

## Practice 1 - Introduction

Here's the key to follow this Practice Plan and lead your team:

**AT BAT THIS PRACTICE** | What's in store for this week's Word of the Week!

**SKILLS & DRILLS** | Plan your practice with these activities tailored to each age division!

**WORD OF THE WEEK TALK** | Begin a team discussion by asking players the questions listed.

**END OF PRACTICE** | Review & reflect on your practice with your team, and do the Junior Giants cheer!

**ON DECK FOR NEXT PRACTICE** | A look ahead to what's in store for next practice!

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### **AT BAT THIS PRACTICE**

- Welcome players and teach them about the Junior Giants philosophy and noncompetitive spirit.
- Have all participants and volunteers sit in a circle and introduce themselves by sharing their names and favorite summertime activity.

### **SKILLS & DRILLS (Detailed plans at the bottom)**

- T-Ball:
  - Welcome & Introductions: 15 minutes
  - Stretches & Warm-Up: 7 minutes
  - Proper Grip: 5 minutes
  - Throwing: 5 minutes
  - Catching: 5 minutes
  - Water Break: 3 minutes
  - Infield Position Tour: 5 minutes
  - Swinging the Bat: 10 minutes
  - Running the Bases: 5 minutes
  - Cool Down & WOW Talk: 15 minutes
- Minors:
  - Welcome & Introductions: 15 minutes
  - Stretches & Warm-Up: 7 minutes
  - Proper Grip: 5 minutes
  - Throwing & Catching: 10 minutes
  - Water Break: 3 minutes
  - Hitting: 12 minutes
  - Base Running: 10 minutes
  - Cool Down & WOW Talk: 15 minutes
- Majors / Seniors:
  - Welcome & Introductions: 15 minutes
  - Stretches & Warm-Up: 5 minutes
  - Catching: 10 minutes
  - Throwing: 7 minutes
  - Water Break: 3 minutes
  - Fielding: 10 minutes
  - Hitting: 10 minutes
  - Cool Down & WOW Talk: 15 minutes

## WORD OF THE WEEK TALK

- Define the word TEAMMATE: A member of the same team as somebody else.
- Begin a team discussion by asking players the following questions:
  - T-Ball
    - What is a teammate?
    - What is something a good teammate would say to others on the field?
    - What is something you see Giants baseball players do that you want to learn this summer?
  - Minors
    - What does a good teammate do?
    - Who have you seen be a good teammate?
    - What are your goals for this season?
  - Majors & Seniors
    - How does being a good teammate affect the entire team?
    - When was a specific time that you were a good teammate or someone was a good teammate to you?
    - What would you like to accomplish this summer? What do you want to focus on?

## END OF PRACTICE

- REVIEW - Ask your team:
  - About the Word of the Week
  - About any skills they learned
  - About their favorite parts of practice
- REMIND - Remind your team:
  - About upcoming practice & game information
  - To track their movement minutes with Giants on the Go on the Junior Giants app! Their goal is to move for 60 minutes per day. Good news-- they've already reached that goal today by participating in this practice!
- INTRODUCE THE JUNIOR GIANTS CHEER to your team: "Who are we? J-R-G; go Junior Giants!" Practice the cheer together and chant it together at every practice and game this season. Tell players they can watch a video of the cheer on the Digital Dugout, or the Junior Giants app.
- REFLECT - Ask yourself:
  - How did the practice go? What drills were the most successful? What drills should the team return to?
  - Were the players able to complete the drills? Was it too advanced? Not advanced enough?
  - How can I improve next week as a coach?

## ON DECK FOR NEXT PRACTICE

- Preview HEALTH by encouraging players to drink plenty of water and eat a healthy snack or meal before next practice

## T-BALL SKILLS & DRILLS

### Welcome & Introductions: 15 MINUTES

1. Gather and welcome the team.
2. Introduce the team parents and coaches.

### Stretches & Warm-Up: 7 minutes

1. Have players introduce themselves (name and favorite color).
2. Have players lightly jog for 2-3 minutes to a designated spot and back.
3. As the team returns, have them spread out and prepare for stretches.
4. Altogether, count to 10 while completing each of the stretches below:
  - Arm Circles: Circle arms 10 times forward then 10 times backwards.
  - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - Toe Touches: Reach for toes without bending knees.
  - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
5. Finish with 10 jumping jacks.

### Proper Grip: 5 minutes

1. Direct players to hold the ball in their "favorite hand."
2. Demonstrate the proper grip on the ball with fingers on top across the laces and the thumb underneath.
3. The ball should be held in the fingers if possible and with the same pressure that the players hold a tube of toothpaste. They should control the ball, but not squeeze it.
4. Have each player take a ball and practice the grip while still in the circle. Check grips.

### Throwing: 5 minutes

1. Throw to another coach while emphasizing holding the ball correctly in the "favorite hand," turning sideways, pointing to the target, stepping and throwing.
2. Emphasize catching thumb-to-thumb (fingers pointing up) when the ball is above their waist, and pinky-to-pinky (fingers pointing down) for balls thrown below the waist.
3. Break into small groups, one coach/team parent with each.
4. Line up players and take turns throwing the ball to each player.
5. Have each player catch the ball and throw it back to the coach. Do this five times each.

### Catching: 5 minutes

1. In the same groups as the above drill, switch the focus to catching technique.
2. Once the player shows a two-hand target, the coach will toss the ball.
3. Player catches the ball with two hands and transitions into the proper grip.
4. Repeat until all players have practiced catching the ball five times.

### Water Break: 3 minutes

### Infield Position Tour: 5 minutes

1. Have players line up at home plate.

2. Coaches introduce themselves as the tour guides and jog with the team to first base.
3. Pause the “tour” and introduce the roles of a first baseman.
4. Demonstrate what the ready position looks like for a first baseman.
5. Ask players to mimic the stance.
6. Complete this same sequence with all infield positions until the team reaches home plate again.

#### **Swinging the Bat: 10 minutes**

1. Sit players down and discuss safety rules when holding a bat.
  - Ex. two hands on the bat at all times, never throw the bat
2. Demonstrate stance: favorite hand on top, bend knees, stand “sideways,” eyes on the ball.
3. Line up and have each player practice their bat grip.
4. Have players spread their feet slightly wider than their shoulders in an athletic position, knees slightly bent.
5. Have them carefully take a swing, trying to have the bat stay level to the ground.
6. Split your team into small groups, one coach/team parent with each. Line up.
7. Grab a tee and practice hitting the ball.
8. Rotate through all the players 2 or 3 times.
9. Once you have gone through the line, ask players to put down their bats and pick up the balls.

#### **Running the Bases: 5 minutes**

1. Line up all players at home plate.
2. Have the first player take a practice swing and then run to first base.
3. Emphasize running through first base rather than stopping right when they reach the base.
4. Rotate through the entire line.

#### **Cool Down & WOW Talk: 15 minutes**

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Practice 1.

## MINORS SKILLS & DRILLS

### Welcome & Introductions: 15 minutes

1. Gather and welcome the team.
2. Introduce the team parents and coaches.

### Stretches & Warm-Up: 7 minutes

1. Have players introduce themselves (name and favorite color).
2. Have players lightly jog for 2-3 minutes to a designated spot and back.
3. As the team returns, have them spread out and prepare for stretches.
4. Altogether, count to 10 while completing each of the stretches below:
  - a. Arm Circles: Circle arms 10 times forward then 10 times backwards.
  - b. Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - c. Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - d. Toe Touches: Reach for toes without bending knees.
  - e. Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
5. Finish with 15 jumping jacks.

### Proper Grip: 5 minutes

1. Gather team. Demonstrate the proper grip on the ball with fingers on top and the thumb underneath.
2. Form line 15 feet away from the coach.
3. Have players run up to the ball, pick it up and show the coach the proper grip.
4. Return to the end of the line.
5. Once players return to the back of their line the next player can go.
6. Perform this drill until all players in their line have gone then ask the groups do a relay race game doing the same as above.

### Throwing & Catching: 10 minutes

1. Break into two or three groups to demonstrate and practice the Five Steps of Throwing:
  - Step One: Step
  - Step Two: Shoulder-to-Partner
  - Step Three: Launch
  - Step Four: Delivery
  - Step Five: Finish
2. Line players up in one line facing the coach.
3. Once the player shows a two hand target the coach will toss the ball.
4. Player catches the ball with two hands and transitions into the proper grip. Then use the five steps of throwing form to throw the ball back to the coach.
5. Repeat until all players have gone five times.

### Water Break: 3 minutes

### Hitting: 12 minutes

1. Break into small groups, one coach/team parent with each.

2. Demonstrate the three steps of hitting and have players take a few practice swings:
  - ONE: GRIP
    - Place both hands out flat and lay the bat at the base of the fingers. Lightly wrap your fingers around the bat. This grip will align the player's knuckles up.
  - TWO: STANCE
    - Have the players get into an athletic position with knees bent slightly and shoulder-width apart. There should be more weight on the back foot, with the weight distribution being about 40% on the front foot and 60% on the back foot.
  - THREE: COVERAGE
    - The bat needs to cover the entire plate. Have the player get in their stance; place the bat at the corner of the plate closest to the catcher. You want to be sure that your stance allows you to have complete plate coverage so you can hit the outside pitch.

### **Base Running: 10 minutes**

#### **Drill 1:**

1. Form one line of players at home plate.
2. Explain that on a ball hit in the infield, players should run as fast as they can through first base.
3. Do not slow down in front of the base.
4. A player will run through first base hitting the front of the base with either foot.
5. Once the player runs through the base the player will quicken their steps to stop, while looking to the right to see if the ball was overthrown.
6. Ask each player to complete the drill two times each.

#### **Drill 2:**

1. Break the players up into two even groups; one group goes to home plate and the other group to second base.
2. Explain the race rules – players will run around all the bases and finish on the base they started. Once the player touches that base the next player can go.
3. Race ends when all players in their group finish.

### **Cool Down & WOW Talk: 15 minutes**

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Practice 1.

## MAJORS / SENIORS SKILLS & DRILLS

### Welcome & Introductions: 15 minutes

1. Gather and welcome the team.
2. Introduce the team parents and coaches.

### Stretches & Warm-Up: 5 minutes

1. Have players introduce themselves (name and favorite color).
2. Have players lightly jog for 2-3 minutes to a designated spot and back.
3. As the team returns, have them spread out and prepare for stretches.
4. Altogether, count to 10 while completing each of the stretches below:
  - a. Arm Circles: Circle arms 10 times forward then 10 times backwards.
  - b. Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - c. Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - d. Toe Touches: Reach for toes without bending knees.
  - e. Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
5. Finish with 20 jumping jacks.

