



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## VIRTUAL PRACTICE PLAN

### BASKETBALL CLINICS

**DAY OF THE WEEK: MONDAY, MAY 11**

#### FOCUS: RUNNING BASES

**Equipment needed:** Bases or anything that can mark a spot in the yard. You will need 4 bases

Show your child the correct way to run the bases. Have them follow you to first base, then second, then third and finally home. At each base make sure to let them know which base it is.

Once you have shown them the bases, you can then time your child to see how fast they can run the bases in the correct order.

**DAY OF THE WEEK: TUESDAY, MAY 12**

#### FOCUS: THROWING & PARTNER TOSS





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### **DAY OF THE WEEK: WEDNESDAY, MAY 13**

#### **FOCUS: BATTING PRACTICE**

Have players take batting practice off a tee or, if they're crushing it, soft toss.

For players that seem to be struggling and are starting to get visibly frustrated, bust out a mini soccer ball or dodge ball. That's guaranteed to increase their confidence.

This is also a great opportunity to talk about hitting mechanics to each player.

- Keep those hands back, feet shoulder width apart, and emphasize good hand position.

Once they get the hang of those fundamentals, you may move on to more in-depth mechanics, such as coming through the hitting zone with a level plane, adding a step to start their swing, or following through. Don't forget to focus on keeping your eye on the ball!

### **DAY OF THE WEEK: THURSDAY, MAY 14**

#### **FOCUS: DIRTY DIAMOND GAME**

- Split your team into two groups.
- Place each group on either side of a line (preferably one in the outfield).
- Put the same amount of baseballs on each side of the line and yell, "go!"
- Give them 60 seconds (or however much time you feel is appropriate) and have them throw the balls back and forth as quickly as they can.
- The team with the most amount of balls at the end of the time has the dirty diamond, and the other team wins. Keep in mind that it should be voiced that the players DO NOT throw the balls at each other. Simply throw them over the players or on the ground to the left or right.



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**DAY OF THE WEEK: FRIDAY, MAY 15**

**FOCUS: GROUND BALLS**



**DAY OF THE WEEK: SATURDAY, MAY 16**

**FOCUS: CONDITIONING**

<https://watch.lesmillsondemand.com/born-to-move-free/season:1/videos/born-to-move-17-8-12-tell-me-you-love-me>

**DAY OF THE WEEK: SUNDAY, MAY 17**

**FOCUS: CONDITIONING**

<https://watch.lesmillsondemand.com/born-to-move-free/season:1/videos/born-to-move-16-6-7-meet-down-in-africa>



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DAY OF THE WEEK: MONDAY, MAY 18

FOCUS: CATCHING A BASEBALL





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**DAY OF THE WEEK: TUESDAY, MAY 19**

**FOCUS: CATCHING A FLY BALL**

**The Scarf Method**

It may sound strange, but the first thing you need to teach catching fly balls is a scarf preferably a large, thin, fluttery one. Belmont says with really young kids teeballers and up the first fly ball drill they do is catching scarves. Tie a loose, fist-sized knot in one end of the scarf, and chuck it up into the air, so it's coming right down on the kid. Then, with a glove or without one, have them practice catching the scarf as it flutters down, making sure they're catching above their head, not doing the bucket catch at waist height. Try to throw it right above them, so it's falling straight down, or drop it straight down from above.

When they're starting to get the hang of that, tie a golf ball-sized whiffle ball (one of the little ones for practicing your drive) in the end of the scarf, so it falls a little faster and straighter, and he can toss it higher.

**Soft Tosses and Once-Bouncers**

Like when teaching a kid to catch with a glove, it's good to start with a softer ball be it a tennis ball, wiffle ball, whatever. Soft tosses that come down right to the kid is a good way to refine what they learned with the scarf method. Better still, throw a big one-bouncers, bouncing a tennis ball off the ground so they can clearly see its trajectory and learn to track the ball.



