

## **MGBSA Practice Plan Template - 90 Minutes**

Suitable for all baseball and softball teams (grades 1-8)



(0:10 – 0:00)	Field Setup
0:00 – 0:10	Stretching in Team Circle – arms and legs
0:10 – 0:20	Throwing Progression
<b>0:20 – 0:25</b>	<b>&lt;Water Break&gt;</b>
0:25 – 0:45	Team Skills/Drills #1 – coach’s decision based on team needs
0:45 – 0:50	<b>&lt;Water Break&gt;</b>
0:50 – 1:20	Team Skills/Drills #2 OR Scrimmage – coach’s decision based on team needs
1:20 – 1:30	MGBSA Bucket Challenge

For instructions on throwing progressions and MGBSA Bucket Challenge, see next two pages

## How to Run - Throwing Progression

The throwing progression helps to loosen the player's arms while also teaching proper throwing technique. It consists of four steps; each should be done roughly 2-3 mins.



### 1. Wrist Flips

- Players stand 5 feet apart from each other
- Throwing player has throwing elbow in glove with arm straight up
- Holding ball, player flips ball to partner, starting at 12 o'clock and releasing at 6 o'clock

### 2. Hip Twists

- Players stand about 10 feet apart
- Thrower has both feet spread apart with toes pointing forward, body facing partner
- Thrower twists to a "T" formation
- Holding ball, thrower "knock on door"
- Thrower releases to partner

### 3. Step and Throw

- Players stand about 15 feet apart
- Players twist bodies to side, their body is perpendicular to partner
- Thrower takes one step, planting lead foot forward while coming come to "T"
- Holding ball, thrower "knock on door"
- Thrower releases to partner

### 4. Karaoke Throw

- Players stand about 20-25 feet apart
- Shuffle step with feet - step with lead foot, bring back foot up, take another step with lead foot and plant
- Glove and throwing arms are fully extended, making the "T" formation
- Throwing arm has ball back that would "knock on door"
- In motion with shuffle steps, thrower plants lead foot and throws while raising back foot

## Bucket Challenge

To complete your practice, we ask that all coaches run the Bucket Challenge. This is a simple game that utilizes the final stage of the throwing progression, as well as creates a fun and lively environment that players of all ages get excited about.



Here's out to play the Bucket Challenge:

- Empty your practice ball bucket and set at home plate facing center field
  - If you have two buckets, set up with one bucket on top of another; top bucket is open facing center field
- Dump all the balls for each player to throw; vary the throwing distance by the age your team
  - Rookies/Pigtails (1/2) – throw from one step in front of second base
  - Minors/ Jr Ponytail (3/4) – throw from edge of grass at start of outfield
  - Majors/Ponytail (5/6) – throw from about 10-12 feet from edge of grass/dirt in outfield
  - Pony/Sr Ponytail (7/8) – throw from center field position
- Players throw one at a time using the “karaoke” throw from the throwing progression
- Goal is to try to throw the ball into the open face of the bucket
  - Give the team a perk if ANY PLAYER makes the ball into the bucket (off a hop is okay)
  - Team perks can include a piece of candy (if parents approve), scrimmage at next practice, team outing to McDonald’s for free ice cream cone, etc.
  - Can also give individual a perk for making the throw as well, such as batting first next game or starting at whatever position they choose