### Catching: 10 minutes

1. Throw to another coach while emphasizing holding the ball correctly in the "favorite hand," turning sideways, pointing to the target, stepping and throwing.
2. Emphasize catching thumb-to-thumb (fingers pointing up) when the ball is above their waist, and pinky-to-pinky (fingers pointing down) for balls thrown below the waist.
3. Break into small groups, one coach/team parent with each.
4. Line up players and take turns throwing the ball to each player.
5. Have player catch the ball and throw it back to the coach. One at a time, coach will throw balls above waist, then below waist.
6. Make sure players are catching thumb-to-thumb (fingers pointing up) when the ball is above their waist and pinky-to-pinky (fingers pointing down) for balls thrown below the waist.
7. Perform this drill five times each.

### Throwing: 7 minutes

1. Break into two or three groups to demonstrate and practice the Five Steps of Throwing:
  - Step One: Step
  - Step Two: Shoulder-to-Partner
  - Step Three: Launch
  - Step Four: Delivery
  - Step Five: Finish
2. Line players up in one line facing the coach.
3. Once the player shows a two hand target the coach will toss the ball.
4. Player catches the ball with two hands and transitions into the proper grip. Then use the five steps of throwing form to throw the ball back to the coach.
5. Repeat until all players have gone five times.

### Water Break: 3 minutes

**Fielding: 10 minutes**

1. Have players partner up.
2. Form two separate lines, 12 feet apart and facing each other. Give each pair a ball.
3. The receiving player starts in fielding position with the glove on the ground and extended out past the bill of their cap.
4. The player with the ball rolls it underhand directly toward their partner's glove.
5. The receiving player rolls it back the same way.
6. As the drill progresses, players should vary the ball speed.
7. Check each player's position. Look for a balanced athletic stance with weight inside the knees and on the balls of feet. Hands are carried below the belt and aren't touching the knees.

**Hitting: 10 minutes**

1. Conduct dry drills (exercises without a bat) covering each fundamental step below:
  - Stance
  - Load and stride
  - Swing rotation at contact point
  - Hitting through the ball

**Cool Down & WOW Talk: 15 minutes**

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Practice 1.

## Practice 2 - Health

Here's the key to follow this Practice Plan and lead your team:

**AT BAT THIS PRACTICE** | What's in store for this week's Word of the Week!

**SKILLS & DRILLS** | Plan your practice with these activities tailored to each age division!

**WORD OF THE WEEK TALK** | Begin a team discussion by asking players the questions listed.

**END OF PRACTICE** | Review & reflect on your practice with your team, and do the Junior Giants cheer!

**ON DECK FOR NEXT PRACTICE** | A look ahead to what's in store for next practice!

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### **AT BAT THIS PRACTICE**

- Encourage HEALTH by having players think about how athletes take care of their minds and bodies during practice
- Show players the Home Run Healthy Habits game on the Junior Giants app. Kids will fill the stands of Oracle Park with fans as they complete different nutrition, mindfulness and hydration activities!

### **SKILLS & DRILLS (Detailed plans at the bottom)**

- T-Ball:
  - Welcome, Stretches & Warm-Up: 7 minutes
  - Game - Fruit/Vegetable Base Running: 5 minutes
  - Throwing & Catching: 10 minutes
  - Water Break: 3 minutes
  - Fielding: 10 minutes
  - Hitting: 10 minutes
  - Cool Down & WOW Talk: 15 minutes
- Minors:
  - Welcome, Stretches & Warm-Up: 7 minutes
  - Game - Fruit/Vegetable Base Running: 5 minutes
  - Throwing & Catching: 15 minutes
  - Water Break: 3 minutes
  - Fielding: 10 minutes
  - Hitting: 10 minutes
  - Base Running: 10 minutes
  - Cool Down & WOW Talk: 15 minutes
- Majors / Seniors:
  - Welcome, Stretches & Warm-Up: 7 minutes
  - Game - Fruit/Vegetable Base Running: 5 minutes
  - Throwing & Catching: 10 minutes
  - Stations: 10 minutes
    - ½ Throwing
    - ½ Hitting
  - Water Break: 3 minutes
  - Stations Continued: 10 minutes
    - ½ Throwing
    - ½ Hitting

- Fielding: 10 minutes
- Base Running: 10 minutes
- Cool Down & WOW Talk: 15 minutes

### **WORD OF THE WEEK TALK**

- Define the word HEALTH: Taking care of your body by eating good foods, drinking water, and exercising.
- Begin a conversation about health. Remind your players that water is better for our bodies than sugary drinks (soda, juice, and sports drinks). Drinking water hydrates and keeps our cells and organs functioning properly. Athletes like the Giants drink lots of water every day to perform their best on the field. Encourage a soda-free summer for the rest of the season!
- Next, ask your players the following questions:
  - T-Ball
    - Name your favorite fruit or vegetable.
    - What is exercise? Why is it good for you?
    - What is one healthy activity that you can do at home with your family this week?
    - How many glasses of water do you think you drink each day? Can you drink more?
  - Minors
    - Name as many fruits and vegetables as you can. Name other healthy snacks and drinks.
    - What do athletes do to get ready for their games and practices?
    - How can you exercise at school or at home?
    - Why is it important to drink water every day?
  - Majors & Seniors
    - Why is it important to eat fruits and vegetables? How can it help your athletic performance?
    - What is your favorite healthy snack?
    - What are three new physical activities you want to try this summer?
    - What is one sugary drink you could replace with water this season?

### **END OF PRACTICE**

- REVIEW - Ask your team:
  - About the Word of the Week
  - About any skills they learned
  - About their favorite parts of practice
- REMIND - Remind your team:
  - About upcoming practice & game information
  - To track their movement minutes with Giants on the Go
- Practice the Junior Giants Cheer and continue to chant it together at every game and practice this season! Tell players they can watch a video of the cheer on the Digital Dugout, or the Junior Giants app.
- REFLECT - Ask yourself:
  - How did the practice go? What drills were the most successful? What drills should the team return to?
  - Were the players able to complete the drills? Was it too advanced? Not advanced enough?
  - How can I improve next week as a coach?

**ON DECK FOR NEXT PRACTICE**

- Preview STRIKE OUT BULLYING by encouraging players to do something nice for someone else before the next practice

## T-BALL SKILLS & DRILLS

### Welcome, Stretches & Warm-Up: 7 minutes

1. Review names of coaches and team parents, and have players reintroduce themselves (name and their favorite fruit or vegetable).
2. Give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Altogether, count to 10 while completing each of the stretches below:
  - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
  - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - Toe Touches: Reach for toes without bending knees.
  - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 10 jumping jacks.

### Game - Fruit/Vegetable Base Running: 5 minutes

1. Ask all players to line up on home plate.
2. On "go," the first player in line will take a practice swing (without a bat) and begin their run around the bases as if he/she hit a homerun.
3. As the player touches each base, they must call out the name of a fruit or a vegetable.
4. Once the first player reaches first base, have the next player in line go.
5. Upon return, have the player go to the back of the line.
6. Repeat this until all players have had a chance to go around the bases.

### Throwing & Catching: 10 minutes

1. Throw to another coach while emphasizing holding the ball correctly in the "favorite hand," turning sideways, pointing to the target, stepping, and throwing.
2. Emphasize catching thumb-to-thumb (fingers pointing up) when the ball is above their waist, and pinky-to-pinky (fingers pointing down) for balls thrown below the waist.
3. Break into small groups, one coach/team parent with each.
4. Line up players and take turns throwing the ball to each player.
5. Have player catch the ball and throw it back to the coach. One at a time, coach will throw balls above waist, then below waist.
6. Make sure players are catching thumb-to-thumb (fingers pointing up) when the ball is above their waist, and pinky-to-pinky (fingers pointing down) for balls thrown below the waist.
7. Perform this drill five times each.

### Water Break: 3 minutes

### Fielding: 10 minutes

1. Gather team.
2. Separate into small groups; one coach/team parent with each.
3. Talk about taking turns to field ground balls.

4. Demonstrate using two hands to catch a rolling ball, with their throwing hand open above the glove.
5. Coaches stand across from a line and roll the first player a ball.
6. After they scoop up the ball, players throw it back to the coach. Then give the next player a turn.
7. Repeat until players seem to grasp fielding.

**Hitting: 10 minutes**

**Swing and Run:**

1. After reviewing the basics of swinging (favorite hand on top, bend knees, stand “sideways,” eyes on the ball) have players line up at home plate at a safe distance away from the batter.
2. Put one coach in charge of home plate and one coach in charge of base runners.
3. Place a ball on the tee and let the first player swing and hit the ball and run to first base.
4. Players advance one base at a time as the new player hits the ball.
5. Run through drill twice.

**Cool Down & WOW Talk: 15 minutes**

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Practice 2.

## MINORS SKILLS & DRILLS

### Welcome, Stretches & Warm-Up: 7 minutes

1. Review names of coaches and team parents, and have players reintroduce themselves (name and their favorite fruit or vegetable).
2. Give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Altogether, count to 10 while completing each of the stretches below:
  - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
  - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - Toe Touches: Reach for toes without bending knees.
  - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 15 jumping jacks.

### Game - Fruit/Vegetable Base Running: 5 minutes

1. Ask all players to line up on home plate.
2. On "go," the first player in line will take a practice swing (without a bat) and begin their run around the bases as if he/she hit a homerun.
3. As the player touches each base, they must call out the name of a fruit or a vegetable.
4. Once the first player reaches first base, have the next player in line go.
5. Upon return, have the player go to the back of the line.
6. Repeat this until all players have had a chance to go around the bases.

### Throwing & Catching: 15 minutes

#### Drill 1: Kneeling Throwing Practice

1. Have players choose a partner and spread out so that they are 10 feet apart.
2. Each player will take a knee with their glove-hand knee raised and throwing-hand knee on the ground.
3. This position will get the directional shoulder pointed at the two-hand target and reinforce the delivery step of throwing.
4. Have players practice catching and throwing, slowly working their way to standing.
5. Perform this drill for 7 minutes.

