

## Pre-K Baseball Training League Sample Lesson Plan

Run, stretch out

Throwing & Catching

Partner up-Close together

\*Start on knees with 1 knee up, 1 knee down

Hold throwing arm at 90\* and flick wrist

\*Stand up and do same thing

\*Move farther back and have them do full throwing

point glove, step, throw

\*Stress catching showing a big target, 2 hands, & squeezing glove

**\*Water break\***

Grounders- Field ball directly in front of body, head up, hands in front, may drop to one knee to field ball, be ready to throw after catching ball

\*Single file line, give them grounders straight and right to them

Have them field one and throw back and go to end of line after grounder

\*Have them field 1 ball throw it back, run to closer spot and give them another one to field and throw back.

\*Set up 2 spots parallel to each other with all the kids at 1 spot

Say go and have the kid run to other spot, give them grounder while they are running.

\*STRESS fielding ball in front, 2 hands, bottom down, bring in to stomach.

\*Put 1 kid at the following positions: pitcher, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and shortstop.

If 1 kid is left over, have them be a runner. Roll a ball to any position and see if they can make the throw to first base. Rotate the kids so that everyone gets a chance to play every position.

Explain to them about tagging the base or the runner for an out.

Throwing- Proper grip (across seams, 2 or 3 fingers), step toward target, follow through

\*Everyone on same line with ball directly in front of them. Call out a name and they have to bare hand and throw to you.

\*Do same thing but pick a spot 5 feet in front of all kids with a ball on it. Call out a name and they have to run to their spot, bare hand, and throw back.

\*Line kids up about 5 feet from each other in long line. Start 1 ball at one end and have them throw to next person who turns and throws to next person, all the way down to the last person. (relay throwing)

\*Have 1 person be a first baseman. Rest of kids all get to field a grounder and throw to him. Switch basemen after everyone has done.

\*STRESS looking at target, stepping, and follow through

Hitting- Proper grip (hands together, head up), stance (shoulder width, short forward step)

swing (extension, roll over arms)

\*Let each child hit 10 balls while others shag the balls. Make sure kids shagging are spread out evenly and not too close to batter. Give them each a cone to stand near.

\*Have a first base and have kids run out their last hit ball.

Running

\*Run bases (single, double, triple, home run)

Run with head up and in a straight line, run through 1<sup>st</sup> base, do not stop, make “bananas” at 2<sup>nd</sup> and 3<sup>rd</sup> base

\*Naming & placement of players, responsibilities of each position, stress backing each other up during plays

Team cheer & dismiss