



## *Baseball BC Grassroots 7u Practice Plans*



# Table of Contents

---

<b>Table of Contents.....</b>	<b>1</b>
<b>7U Practice #1 – Throwing/Fielding.....</b>	<b>3</b>
<b>7U Practice #2 – Catching/Baserunning.....</b>	<b>5</b>
<b>7U Practice #3 – Hitting.....</b>	<b>7</b>
<b>7U Practice #4 – Throwing/Catching .....</b>	<b>8</b>
<b>7U Practice #5 – Fielding/Baserunning.....</b>	<b>10</b>
<b>7U Practice #6 – Hitting.....</b>	<b>12</b>
<b>7U Practice #7 – Throwing/Baserunning .....</b>	<b>13</b>
<b>7U Practice #8 – Fielding/Catching .....</b>	<b>15</b>
<b>7U Practice #9 – Hitting.....</b>	<b>17</b>
<b>7U Practice #10 – All Skills – FUN .....</b>	<b>19</b>

# 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]

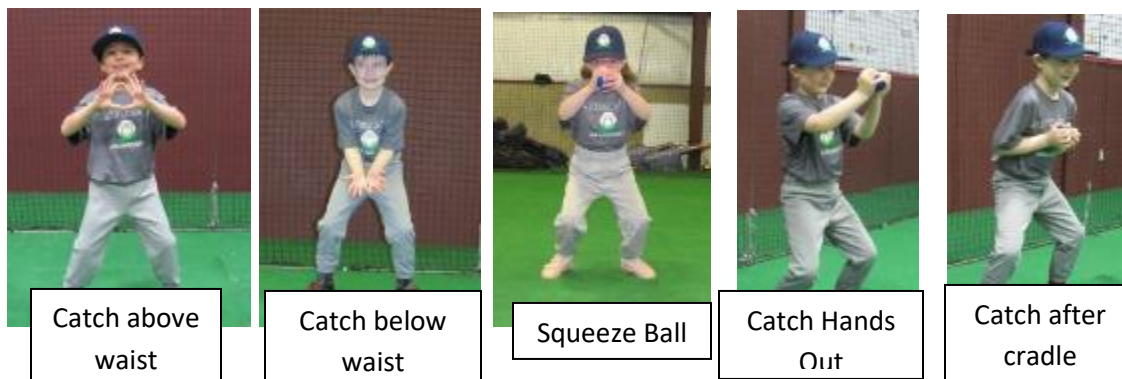
- Fielding review
- Throwing review
- Hitting Review

## Warm up [10 mins]

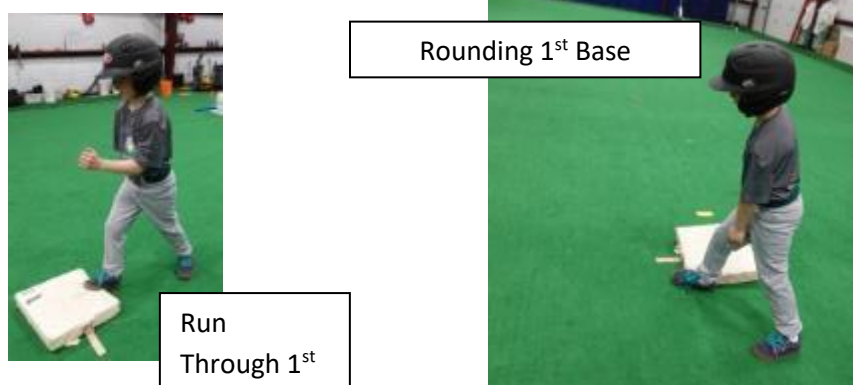
- Active warm up – starting on foul line and jog out 30', stop and return.
  - Progressions: High knees, butt kickers, trunk twists, sprint
  - Freeze tag

## 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)



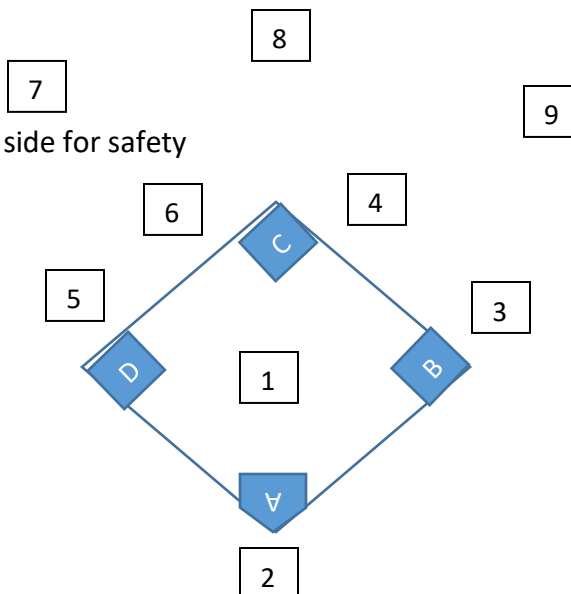
- Review Baserunning of previous year. Show positions with parents to correct player form
  - Run (straight line), stop (under control), balance (stay on feet)
  - Review bases and what direction to run in
  - Introduce running through 1<sup>st</sup> base. Rounding to 2<sup>nd</sup> base