#### Drill 2: Receiving Practice

1. Have players find a new partner.
2. The partner will toss the ball and the receiver will catch the ball with two hands and transition into a four-seam grip.
3. Once the thrower shows a two-hand target (2HT) the receiver will toss the ball back.
4. Perform this drill for the remaining 8 minutes.

### Water Break: 3 minutes

**Fielding: 10 minutes**

1. Players will line up in two or three single-file lines, one coach/team parent per line.
2. The coach will throw the ball to the players below the waist to work on the pinky-to-pinky, fingers pointing down, two-hand technique.
3. Once the player has fielded and thrown the ball back to the coach, he/she will return to the back of the line.
4. Perform this drill until each player has gone 5 times and then have the coach roll grounders using the same pinky-to-pinky technique.

**Hitting: 10 minutes**

1. Review last week: One: Grip, Two: Stance, Three: Coverage
2. Split team into 2 or 3 groups.
3. Have players stand 10-13 feet from each other.
4. Player places glove on the ground and uses it as home plate.
5. Have each player take a swing on your command and work with them to correct their swing.
6. Coaches throw 5 pitches to each player.

**Base Running: 10 minutes**

1. Start with players with helmets on each base, including home plate.
2. The player at home will be the first up to bat. The rest of the players will be lined up closer to third base.
3. Have player get a proper grip on the bat, get in their stance and check to see their plate coverage. Remind players they cannot throw the bat after swinging.
4. Once the coach says "go," the player will swing the bat like they just hit the ball and will run toward first base. This will set the drill in motion.
5. The player on first base will run to second base. The player at second base will run to third base. The player on third base will run to home plate.
6. Each player will go to the end of the line at the next base. Continue this drill until each player has "hit."

**Cool Down & WOW Talk: 15 minutes**

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Practice 2.

## MAJORS / SENIORS SKILLS & DRILLS

### Welcome, Stretches & Warm-Up: 7 minutes

1. Review names of coaches and team parents, and have players reintroduce themselves (name and their favorite fruit or vegetable).
2. Give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Altogether, count to 10 while completing each of the stretches below:
  - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
  - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - Toe Touches: Reach for toes without bending knees.
  - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 20 jumping jacks.

### Game - Fruit/Vegetable Base Running: 5 minutes

1. Ask all players to line up on home plate.
2. On "go," the first player in line will take a practice swing (without a bat) and begin their run around the bases as if he/she hit a home run.
3. As the player touches each base, they must call out the name of a fruit or a vegetable.
4. Once the first player reaches first base, have the next player in line go.
5. Upon return, have the player go to the back of the line.
6. Repeat this until all players have had a chance to go around the bases.

### Throwing & Catching: 10 minutes

1. Have players partner up, grab a ball and spread out.
2. Have them practice throwing and catching with each other.
3. Emphasize catching thumb-to-thumb and pinky-to-pinky.
4. Check form.

### Stations:

\*Split team in half. Have one group start at Station 1 and one group at Station 2. After 10 minutes, take a water break and switch.\*

### Station 1 - Throwing: 10 minutes

1. Gather team. Explain and demonstrate the four steps of throwing:
  - a. "Catch" - Catch the ball
  - b. "Find" - Find the ball in your glove with throwing hand
  - c. "Break" - Break from the glove and bring the ball back behind your ear
  - d. "Throw" - Throw the ball
2. Place players in 3 straight lines and spread out; coach stands 10 feet in front of players.
3. Players start off facing the coach in the receiving position.
4. Call commands in this order: catch, find, break, throw.
5. As the coach calls out commands, players perform the key positions of throwing.

6. There should be two seconds between each command.
7. Coaches make sure players are transitioning between each position correctly.

### **Water Break: 3 minutes**

### **Station 2 - Hitting: 10 minutes**

1. Line up players near home plate.
2. Pitch to one player at a time.
3. Other players waiting are a safe distance away from batter, paying attention, and encouraging their teammate.
4. Focus on hitting the ball and then running as fast as he/she can to first base.
5. Then have the next player in line go. Once the player hits, have the player on first run to second.
6. Continue this sequence until all players have had a turn.

### **Fielding: 10 minutes**

1. Break into small groups, one coach/team parent with each.
2. Have players spread out.
3. Take turns rolling a ground ball to a player.
4. Player must scoop up the ball and throw it back to the coach.
5. Repeat until all players have fielded five ground balls.

### **Base Running: 10 minutes**

Home to First:

1. Line up players at home plate.
2. One at a time, players run through first base as if they have hit a ground ball to the infield.
3. A coach is positioned near first base making sure that players are running through first base and are looking to foul territory for the ball after they have reached first base.
4. After all players perform this drill correctly; the coach can randomly throw balls into foul territory after the runners touch first base, simulating an overthrow.
5. Players react and advance to second when they see the loose ball.

### **Cool Down & WOW Talk: 15 minutes**

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Practice 2.

## **Practice 3 - Strike Out Bullying**

**Here's the key to follow this Practice Plan and lead your team:**

**AT BAT THIS PRACTICE** | What's in store for this week's Word of the Week!

**SKILLS & DRILLS** | Plan your practice with these activities tailored to each age division!

**WORD OF THE WEEK TALK** | Begin a team discussion by asking players the questions listed.

**END OF PRACTICE** | Review & reflect on your practice with your team, and do the Junior Giants cheer!

**ON DECK FOR NEXT PRACTICE** | A look ahead to what's in store for next practice!

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### **AT BAT THIS PRACTICE**

- Introduce Strike Out Bullying Week by leading your team in the Strike Out Bullying Pledge.
- Have the players repeat each line after you:
  - **I am a Junior Giant. I Pledge to Strike Out Bullying by...**
  - Respecting my teammates, coaches, family, and friends.
  - Giving up put-downs.
  - Standing up for what is right.
  - Treating others the way I would like to be treated.
  - Praising people and helping others.
  - Showing my friends that a bully-free life is more fun.
- Encourage players to submit a Strike Out Bullying contest entry. This can be a drawing, poem, song, essay, video, collage, etc. describing what their community would be like if it were free of bullying. Players can submit via the All-Star Activities tab on the Junior Giants app!

### **SKILLS & DRILLS (Detailed plans at the bottom)**

- T-Ball:
  - Welcome, Stretches & Warm-Up: 7 minutes
  - Strike Out Bullying Activity: 5 minutes
  - Fielding and Position Practice: 10 minutes
  - Water Break: 3 minutes
  - Hitting: 10 minutes
  - Throwing: 10 minutes
  - Cool Down & WOW Talk: 15 minutes
- Minors:
  - Welcome, Stretches & Warm-Up: 7 minutes
  - Strike Out Bullying Activity: 5 minutes
  - Throwing & Catching: 15 minutes
  - Water Break: 3 minutes
  - Station 1 - Fielding: 15 minutes
  - Station 2 - Hitting: 15 minutes
  - Cool Down & WOW Talk: 15 minutes
- Majors / Seniors:
  - Welcome, Stretches & Warm-Up: 7 minutes
  - Strike Out Bullying Activity: 10 minutes
  - Fielding: 10 minutes
  - Throwing: 5 minutes

- Water Break: 3 minutes
- Hitting: 15 minutes
- Base Running: 10 minutes
- Cool Down & WOW Talk: 15 minutes

### **WORD OF THE WEEK TALK**

- Define the word BULLYING: Putting someone down by leaving them out, making fun of them, or physically hurting them.
- Begin a conversation on bullying prevention by asking the players the following questions:
  - T-Ball
    - Think of a good friend. What makes them so special?
    - When you see someone being mean to another person, is it better to stay quiet or speak up?
    - What are some ways we can be nice to others?
    - Should we only be nice to our friends? Or should we also be nice to people who are different than us?
  - Minors
    - What does a good friend do?
    - What is a bully? How do bullies make others feel?
    - What can you do if you see someone being bullied?
    - How can we be a friend to someone who is different than us? Think of something you might have in common with someone you don't know yet, like a love of animals, a sport, or your favorite food!
  - Majors & Seniors
    - Have you ever been bullied? How did it make you feel?
    - Have you ever seen another person being bullied? Did you say anything?
    - What does it mean to be a bystander? What can we say or do when we see someone being bullied?
    - Why is it important to respect all people, regardless of their gender/race/religion and other factors?

### **END OF PRACTICE**

- REVIEW - Ask your team:
  - About the Word of the Week
  - About any skills they learned
  - About their favorite parts of practice
- REMIND - Remind your team:
  - About upcoming practice & game information
  - To track their movement minutes with Giants on the Go
- Practice the Junior Giants Cheer and continue to chant it together at every game and practice this season! Tell players they can watch a video of the cheer on the Digital Dugout, or the Junior Giants app.
- REFLECT - Ask yourself:
  - How did the practice go? What drills were the most successful? What drills should the team return to?
  - Were the players able to complete the drills? Was it too advanced? Not advanced enough?
  - How can I improve next week as a coach?

**ON DECK FOR NEXT PRACTICE**

- Preview EDUCATION by encouraging players to do some reading before the next practice

## T-BALL SKILLS & DRILLS

### Welcome, Stretches & Warm-Up: 7 minutes

1. Have players talk about what was their favorite part of last week.
2. Give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Altogether, count to 10 while completing each of the stretches below:
  - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
  - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - Toe Touches: Reach for toes without bending knees.
  - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 10 jumping jacks.

### Strike Out Bullying Activity: 5 minutes

1. Line up players on home plate.
2. Coach will read a list of statements to the team. If the team thinks that the action describes a buddy, they will advance one base. If the team thinks that the action describes a bully, they will stay in place.
3. Read the following statements one at a time:
  - I shared my lunch with a classmate that forgot to bring food to school. (Buddy)
  - I made my brother feel bad when he didn't do well on his test. (Bully)
  - I saw a girl get pushed and fall at recess, but I didn't do anything to help her. (Bully)
  - I helped the girl off the ground when I saw her fall at recess. (Buddy)
  - I did not let my classmate sit next to me at lunch because she is different than me. (Bully)
  - I asked a classmate to sit with me at lunch because it looked like she didn't have anyone to sit next to. (Buddy)
  - When I saw one of my classmates push someone, I told an adult. (Buddy)
4. Once the team reaches home plate, ask everyone to give each other a high five.