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### **Thrown Fly Balls**

Once using an actual baseball, it's always better to throw rather than hit to kids who are learning. That way, you can control exactly where the ball goes and throw directly to the fielder, so they don't have to track too much or move their feet. Start this drill when a player demonstrates they are comfortable with the soft tosses, and they consistently catch the ball above their head. No need to move too far back either tossing easy pop-ups from a few yards away is fine.

## **DAY OF THE WEEK: WEDNESDAY, MAY 20**

### **FOCUS: THROWING GAME**

#### **Knock It Off Drill**

This is another great drill for youth baseball players that are still learning the fundamentals of throwing. Essentially, this is a game of target practice for your players to work on their throwing accuracy and compete against each other to simulate pressure situations.

#### **How to Set Up the Drill:**

1. Set up a bucket or chair at a favorable distance, depending on the age group of your players.
2. Place a batting helmet or other object on top of the bucket or chair as a target for your players to throw at.
3. Split up your team into two even groups in one line; each team will have a bucket of baseballs at their disposal.
4. Players must throw the baseball and knock the helmet off of the bucket.
5. After hitting their target, they must run and set up the target for their next teammate.
6. Each player will go through the drill until they have successfully hit their target.
7. The winner is whichever group finishes hitting their targets first.



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## DAY OF THE WEEK: THURSDAY, MAY 21

### FOCUS: GROUND BALL GAME

#### Goalie Drill

In this drill, players work on getting comfortable with fielding ground balls and keeping the baseball in front of them. The goal of this drill is to stay in the goalie box, fielding the baseball cleanly and keeping it in front of them for as long as they can.

#### How to Set Up the Drill:

1. Set up cones, buckets, or even a couple baseball hats to create a "goalie box" on the infield dirt.
2. The coach will need a bucket of baseballs. He or she will set up about 10-15 feet from the player.
3. From here, it's rapid fire of rolling ground balls to the player until they either fail to field the ball cleanly or the ball gets by them.
4. Make your players work! Focus on rolling a mix of ground balls to the backhand, glove side, and right at them. Keep your players on their toes and force them to work hard on staying in the goalie box.

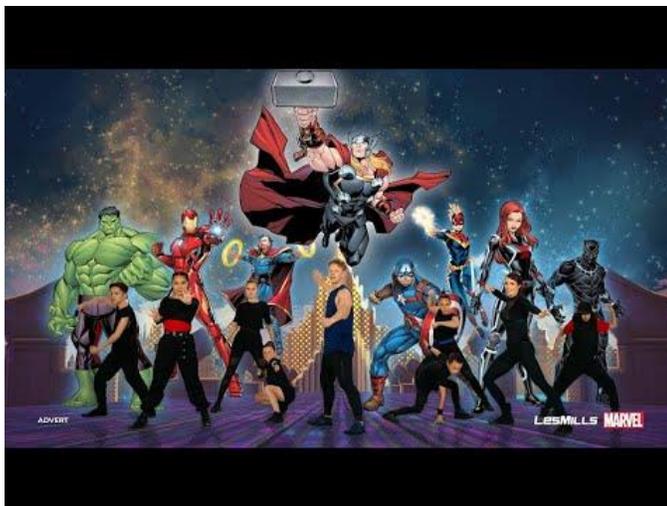
## DAY OF THE WEEK: FRIDAY, MAY 22

### FOCUS: PICKLE

This is when a baserunner is stuck between two bases and is in jeopardy of being tagged out. Place yourself on one base and your assistant coach on the next. Have kids go one at a time or all at once. Tag each kid out until you get them down to one and start it all over again. Think tag. Explain to your child that you do not want us to tag you.

**DAY OF THE WEEK: SATURDAY, MAY 23**

**FOCUS: CONDITIONING**



**DAY OF THE WEEK: SUNDAY, MAY 24**

**FOCUS: CONDITIONING**

