielding)• In this variation, the coach tosses two balls and calls out “TOP” or “BOTTOM” and the batter attempts to hit either the higher or lower of the two tossed balls• Aim to have 2 successful hits per player before rotating groups All fielded balls thrown to first base and back to coach
5Min	<p>Cool Down Practice Debrief</p>



Week 5 Practice Plan

10 Min	<u>Warm Up</u> <ul style="list-style-type: none">• Forward Jogging (foul pole to foul pole)• Running with high back kicks• Shoulder rotations small to large and then reverse• Arms stretch across the chest.
15 Min	<u>OneKnee Throw Drill(Proper Throwing Technique)</u> <ul style="list-style-type: none">• Players in pairs, throwing to each other <u>Long Toss (Throwing Accuracy and Catching)</u> <ul style="list-style-type: none">• Players in pairs (similar skill preferred)• Start 20 feet apart and throw to partner• Each time a successful throw and catch is made, both players take a big step away from each other. If the ball is dropped or throw was off target, remain at current distance apart.• Continue increasing throwing distance until maximum distance is reached where both players can still throw and catch with consistency
30 Min	<u>Introduction to Pitching – Balance Drill</u> <ul style="list-style-type: none">• Practice the proper sequence of movements without throwing the ball. Only throw the ball after you've assessed that the player is demonstrating proper balance and form. Throw on a level surface.• Line players facing the coach. Perform One-Knee Throw Drill several times to remind players of proper upper body form• Players stand up. Body perpendicular to throwing direction. Call out count and perform the following:<ul style="list-style-type: none">• 1. Raise front leg, Raise throwing arm (elbow above shoulder) – HOLD FOR 2 seconds• 2. Stride front leg forward to comfortable landing distance• 3. Turn torso towards target, throwing arm performing throwing motion and finishing across the body <p>When actually pitching the ball, either throw against the fence or throw to partner. Focus on accuracy, not speed. Coaches should catch each player in turn to gauge accuracy</p>
5Min	Cool Down Practice Debrief



Week 6 Practice Plan

10 Min	<u>Warm Up</u> <ul style="list-style-type: none">• Forward Jogging (foul pole to foul pole)• Running with high back kicks• Shoulder rotations small to large and then reverse• Arms stretch across the chest.
15 Min	<u>OneKnee Throw Drill(Proper Throwing Technique)</u> <ul style="list-style-type: none">• Players in pairs, throwing to each other <u>Quick Throw (Accuracy and Transfer from Glove to Throw)</u> <ul style="list-style-type: none">• Players in pairs (similar skill preferred)• Players stand apart the distance between bases• Focus is on hard, accurate throws with no arc aimed to be received at chest level• When caught, the ball should be transferred to throwing hand as efficiently as possible and thrown back quickly with force and accuracy• Coaches should monitor footwork and glove position at catch to ensure a quick transfer to throwing hand
30 Min	<u>Batting Practice</u> <ul style="list-style-type: none">• 3 hitters at a time get ready for BP• 1 hitter hits off a tee into the fence• 1 hitter takes live BP (10 swings max and rotate twice through the group)• During BP have the fielders field the balls based on game situation the coaches dictate. (Make sure pitcher waits for the fielders to be ready. <p>Key to BP is keeping everyone moving (Nobody should be walking)</p>
5Min	Cool Down Practice Debrief