### Fielding and Position Practice: 10 minutes

1. Send players to positions in the infield. Coach may need to set out bases to mark positions so players know where to stand.
2. Talk about taking turns and that at practice we can take turns at each position, but in a game one person will be in charge of that area.
3. Have one coach roll balls to the players in position.
4. Players will scoop up the ball and throw to the coach at first base.
5. Repeat until all players have been able to throw to first base twice.

### Water Break: 3 minutes

### Hitting: 10 minutes

1. Break the players into 3 or 4 groups (or as many groups as possible for the amount of coaches you have). Have them stand behind a tee and take turns swinging.
2. A coach should be at each tee helping the players with the cues. Make sure the tee is in front of the player so they can hit the ball out in front.
3. Players should start with a half swing to see where they will make contact with the bat before swinging hard.
4. Have all players attempt to make contact with the barrel of the bat.
5. Perform this drill until each player has had the chance to swing at least 10 times.

**Throwing: 10 minutes**

1. Throw to another coach while emphasizing holding the ball correctly in the “favorite hand,” turning sideways, pointing to the target, stepping and throwing.
2. Break into small groups, one coach/team parent with each.
3. Line up players and take turns throwing the ball to each player.
4. Have player catch the ball and throw it back to the coach.

**Cool Down & WOW Talk: 15 minutes**

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Practice 3.

## MINORS SKILLS & DRILLS

### Welcome, Stretches & Warm-Up: 7 minutes

1. Have players talk about what was their favorite part of last week.
2. Give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Altogether, count to 10 while completing each of the stretches below:
  - a. Arm Circles: Circle arms 10 times forward, then 10 times backwards.
  - b. Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - c. Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - d. Toe Touches: Reach for toes without bending knees.
  - e. Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 15 jumping jacks.

### Strike Out Bullying Activity: 5 minutes

1. Have team find partners and spread out.
2. Give a ball to each pair.
3. With every throw to their partner, the player must compliment their teammate or say a way that they can be a friend instead of a bully.

### Throwing & Catching: 15 minutes

Glove Position for High and Low Throws:

1. Divide players into as many lines as there are coaches.
2. One at a time, start a player in the receiving position.
3. Emphasize catching thumb-to-thumb (fingers pointing up) when the ball is above their waist and pinky-to-pinky (fingers pointing down) for balls thrown below the waist.
4. Coaches throw balls above waist, then below waist.
5. Concentrate on proper glove position.
6. Once the player in line has caught both a high and low throw, they will go to the back of the line.
7. Rotate through the line of players 2 or 3 times.

### Water Break: 3 minutes

#### Stations:

\*Split team in half. Have one group start at Station 1 and one group at Station 2. Switch stations after 15 minutes.\*

#### Station 1 - Fielding: 15 minutes

1. Talk about taking turns to field ground balls.
2. Demonstrate using two hands to catch a rolling ball with their throwing hand open above the glove.
3. Coaches stand across from a line and roll the first player a ball.
4. After they scoop up the ball, players throw it back to the coach. Then give the next player a turn.

5. Repeat until players seem to grasp fielding.

**Station 2 - Hitting: 15 minutes**

1. Line up players near home plate.
2. Pitch to one player at a time.
3. Other players waiting are paying attention and encouraging their teammate.
4. Focus on hitting the ball and then running as fast as he/she can to first base.
5. Ask the next player in line to go. Once the player hits, have the player on first run to second.
6. Continue this sequence until all players have had a turn.

**Cool Down & WOW Talk: 15 minutes**

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Practice 3.

## MAJORS / SENIORS SKILLS & DRILLS

### Welcome, Stretches & Warm-Up: 7 minutes

1. Have players talk about what was their favorite part of last week.
2. Give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Altogether, count to 10 while completing each of the stretches below:
  - a. Arm Circles: Circle arms 10 times forward, then 10 times backwards.
  - b. Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - c. Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - d. Toe Touches: Reach for toes without bending knees.
  - e. Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 20 jumping jacks.

### Strike Out Bullying Activity: 10 minutes

1. Circle up.
2. Coach will start off the game by passing ball to a player in the circle.
3. Whoever catches the ball must say a compliment to the person on their left and then throw the ball to another person across the circle.
4. Perform this action until everyone has had a chance to speak.
5. Then do the same sequence, but this time the player who catches the ball must say a compliment to the person on their right.

### Fielding: 10 minutes

#### Partner Rolls:

1. Pair up and have players roll the ball to each other. Put players in two separate lines, 12 feet apart and facing each other.
2. Give each pair of players a ball.
3. The receiving player starts in fielding position with the glove on the ground and extended out past the bill of their cap.
4. The player with the ball rolls it underhand directly toward their partner's glove.
5. Then the receiving player rolls it back the same way. As the drill progresses, players should vary the ball speed.

### Throwing: 5 minutes

1. Have players partner up.
2. Throw back and forth with partner, emphasizing the catch, find, break, throw sequence.

### Water Break: 3 minutes

### Hitting: 15 minutes

1. Each player will approach their at-bat as if it is in a game. Make sure they have proper coverage of the plate.

2. Divide your team evenly between three groups. Group 1 will be batting, Group 2 will be infielders and Group 3 will start in the outfield.
3. Each team will hit as if it was a live game.
4. The fielders will try to get each batter out.
5. Once each player in Group 1 has hit, the inning will end.
6. This rotation will continue until the drill is over.

### **Base Running: 10 minutes**

#### **Drill 1: Making a Turn**

1. Similar to last week's "Home to First" drill.
2. Have one coach stand 10 feet in front of first base and 2-3 feet in foul territory.
3. Have another coach stand 6 feet off first base and 2-4 feet behind the bag.
4. This will help with the proper initial turn and make sure runners cut the corner correctly to get lined up toward second base.
5. With coaches in these two positions, have the players run around the first coach and in front of the second coach.
6. Coaches should watch to make sure base runners touch first base with either foot on the inside corner.

#### **Drill 2: Base Running Relay**

1. Break the players up into two even groups, one group goes to home plate and the other group to second base.
2. Explain the race rules – players will run around all the bases and finish on the base they started.
3. Once the player touches that base the next player can go.
4. Race ends when all players in their group make it back to the base they started on.

### **Cool Down & WOW Talk: 15 minutes**

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Practice 3.

## Practice 4 - Education

Here's the key to follow this Practice Plan and lead your team:

**AT BAT THIS PRACTICE** | What's in store for this week's Word of the Week!

**SKILLS & DRILLS** | Plan your practice with these activities tailored to each age division!

**WORD OF THE WEEK TALK** | Begin a team discussion by asking players the questions listed.

**END OF PRACTICE** | Review & reflect on your practice with your team, and do the Junior Giants cheer!

**ON DECK FOR NEXT PRACTICE** | A look ahead to what's in store for next practice!

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### **AT BAT THIS PRACTICE**

- Show players the Round the Bases Reading game on the Junior Giants app-- their goal is to read around the bases this summer!

### **SKILLS & DRILLS (Detailed plans at the bottom)**

- T-Ball:
  - Welcome, Stretches & Warm-Up: 7 minutes
  - Fielding: 15 minutes
  - Water Break: 3 minutes
  - Offense & Defense: 15 minutes
  - Base Running: 10 minutes
  - Cool Down & WOW Talk: 15 minutes
- Minors:
  - Welcome, Stretches & Warm-Up: 7 minutes
  - Position Fitness: 10 minutes
  - Water Break: 3 minutes
  - Fielding: 15 minutes
  - Hitting: 15 minutes
  - Cool Down & WOW Talk: 15 minutes
- Majors / Seniors:
  - Welcome, Stretches & Warm-Up: 7 minutes
  - Station 1 - Fielding: 15 minutes
  - Water Break
  - Station 2 - Hitting: 15 minutes
  - Situational Base Running: 15 minutes
  - Cool Down & WOW Talk: 15 minutes

### **WORD OF THE WEEK TALK**

- Define the word EDUCATION: Learning more about the world through school, books or other activities.
- Begin a conversation about education by asking the players the following questions:
  - T-Ball
    - Do you have a favorite book that you read with your family? What book is it?
    - What is your favorite part about going to school?
    - Why is going to school important?
  - Minors

- What are your favorite books/stories? Favorite authors?
  - What is your favorite subject in school?
  - What do you want to be when you grow up?
- Majors & Seniors
  - Can you name one memorable teacher you have had? What made them so great?
  - Where would you like to go to college? What would you want to learn in college?
  - What kind of job do you see yourself having when you're older?

#### **END OF PRACTICE**

- REVIEW - Ask your team:
  - About the Word of the Week
  - About any skills they learned
  - About their favorite parts of practice
- REMIND - Remind your team:
  - About upcoming practice & game information
  - To track their movement minutes with Giants on the Go
- Practice the Junior Giants Cheer and continue to chant it together at every game and practice this season! Tell players they can watch a video of the cheer on the Digital Dugout, or the Junior Giants app.
- REFLECT - Ask yourself:
  - How did the practice go? What drills were the most successful? What drills should the team return to?
  - Were the players able to complete the drills? Was it too advanced? Not advanced enough?
  - How can I improve next week as a coach?

#### **ON DECK FOR NEXT PRACTICE**

- Preview CONFIDENCE by encouraging players to try something new before next practice

## T-BALL SKILLS & DRILLS

### Welcome, Stretches & Warm-Up: 7 minutes

1. Have players talk about what was their favorite part of last week and what they learned about bullying prevention.
2. Give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Altogether, count to 10 while completing each of the stretches below:
  - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
  - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - Toe Touches: Reach for toes without bending knees.
  - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 10 jumping jacks.

### Fielding: 15 minutes

1. Put players into positions on the field.
2. Have coach roll and throw underhand balls to the players in their position.
3. These players will then practice throwing to first base to make an "out."
4. Rotate so every player has a chance to play all positions.

### Water Break: 3 minutes

### Offense & Defense: 15 minutes

1. Break team into small groups, one coach/team parent with each.
2. Have one group line up at home plate and practice hitting off the tee, then running to first base. Each player will hit the ball off the tee and run to first. Cycle through the line two or three times.
3. Have the other groups in the infield practicing picking up ground balls and throwing them to first base with the other coach.
4. Once the group hits all the way through, rotate. Continue rotating until allotted time is up.

### Base Running: 10 minutes

1. Review running the bases.
2. Create two teams.
3. Each team lines up behind a specified base (ex., second base and home plate about 3 feet behind the base).
4. On "go," the first player of each team begins to run the bases with a ball in their hand, tagging each base until they return back to their starting point.
5. When they get back, they hand the ball to the next player and go sit down at the end of the line.
6. The next player begins to run the bases when they get the ball and it repeats through the line.