- 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 2<sup>nd</sup> base; 3<sup>rd</sup> 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

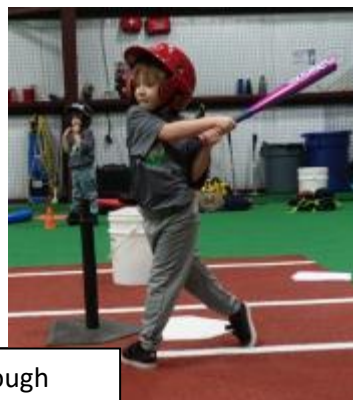
## Review Hitting Positions [15 mins]

- 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]

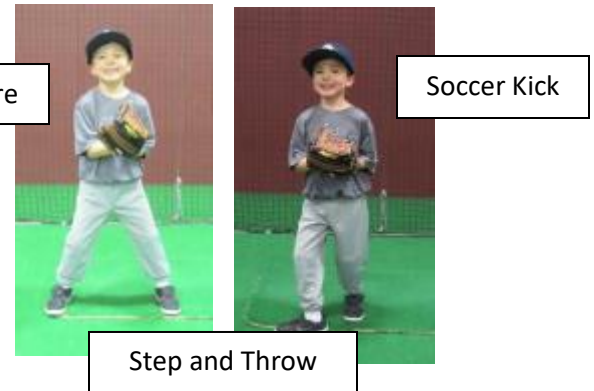
- Hitting review
- Last game review/thoughts

## 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 1<sup>st</sup> set of players, single. Gets past 2<sup>nd</sup> set of players, double. Gets past 3<sup>rd</sup> set of players on ground, triple. Over 3<sup>rd</sup> 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



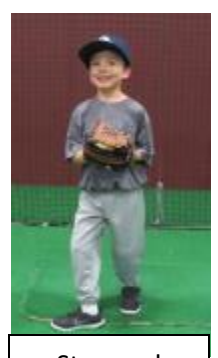
Fielding Position



Alligator



Hands to  
Bellybutton



Step and  
Throw

- Review Baserunning
  - Review Running through 1<sup>st</sup> base, rounding 1<sup>st</sup> 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 2<sup>nd</sup> base; 3<sup>rd</sup> base; home.
    - Second time through, have players round 1<sup>st</sup> base and continue on to 2<sup>nd</sup> base.
      - Focus on getting a good angle at 1<sup>st</sup> base so they are running in a straight line to 2<sup>nd</sup> 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 1<sup>st</sup>

## 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 1<sup>st</sup> base, or go to 2<sup>nd</sup> base on an overthrow
    - Have players continue from base to base until they reach home
  - Hit a wiffle ball, and round 1<sup>st</sup> base and go to second stopping on the base.
    - Players continue from 2<sup>nd</sup> base, round 3<sup>rd</sup> 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



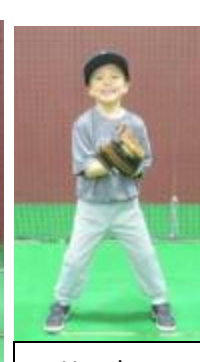
Ready Position



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 1<sup>st</sup> set of players, single. Gets past 2<sup>nd</sup> set of players, double. Gets past 3<sup>rd</sup> set of players on ground, triple. Over 3<sup>rd</sup> 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]

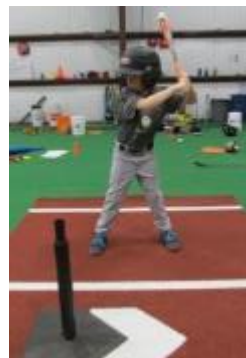
- Active warm up
  - High knees, butt kicks, shuffles, trunk twists, sprints
  - Slalom/obstacle course

## 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

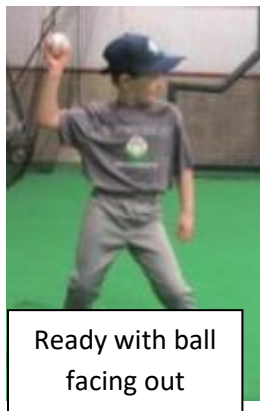
## Catching Game [5 mins]

- 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