### Cool Down & WOW Talk: 15 minutes

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.

3. Ask the WOW discussion questions for Practice 4.

## MINORS SKILLS & DRILLS

### Welcome, Stretches & Warm-Up: 7 minutes

1. Have players talk about what was their favorite part of last week and what they learned about bullying prevention.
2. Give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Altogether, count to 10 while completing each of the stretches below:
  - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
  - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - Toe Touches: Reach for toes without bending knees.
  - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 15 jumping jacks.

### Position Fitness: 10 minutes

1. Have players follow the coach to infield positions.
2. Coach will lead players to the following positions and perform designated exercises with the team at each:
  - Catcher: 10 squats
  - First Base: 10 high-low reaches (jump up with arms above head and reach down and touch toes)
  - Second Base: 10 windmills (touch left fingertips to right foot and then switch sides)
  - Shortstop: Run in place for 10 seconds
  - Third Base: 5 pushups
  - Pitcher: 10 arm circles forward and 10 backward

### Water Break: 3 minutes

### Fielding: 15 minutes

1. Split the players between shortstop and second base positions.
2. Roll ground balls to the players who will finish by throwing to a coach at first base. The coach will put the balls in the bucket.
3. Once each player has fielded 5 balls, rotate positions and repeat the drill.

### Hitting: 15 minutes

1. Have players line up.
2. One at a time, coach will pitch to the player.
3. Pitch five times for each at-bat.
4. Once the player has had five pitches, they will return to the back of the line.
5. Rotate through the line twice.

### Cool Down & WOW Talk: 15 minutes

1. Review what you worked on at practice.

2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Practice 4.

## MAJORS / SENIORS SKILLS & DRILLS

### Welcome, Stretches & Warm-Up: 7 minutes

1. Have players talk about what was their favorite part of last week and what they learned about bullying prevention.
2. Give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Altogether, count to 10 while completing each of the stretches below:
  - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
  - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - Toe Touches: Reach for toes without bending knees.
  - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 20 jumping jacks.

### Stations:

\*Break players into two even groups. Send one group to Station 1 and the other to Station 2. After 15 minutes, take a water break and switch.\*

### Station 1 - Fielding: 15 minutes

1. Have players spread out in the outfield.
2. Coach will hit ground balls to players.
3. Player must field the ball and throw it back to the coach.
4. Make sure each player fields at least three balls.

### Water Break

### Station 2 - Hitting: 15 minutes

1. Have players line up.
2. One at a time, coach will pitch to the player.
3. Pitch five times for each at-bat.
4. Once the player has had five pitches, they will return to the back of the line.
5. Rotate through the line at least twice.

### Situational Base Running: 15 minutes

1. Set a coach at an outfield position to simulate any given outcome of a fly ball, ground ball or a line drive.
2. Players start at home plate and run to first making a proper turn (what they practiced last week).
3. Once the base is tagged, the player watches the coach in the outfield to determine whether to try to advance to second or not.
4. The coach is simulating different outcomes of plays.
  - Example: Coach comes up cleanly with ball in hand, coach drops a fly ball that kicks away from him a few feet, coach simulates ball slipping out of hand on an attempted throw back to the infield.

5. The runner reads the coach acting as an outfielder and advances or retreats depending upon the situation.

**Cool Down & WOW Talk: 15 minutes**

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Practice 4.

## Practice 5 - Confidence

Here's the key to follow this Practice Plan and lead your team:

**AT BAT THIS PRACTICE** | What's in store for this week's Word of the Week!

**SKILLS & DRILLS** | Plan your practice with these activities tailored to each age division!

**WORD OF THE WEEK TALK** | Begin a team discussion by asking players the questions listed.

**END OF PRACTICE** | Review & reflect on your practice with your team, and do the Junior Giants cheer!

**ON DECK FOR NEXT PRACTICE** | A look ahead to what's in store for next practice!

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### **AT BAT THIS PRACTICE**

- Encourage players to demonstrate CONFIDENCE throughout practice by standing tall, being loud, and moving on from mistakes

### **SKILLS & DRILLS (Detailed plans at the bottom)**

- T-Ball:
  - Welcome, Stretches & Warm-Up: 7 minutes
  - Freeze, Confidence!: 5 minutes
  - Fielding: 15 minutes
  - Water Break: 3 minutes
  - Offense & Defense: 20 minutes
  - Cool Down & WOW Talk: 15 minutes
- Minors:
  - Welcome, Stretches & Warm-Up: 7 minutes
  - Catching: 15 minutes
  - Catching with Confidence: 10 minutes
  - Water Break: 3 minutes
  - Offense & Defense: 20 minutes
  - Base Running - Relay: 5 minutes
  - Cool Down & WOW Talk: 15 minutes
- Majors / Seniors:
  - Welcome, Stretches & Warm-Up: 7 minutes
  - Catching with Confidence: 5 minutes
  - Throwing: 15 minutes
  - Water Break: 3 minutes
  - Catching: 10 minutes
  - Offense & Defense: 20 minutes
  - Cool Down & WOW Talk: 15 minutes

### **WORD OF THE WEEK TALK**

- Define the word CONFIDENCE: Believing in your own skills and abilities.
- Begin a conversation about confidence by asking the players the following questions:
  - T-Ball
    - Have you heard the word "confidence" before? What does it mean?
    - Stand up and show us what a confident person would look like on the field.
    - When could you show confidence during one of our games or practices?

- Minors
  - Do you know what the word “confidence” means?
  - How could you feel more confident about yourself?
  - What part of playing baseball/softball do you feel the most confidence in (throwing, batting, infield, outfield, etc.)?
- Majors & Seniors
  - When was a time that you felt really confident?
  - How does confidence help your baseball/softball performance?
  - How can we help each other feel more confident?

#### **END OF PRACTICE**

- REVIEW - Ask your team:
  - About the Word of the Week
  - About any skills they learned
  - About their favorite parts of practice
- REMIND - Remind your team:
  - About upcoming practice & game information
  - To track their movement minutes with Giants on the Go
- Practice the Junior Giants Cheer and continue to chant it together at every game and practice this season! Tell players they can watch a video of the cheer on the Digital Dugout, or the Junior Giants app.
- REFLECT - Ask yourself:
  - How did the practice go? What drills were the most successful? What drills should the team return to?
  - Were the players able to complete the drills? Was it too advanced? Not advanced enough?
  - How can I improve next week as a coach?

#### **ON DECK FOR NEXT PRACTICE**

- Preview TEAMWORK by having players think about how they can be a good teammate at home before next practice

## T-BALL SKILLS & DRILLS

### Welcome, Stretches & Warm-Up: 7 minutes

1. Have players talk about what was their favorite part of last week.
2. Give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Altogether, count to 10 while completing each of the stretches below:
  - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
  - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - Toe Touches: Reach for toes without bending knees.
  - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 10 jumping jacks.

### Freeze, Confidence!: 5 minutes

1. Have players line up starting on home plate.
2. On "go," all players will start running continuously around the four bases.
3. When the coach yells "FREEZE," all players must freeze and get into their confident pose (head up, shoulders back, hands on hips and smiling).
4. When coach yells "You're awesome!" all players resume running around the bases again.
5. Repeat and play this game for 5 minutes.

### Fielding: 15 minutes

1. Have players spread out on the field into small groups, one coach/team parent with each.
2. Toss the ball to players while having them practice catching thumb-to-thumb (fingers pointing up) when the ball is above their waist and pinky-to-pinky (fingers pointing down) for balls thrown below the waist.
3. Players will throw the ball back to the coach, emphasizing stepping with glove foot and then throwing.

### Water Break: 3 minutes

### Offense & Defense: 20 minutes

1. Have a few teammates be responsible for setting up the equipment for this drill.
2. Send half of the players to the infield and half line up at home plate.
3. Have one player up to bat and hit off a tee.
4. Focus on hitting the ball and then running as fast as he/she can to first base.
5. Instruct players in the infield to catch the ball and throw it back to the coach.
6. Then have the next player in line go. Once the player hits off the tee, have the player on first base run to second base.
7. Continue this sequence until all players have had a turn.
8. Switch infield players with batting players.
9. Have a few players work together to clean up all the equipment.

**Cool Down & WOW Talk: 15 minutes**

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Practice 5.

## MINORS SKILLS & DRILLS

### Welcome, Stretches & Warm-Up: 7 minutes

1. Have players talk about what was their favorite part of last week.
2. Give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Altogether, count to 10 while completing each of the stretches below:
  - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
  - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - Toe Touches: Reach for toes without bending knees.
  - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 15 jumping jacks.

### Catching: 15 minutes

1. Have players spread out in two different groups, one coach with each.
2. Toss the ball to players while having them practice catching thumb-to-thumb when the ball is above their waist and pinky-to-pinky for balls thrown below the waist.
3. Players will throw the ball back to the coach, emphasizing stepping with glove foot before and then throwing.

### Catching with Confidence: 10 minutes

1. Have players pair up and grab a ball.
2. Instruct players to start playing catch at a close distance.
3. When players feel confident at the distance they are at, have each player take one step back and continue playing catch.
4. Have players encourage each other as they play.
5. See how far away from each other players can go.

### Water Break: 3 minutes

### Offense & Defense: 20 minutes

1. Have a few teammates be responsible for setting up the bases, bats, balls and gloves for this drill.
2. Send half of the players to the infield and half line up at home plate.
3. Have one player up to bat and hit off a coach's pitch.
4. Focus on hitting the ball and then running as fast as he/she can to first base.
5. Instruct players in the infield to catch the ball and throw it back to the coach.
6. Then ask the next player in line go. Once the player hits, have the player on first run to second.
7. Continue this sequence until all players have had a turn.
8. Switch infield players with batting players.
9. Have a few players work together to clean up all the equipment.

### Base Running - Relay: 5 minutes

1. Break the players up into two even groups; one group goes to home plate and the other group to second base.
2. Explain the race rules – players will run around all the bases and finish on the base they started. Once the player touches the base they started at, the next player can go.
3. Race ends when all players in their group finish.

**Cool Down & WOW Talk: 15 minutes**

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Practice 5.

## MAJORS / SENIORS SKILLS & DRILLS

### Welcome, Stretches & Warm-Up: 7 minutes

1. Have players talk about what was their favorite part of last week.
2. Give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Altogether, count to 10 while completing each of the stretches below:
  - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
  - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - Toe Touches: Reach for toes without bending knees.
  - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 20 jumping jacks.

### Catching with Confidence: 5 minutes

1. Have players pair up and grab a ball.
2. Instruct players to start playing catch at a close distance.
3. When players feel confident at the distance they are at, have each player take one step back and continue playing catch.
4. Have players encourage each other as they play.
5. See how far away from each other players can go.

### Throwing: 15 minutes

1. Partner off players and have them face each other.
2. Each player takes a knee (right knee for right-handed throwers, left knee for left-handed throwers).
3. Starting with both hands together near chest, players square up shoulders level and in line to target.
4. When the coach says, "Throw," players throw the ball to their partner.
5. The arm action on the throw should be a continuous fluid motion.
6. Advance the arm forward in a strong "L" position while extending the arm toward the target, releasing the ball in front of the lead leg.
7. The throwing arm should end up in line with, or on the opposite side of, the front leg for a proper finish and follow-through.
8. Players should concentrate on the proper arm action of both the throwing arm and the glove arm.

### Water Break: 3 minutes

### Catching: 10 minutes

1. Give each player a ball and line them up single file 10 feet from the coach.
2. When the coach yells, "Go!" the first player jogs to the coach, tossing the ball to the coach and continuing to run away.
3. The coach turns and throws the ball in a high arc, similar to a touchdown pass.

4. The player runs under the ball, CONFIDENTLY calls for the ball (I got it!, Me-me-me!, Ball!, etc.), catches it, and returns to the end of the line.
5. Continue with the next player. The distance and difficulty of the throw depends on the age and ability of the player. Two-handed catches are recommended.

**Offense & Defense: 20 minutes**

1. Have a few teammates be responsible for setting up the equipment for this drill.
2. Send half of the players to the infield and half line up at home plate.
3. Have one player up to bat and hit off a coach's pitch.
4. Focus on hitting the ball and then running as fast as he/she can to first base.
5. Instruct players in the infield to catch the ball and throw it back to the coach.
6. Then have the next player in line go. Once the player hits, have the player on first run to second.
7. Continue this sequence until all players have had a turn.
8. Switch infield players with batting players.
9. Have a few players work together to clean up all the equipment.

**Cool Down & WOW Talk: 15 minutes**

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Practice 5.

## Practice 6 - Teamwork

Here's the key to follow this Practice Plan and lead your team:

**AT BAT THIS PRACTICE** | What's in store for this week's Word of the Week!

**SKILLS & DRILLS** | Plan your practice with these activities tailored to each age division!

**WORD OF THE WEEK TALK** | Begin a team discussion by asking players the questions listed.

**END OF PRACTICE** | Review & reflect on your practice with your team, and do the Junior Giants cheer!

**ON DECK FOR NEXT PRACTICE** | A look ahead to what's in store for next practice!

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### **AT BAT THIS PRACTICE**

- Have players practice TEAMWORK by trying to be the best teammate they can be throughout the whole practice. Then reflect on if practice was more fun that way!

### **SKILLS & DRILLS (Detailed plans at the bottom)**

- T-Ball:
  - Welcome, Stretches & Warm-Up: 7 minutes
  - Catching & Throwing: 5 minutes
  - Position Practice: 10 minutes
  - Water Break: 3 minutes
  - Second Base Practice: 10 minutes
  - Hitting: 10 minutes
  - Cool Down & WOW Talk: 15 minutes
- Minors:
  - Welcome, Stretches & Warm-Up: 7 minutes
  - Teamwork Activity: 15 minutes
  - Water Break: 3 minutes
  - Hitting: 25 minutes
  - Baserunning: 10 minutes
  - Cool Down & WOW Talk: 15 minutes
- Majors / Seniors:
  - Welcome, Stretches & Warm-Up: 7 minutes
  - Teamwork Activity: 10 minutes
  - Throwing: 10 minutes
  - Water Break: 3 minutes
  - Infield Practice: 15 minutes
  - Hitting: 15 minutes
  - Cool Down & WOW Talk: 15 minutes

### **WORD OF THE WEEK TALK**

- Define the word TEAMWORK: Working together with a group of people to achieve a goal or complete a task.
- Begin a conversation about teamwork by asking the players the following questions:
  - T-Ball
    - What are some other teams you can think of besides the San Francisco Giants?
    - What can you do to be a positive teammate on the field?

- Off the field, where can you use teamwork? Think about being at home and school, and how working as a team can make jobs easier and faster!
  - Minors
    - What is a team?
    - What are some team sports besides baseball or softball? What individual sports can you think of?
    - How can you use teamwork at home or school?
  - Majors & Seniors
    - What kind of teams have you been a part of?
    - When was a time that you used teamwork to accomplish something great?
    - What is one of your best qualities that you can contribute to this team?

#### **END OF PRACTICE**

- REVIEW - Ask your team:
  - About the Word of the Week
  - About any skills they learned
  - About their favorite parts of practice
- REMIND - Remind your team:
  - About upcoming practice & game information
  - To track their movement minutes with Giants on the Go
- Practice the Junior Giants Cheer and continue to chant it together at every game and practice this season! Tell players they can watch a video of the cheer on the Digital Dugout, or the Junior Giants app.
- REFLECT - Ask yourself:
  - How did the practice go? What drills were the most successful? What drills should the team return to?
  - Were the players able to complete the drills? Was it too advanced? Not advanced enough?
  - How can I improve next week as a coach?

#### **ON DECK FOR NEXT PRACTICE**

- Preview LEADERSHIP by choosing a player to confidently lead the Junior Giants Cheer!

## T-BALL SKILLS & DRILLS

### Welcome, Stretches & Warm-Up: 7 minutes

1. Have players talk about what was their favorite part of last week and talk about what they think teamwork means.
2. Give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Altogether, count to 10 while completing each of the stretches below:
  - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
  - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - Toe Touches: Reach for toes without bending knees.
  - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 10 jumping jacks.

### Catching & Throwing: 5 minutes

1. Ask two players to work together to put out the balls and gloves needed for this drill.
2. Have players find a partner and spread out.
3. Players will take a knee and practice throwing and catching to each other.
4. If players feel comfortable, have them gradually make their way to standing.

### Position Practice: 10 minutes

1. Line up players.
2. Coach will say a position to the first player in line and on "go," the player will run as fast as they can out to their correct position. Player will stay there until all players have taken their spot on the field.
3. Coach will repeat this sequence until all players have taken their spots.
4. Coach will then call them back in. Have players run back as fast as they can. Repeat two or three times.

### Water Break: 3 minutes

### Second Base Practice: 10 minutes

1. Break team into two small groups, one coach/team parent with each.
2. Have one group in the outfield. The other group will line up at second base.
3. Coach will throw a variety of popups and ground balls to the players in the outfield and then those players will throw to their teammate at second base.
4. Then, the second base player will go to the back of the line. Continue until everyone in the group at second base has had a turn.
5. Rotate the outfield group with the second base group halfway through.

### Hitting: 10 minutes

1. Break players into three groups, one coach/team parent at each tee (or as many groups as you have volunteers for).

2. Review bat grip and stance.
3. Have each player go one at a time hitting the ball off the tee.
4. Practice stepping and swinging.
5. Each player should take five swings then rotate to the next teammate in line.

**Cool Down & WOW Talk: 15 minutes**

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Practice 6.

## MINORS SKILLS & DRILLS

### Welcome, Stretches & Warm-Up: 7 minutes

1. Have players talk about what was their favorite part of last week and talk about what they think teamwork means.
2. Give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Altogether, count to 10 while completing each of the stretches below:
  - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
  - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - Toe Touches: Reach for toes without bending knees.
  - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 15 jumping jacks.

### Teamwork Activity: 15 minutes

1. Split the group into two teams. The first team will bat while the other is in the field.
2. A coach pitches. The first batter hits the ball and starts to run the bases.
3. All players of the fielding team run to the ball and line up behind the player who is fielding it.
4. Once all players have formed the line, the player with the ball will pass the ball to each player in line.
5. The last player in line will throw the ball in to the coach.
6. When the ball gets to the coach, the runner stops.
7. Each base he/she has touched is counted as one point for his/her team. Immediately, the next batter gets a pitch and the same thing happens.
8. Once every player hits once, the total bases for the team are added up for their score.
9. Rotate teams.

### Water Break: 3 minutes

### Hitting: 25 minutes

1. Ask half of the players to head to the infield and half to line up at home plate.
2. Ask one player to bat and hit off of a coach's pitch.
3. Focus on hitting the ball and then running as fast as he/she can to first base.
4. Have players in the infield catch the ball and throw it back to the coach.
5. Then have the next player in line go. Once the player hits, have the player on first run to second.
6. Continue this sequence until all players have had a turn.
7. Switch infield players with batting players.

### Baserunning: 10 minutes

1. Start with players with helmets on at each base, including home plate.
2. One player will approach the plate with a bat with one player on each base. The rest of the players will be lined up closer to third base.

3. Have the player get a proper grip on the bat, get in their stance and check to see their plate coverage. Remind player they cannot throw the bat after swinging.
4. Once the coach says "go," the player will swing the bat like they just hit the ball and will run toward first base. This will set the drill in motion.
5. The player on first base will run to second base. The player at second base will run to third base. The player on third base will run to home plate.
6. Each player will go to the end of the line at the next base. Continue this drill until each player has "hit" two times.

**Cool Down & WOW Talk: 15 minutes**

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Practice 6.

## MAJORS / SENIORS SKILLS & DRILLS

### Welcome, Stretches & Warm-Up: 7 minutes

1. Have players talk about what was their favorite part of last week and talk about what they think teamwork means.
2. Give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Altogether, count to 10 while completing each of the stretches below:
  - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
  - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - Toe Touches: Reach for toes without bending knees.
  - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 20 jumping jacks.

### Teamwork Activity: 10 minutes

1. Split the group into two teams. The first team will bat while the other is in the field.
2. A coach pitches. The first batter hits the ball and starts to run the bases.
3. All players of the fielding team run to the ball and line up behind the player who is fielding it.
4. Once all players have formed the line, the player with the ball will pass the ball to each player in line.
5. The last player in line will throw the ball in to the coach.
6. When the ball gets to the coach, the runner stops.
7. Each base he/she has touched is counted as one point for his/her team. Immediately, the next batter gets a pitch and the same thing happens.
8. Once every player hits once, the total bases for the team are added up for their score.
9. Rotate teams.

### Throwing: 10 minutes

1. Pair up players in two lines 30 feet apart. Give balls to one line of players.
2. The players who will throw first are in an athletic position, squared toward partners with hands together centered near chest.
3. When the coach says "shuffle," players shuffle their feet forward, exchanging their front foot's position with their back foot, throwing the ball to their partner.
4. Coach should observe footwork looking for straight direction toward target and balance throughout the throw.
5. This shuffle is used when the player receives the ball and is already lined up.

### Water Break: 3 minutes

### Infield Practice: 15 minutes

1. Have players split into three groups; one lines up at shortstop, one at second base position and one at first base.
2. Have the coach hit ground balls to the first player in the shortstop line.

3. That player will scoop up the ball and throw to first base.
4. Coach then hits to the first player in the second base line and that player will scoop the ball and throw to first base.
5. All players rotate through their lines and after two ground balls each, their group rotates positions.

**Hitting: 15 minutes**

1. Each player will approach their at-bat as if it is in a game. Make sure they have proper coverage of the plate.
2. Divide your team evenly between three groups. Group 1 will be batting, Group 2 will be infielders and Group 3 will start in the outfield.
3. Each team will hit as if it was a live game.
4. The fielders will try to get each batter out.
5. Once each player in Group 1 has hit, the inning will end.
6. This rotation will continue until the drill is over.

**Cool Down & WOW Talk: 15 minutes**

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Practice 6.

## **Practice 7 - Leadership**

**Here's the key to follow this Practice Plan and lead your team:**

**AT BAT THIS PRACTICE** | What's in store for this week's Word of the Week!

**SKILLS & DRILLS** | Plan your practice with these activities tailored to each age division!

**WORD OF THE WEEK TALK** | Begin a team discussion by asking players the questions listed.

**END OF PRACTICE** | Review & reflect on your practice with your team, and do the Junior Giants cheer!

**ON DECK FOR NEXT PRACTICE** | A look ahead to what's in store for next practice!

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### **AT BAT THIS PRACTICE**

- Have players demonstrate LEADERSHIP by leading warm-ups and cheering each other on during games and practices.

### **SKILLS & DRILLS (Detailed plans at the bottom)**

- T-Ball:
  - Welcome, Stretches & Warm-Up: 7 minutes
  - Leadership Activity: 5 minutes
  - Catching & Fielding: 10 minutes
  - Water Break: 3 minutes
  - Inning Practice: 5 minutes
  - Game Sequence: 15 minutes
  - Cool Down & WOW Talk: 15 minutes
- Minors:
  - Welcome, Stretches & Warm-Up: 7 minutes
  - Second Base & Shortstop: 20 minutes
  - Water Break: 3 minutes
  - Hitting: 30 minutes
  - Cool Down & WOW Talk: 15 minutes
- Majors / Seniors:
  - Welcome, Stretches & Warm-Up: 7 minutes
  - Catching: 10 minutes
  - Throwing: 10 minutes
  - Water Break: 3 minutes
  - Fielding: 10 minutes
  - Hitting: 20 minutes
  - Cool Down & WOW Talk: 15 minutes

### **WORD OF THE WEEK TALK**

- Define the word LEADERSHIP: The ability to guide or direct people.
- Begin a conversation about leadership by asking your team the following questions:
  - T-Ball
    - What does it mean to be a leader?
    - Who are the leaders in your life (parents/guardians, older siblings, other family members, teachers, coaches, etc.)?
    - Do you have to be an adult to be a leader?

- Minors
  - Do you know a good leader? Why is he/she a good leader?
  - What are some things that good leaders do or say?
  - How can you be a leader at school? At home? On the baseball/softball field?
- Majors & Seniors
  - What are some qualities of an awesome leader? What are some qualities of a negative leader?
  - How do leaders affect the people around them?
  - What is one way you can step up as a leader on this team?

#### **END OF PRACTICE**

- REVIEW - Ask your team:
  - About the Word of the Week
  - About any skills they learned
  - About their favorite parts of practice
- REMIND - Remind your team:
  - About upcoming practice & game information
  - To track their movement minutes with Giants on the Go
- Practice the Junior Giants Cheer and continue to chant it together at every game and practice this season! Tell players they can watch a video of the cheer on the Digital Dugout, or the Junior Giants app.
- REFLECT - Ask yourself:
  - How did the practice go? What drills were the most successful? What drills should the team return to?
  - Were the players able to complete the drills? Was it too advanced? Not advanced enough?
  - How can I improve next week as a coach?

#### **ON DECK FOR NEXT PRACTICE**

- Preview INTEGRITY and the last week of Junior Giants by asking your players to think about their favorite memory with their team this season to share in a discussion.

## T-BALL SKILLS & DRILLS

### Welcome, Stretches & Warm-Up: 7 minutes

1. Have players talk about what was their favorite part of last week and one example of a leader they know (i.e., parent, teacher, friend, etc.)
2. Give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Altogether, count to 10 while completing each of the stretches below:
  - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
  - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - Toe Touches: Reach for toes without bending knees.
  - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 10 jumping jacks.

### Leadership Activity: 5 minutes

1. Have players stand on the first base line.
2. Have the coach go to one end and all players turn to face the coach.
3. The coach then does different movements around the field and the players must follow the leader. Examples: skipping, running, walking, zigzagging.
4. Coach tip-toes in place, marches in place, runs in place, touches knees, ears, shoulders (etc.), hops in place (one foot), jumps in place (two feet).
5. Repeat with a player being the leader as many times as desired.
6. Activity can also be played with players scattered around the infield and the players have to "copycat" the coach.

### Catching & Fielding: 10 minutes

1. Break team into small, even groups, one coach/team parent with each.
2. Separate players into mock positions in the outfield.
3. Throw the players various types of balls to field (ground or fly).
4. Have them throw back to the coach.

### Water Break: 3 minutes

### Inning Practice: 5 minutes

1. Divide the players into two groups and work on a game inning.
2. Work on transitions, skills and knowledge that players have shown to lack in games.
3. Examples include running to the correct bases, staying in position, fielding by bending knees, moving toward the ball and overhand throws.

### Game Sequence: 15 minutes

1. Send half the players to line up by home plate and have the other half take their positions in the infield.

2. Have one coach on the pitcher's mound and another coach at the tee. Start with the first player hitting off the tee and running through first. Have the players field the ball and throw to a base, trying to make the "out."
3. Rotate through all players, and then switch.

**Cool Down & WOW Talk: 15 minutes**

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Practice 7.

## MINORS SKILLS & DRILLS

### Welcome, Stretches & Warm-Up: 7 minutes

1. Have players talk about what was their favorite part of last week and one example of a leader they know (i.e., parent, teacher, friend, etc.)
2. Give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Have players switch off LEADING the following stretches, making sure to count to 10 for each:
  - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
  - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - Toe Touches: Reach for toes without bending knees.
  - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 15 jumping jacks.

### Second Base & Shortstop: 20 minutes

1. Invite one player to LEAD the team through the directions of this drill.
2. Have 1-3 players help lead and demonstrate the drill with coach.
3. Break team into three groups, one coach in the infield and one in the outfield.
4. Have one group in the outfield, one lined up at second base and one at shortstop.
5. Coach in the infield will throw a variety of pop-ups and ground balls to the players and then those players will throw to their teammate at second base. Second basemen or shortstops (depending on where the ball goes) will catch the ball and tag second base.
6. Coach in the outfield will be watching for form.
7. Rotate through all players at each position.

### Water Break: 3 minutes

### Hitting: 30 minutes

1. Each player will approach their at-bat as if it is in a game. Make sure they have proper coverage of the plate.
2. Divide your team evenly between three groups. Group 1 will be batting, Group 2 will be infielders and Group 3 will start in the outfield.
3. Each team will hit as if it was a live game.
4. The fielders will try to get each batter out.
5. Once each player in Group 1 has hit, the inning will end.
6. This rotation will continue until the drill is over.

### Cool Down & WOW Talk: 15 minutes

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Practice 7.

## MAJORS / SENIORS SKILLS & DRILLS

### Welcome, Stretches & Warm-Up: 7 minutes

1. Have players talk about what was their favorite part of last week and one example of a leader they know (i.e., parent, teacher, friend, etc.)
2. Give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Have players switch off LEADING the following stretches, making sure to count to 10 for each:
  - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
  - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - Toe Touches: Reach for toes without bending knees.
  - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 20 jumping jacks.

### Catching: 10 minutes

1. Invite one player to LEAD the team through the directions of this drill.
2. Have players find a partner and play catch.
3. Encourage players to move their feet to try to get in front of throws and utilize a two-handed catch when possible.
4. Encourage the one-handed catches outside the body when they cannot get in front of the throw.

### Throwing: 10 minutes

1. At a close distance, players throw the ball back and forth to their partner to work on the glove-to-hand transfer.
2. When performing this drill, all players should receive the ball with their glove in the thumb-to-thumb position (fingers pointing up).
3. Players should try to catch the ball and throw the ball back to their partner as quickly as possible.
4. Make sure players are still squaring up to their partner on the throw.

### Water Break: 3 minutes

### Fielding: 10 minutes

1. Pair up all players. Put them into two separate lines, 25 to 45 feet apart facing each other.
2. Give each pair of players a ball. Start the balls all in one line.
3. The receiving players assume the ready position.
4. Players throw the ball back and forth as follows: When the coach says, "Throw," players throw grounders at medium speed to their partners.
5. The receiving players work on approaching and fielding the ball correctly.
6. Emphasize the smooth, controlled movement players should have when approaching and fielding a ground ball.

### Hitting: 20 minutes

1. Each player will approach their at-bat as if it is in a game. Make sure they have proper coverage of the plate.
2. Divide your team evenly between three groups. Group 1 will be batting, Group 2 will be infielders and Group 3 will start in the outfield.
3. Each team will hit as if it was a live game.
4. The fielders will try to get each batter out.
5. Once each player in Group 1 has hit, the inning will end.
6. This rotation will continue until the drill is over.

**Cool Down & WOW Talk: 15 minutes**

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Practice 7.

## Practice 8 - Integrity

Here's the key to follow this Practice Plan and lead your team:

**AT BAT THIS PRACTICE** | What's in store for this week's Word of the Week!

**SKILLS & DRILLS** | Plan your practice with these activities tailored to each age division!

**WORD OF THE WEEK TALK** | Begin a team discussion by asking players the questions listed.

**END OF PRACTICE** | Review & reflect on your practice/season with your team, and do the Junior Giants cheer!

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### **AT BAT THIS PRACTICE**

- Demonstrate INTEGRITY by encouraging players to think to themselves about how they can use all of the Words of the Week they've learned so far to make this practice the best one yet!

### **SKILLS & DRILLS (Detailed plans at the bottom)**

- T-Ball:
  - Welcome, Stretches & Warm-Up: 7 minutes
  - Integrity Activity: 5 minutes
  - Pop-up Practice: 10 minutes
  - Water Break: 3 minutes
  - Game Sequence: 20 minutes
  - Base Running: 5 minutes
  - Cool Down & WOW Talk: 15 minutes
- Minors:
  - Welcome, Stretches & Warm-Up: 7 minutes
  - Integrity Activity: 10 minutes
  - Pop-up Practice: 10 minutes
  - Water Break: 3 minutes
  - Hitting: 20 minutes
  - Base Running - Relay: 10 minutes
  - Cool Down & WOW Talk: 15 minutes
- Majors / Seniors:
  - Welcome, Stretches & Warm-Up: 7 minutes
  - Integrity Activity: 10 minutes
  - Pop-up Practice: 10 minutes
  - Water Break: 3 minutes
  - Fielding: 10 minutes
  - Hitting: 20 minutes
  - Cool Down & WOW Talk: 15 minutes

### **WORD OF THE WEEK TALK**

- Since this is the final week of Junior Giants, ask each of your players to share their favorite memory from this season.
- Define the word INTEGRITY: Doing the right thing even when no one is watching.
- Begin a conversation about integrity by asking the players the following questions:
  - T-Ball

- Has anyone heard the word “integrity” before? What do you think it means?
  - How can you show honesty when playing baseball/softball with your teammates?
  - How can you do the right thing (even when no one is watching) when you are at home with your family?
- Minors
  - What does integrity mean?
  - Players who have integrity always do what is right in any situation, even when no one is watching. Have you ever done the right thing when no one was watching?
  - How can you show integrity if you are playing in a baseball or softball game and a call is made that benefitted you/your team, but you know it should have gone the other way? Should you tell the umpire/your coach the truth?
- Majors & Seniors
  - How would you explain what integrity is to someone who has never heard of it before?
  - Is having integrity always easy? Can you think of a time when acting with integrity was really hard to do?
  - How can we show integrity on and off the field?

#### **END OF PRACTICE**

- REVIEW - Ask your team:
  - About the Word of the Week
  - About any skills they learned
  - About their favorite parts of practice
- REMIND - Remind your team:
  - About upcoming practice & game information
  - To track their movement minutes with Giants on the Go
- Practice the Junior Giants Cheer and continue to chant it together at every game and practice this season! Tell players they can watch a video of the cheer on the Digital Dugout, or the Junior Giants app.
- Thank your players and fellow volunteers and tell them that you hope to see them next season!
- Take a photo of your team and post it to Facebook, Instagram, or Twitter using #jrgiants. Make sure you check with players’ parents before you post a photo of their child.
- REFLECT - Ask yourself:
  - How did the season go? What drills were the most successful? What drills would you run again next season?
  - Were the players able to complete the drills? Was it too advanced? Not advanced enough?
  - How can I improve next season as a coach?

## T-BALL SKILLS & DRILLS

### Welcome, Stretches & Warm-Up: 7 minutes

1. Have players talk about their favorite part of their Junior Giants season.
2. Give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Altogether, count to 10 while completing each of the stretches below:
  - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
  - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - Toe Touches: Reach for toes without bending knees.
  - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 10 jumping jacks.

### Integrity Activity: 5 minutes

1. Have players line up in a single file horizontal line, facing towards the coach.
2. The coach will be on the other end of the field. To test the integrity of the team, the coach will have his or her back to the players so that he/she cannot determine if the players are following the rules or not.
3. When the coach calls out "Green Light," players must run as fast as they can towards the coach.
4. When the coach calls out "Yellow Light," the players must slow down and walk.
5. When the coach calls out "Red Light," the players must stop immediately.
6. The goal of the game is to tag the coach first on the opposite end of the field.
7. If a player moves at any point other than during "Green Light" or "Yellow Light," the player must return to the starting line.
8. This game will test the integrity of the team. Emphasize that players must do the right thing (going back to the starting line if they moved) even when no one is watching.

### Pop-up Practice: 10 minutes

1. Separate players into multiple groups for fly balls.
2. Each coach should take a group and begin with a small toss to each player (with the group spread out in a semi-circle).
3. The coach should call the player's name (whoever is being tossed to) and that player then calls the ball.
4. After a few tosses to each player, have the players back up a few steps. The coach should now make higher tosses.
5. After a few rounds, progress to one player catching as many as they can in a row.

### Water Break: 3 minutes

### Game Sequence: 20 minutes

1. Send half the players to line up in the dugout and ask the other half take their positions in the infield.

2. Place one coach on the pitching mound and another coach at the tee. The first player will hit off the tee and run through the bases. Ask the players to field the ball and throw it to a base, trying to make the "out."
3. Rotate through all players and then switch.

**Base Running: 5 minutes**

1. Line up all players at home plate.
2. Ask the first player take a practice swing and then run to first base.
3. Emphasize running through first base rather than stopping right when they reach the base.
4. Ask the next player begin running when the player before them reaches first base.
5. Rotate through the entire line.

**Cool Down & WOW Talk: 15 minutes**

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Practice 8.

## MINORS SKILLS & DRILLS

### Welcome, Stretches & Warm-Up: 7 minutes

1. Have players talk about their favorite part of their Junior Giants season.
2. Give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Have players switch off LEADING the following stretches, making sure to count to 10 for each:
  - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
  - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - Toe Touches: Reach for toes without bending knees.
  - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 15 jumping jacks.

### Integrity Activity: 10 minutes

1. Gather in the outfield.
2. Have players spread out and face the coach.
3. Follow the basic rules of "Simon Says." To test the honesty and integrity of the team, the coach will turn around to face away from the players.
4. Players must listen to the commands following each "Simon Says."
5. If the player does an action that was commanded without "Simon Says" attached to it, he or she must take a seat.
6. Emphasize that this activity is testing how well players can do the right thing, even when no one is watching. The last player standing gets high fives from the coach and his/her teammates.

### Pop-up Practice: 10 minutes

1. Separate players into multiple groups for fly balls.
2. Each coach should take a group and begin with a small toss to each player (with the group spread out in a semi-circle).
3. The coach should call the player's name (whoever is being tossed to) and that player then calls the ball.
4. After a few tosses to each player, have the players back up a few steps. The coach should now make higher tosses.
5. After a few rounds, progress to one player catching as many as they can in a row.

### Water Break: 3 minutes

### Hitting: 20 minutes

1. Each player will approach their at-bat as if it is in a game. Make sure they have proper coverage of the plate.
2. Divide your team evenly between three groups. Group 1 will be batting, Group 2 will be infielders and Group 3 will start in the outfield.
3. Each team will hit as if it was a live game.
4. The fielders will try to get each batter out.

5. Once each player in Group 1 has hit, the inning will end.
6. This rotation will continue until the drill is over.

**Base Running - Relay: 10 minutes**

1. Break the players up into two even groups; one group goes to home plate and the other group to second base.
2. Explain the race rules – players will run around all the bases and finish on the base they started, once the player touches that base the next player can go.
3. Race ends when all players in their group finish.

**Cool Down & WOW Talk: 15 minutes**

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Practice 8.

## MAJORS / SENIORS SKILLS & DRILLS

### Welcome, Stretches & Warm-Up: 7 minutes

1. Have players talk about their favorite part of their Junior Giants season.
2. Give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Have players switch off LEADING the following stretches, making sure to count to 10 for each:
  - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
  - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
  - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
  - Toe Touches: Reach for toes without bending knees.
  - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 20 jumping jacks.

### Integrity Activity: 10 minutes

1. Gather in the outfield.
2. Have players spread out and face the coach.
3. Follow the basic rules of "Simon Says." To test the honesty and integrity of the team, the coach will turn around to face away from the players.
4. Players must listen to the commands following each "Simon Says."
5. To make it more challenging for the players, ask them to hold a ball in their right hand the entire game.
6. If the player does an action that was commanded without "Simon Says" attached to it, or if he/she drops the ball from their right hand, he/she must take a seat.
7. Emphasize that this activity is testing how well players can do the right thing, even when no one is watching.
8. The last player standing gets high fives from the coach and his/her teammates.

### Pop-up Practice: 10 minutes

1. Separate players into groups for fly balls. Each coach should take a group and begin with a small toss to each player (with the group spread out in a semi-circle).
2. The coach should call the player's name (whoever is being tossed to) and that player then calls for the ball.
3. After a few tosses to each player, have the players back up a few steps and the coach should now make higher tosses.
4. After a few rounds, progress to one player catching as many as they can in a row.

### Water Break: 3 minutes

### Fielding: 10 minutes

1. Pair up players and place them in two separate lines 20 feet apart so that each player is facing his/her partner.
2. Keep plenty of space between players in the same line so they can move freely.
3. Give each player in one line a ball. The coach stands behind the line of players without the balls.

4. The receiving players start in the ready position. The coach controls the drill by pointing in which direction he wants the ball thrown.
5. Point down and to the right for ground balls to the right side.
6. Point up and to the right for fly balls over the right shoulder.
7. Do the same thing for the left side.
8. The coach monitors the receiving players and makes corrections when needed.
9. After 5 to 10 repetitions, make the receiving players the throwers. The coach switches sides and repeats.

**Hitting: 20 minutes**

1. Each player will approach their at-bat as if it is in a game. Make sure they have proper coverage of the plate.
2. Divide your team evenly between three groups. Group 1 will be batting, Group 2 will be infielders and Group 3 will start in the outfield.
3. Each team will hit as if it was a live game.
4. The fielders will try to get each batter out.
5. Once each player in Group 1 has hit, the inning will end.
6. This rotation will continue until the drill is over.

**Cool Down & WOW Talk: 15 minutes**

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Practice 8.