

# Week 6

## Warm-Up (5 minutes)

Run twice around the bases. Play catch with a partner. After 2 or 3 minutes, partners should throw some line drives, fly balls, and grounders back and forth to each other.

## Fitness Circle (5 minutes)

### Key Idea: Safety

Gather team into a group. Gently tap your head with your fist. "Is my head hard or soft? Right—it's hard because my skull is hard. It's made out of bone. Raise your hand if you think bones can break. Right—we all know that bones can break. If you tap your helmets, they are hard, just like bones. They give extra protection and keep you safe playing ball."

## Game 1 (10 minutes)

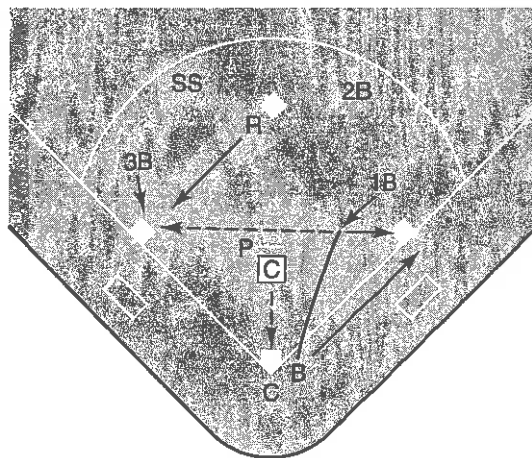
### "Stayin' Alive"

#### Goals

The offense tries to advance the runner to third base. The defense tries to hold the runner at second base and get the runner out at first.

#### Description

Set up an infield (or two). Play 6 v 6. The batting team always starts with a runner on second. If the runner gets to third base safely, the offensive team scores three points, and that runner does not continue running. Batters must hit ground balls. The side is retired after nine points or three outs, whichever comes first. Review rules related to running bases and overthrows (see pages 272 and 298, respectively).

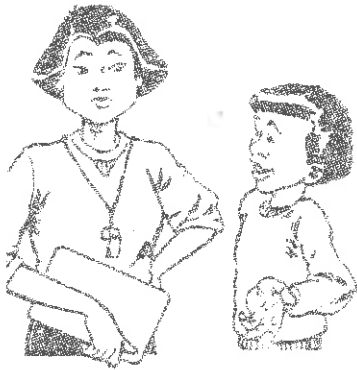


## PURPOSE

To defend bases when runners are on second or third base and a grounder is hit to the infield. The focus is on looking the runner back to the base before throwing to first base.

## Equipment

- ☒ Six bases, two home plates (set up two fields, minimum)
- ☒ Four batting tees
- ☒ Five balls per tee
- ☒ One glove per player
- ☒ One ball per player (minimum)



**Coach:** What did you have to do to hold the runner at second and get an out at first?

**Players:** Field, look the runner back, then throw to first.

**Coach:** If the fielder cannot get the runner at first, what should he or she do?

**Players:** Hold the runner at second base.

**Coach:** What did runners have to do to delay the throw?

**Players:** Fake like you were running to third, but be ready to get back to second if the throw goes to second and to third if the throw goes to first.

**Coach:** What did you do to get to third?

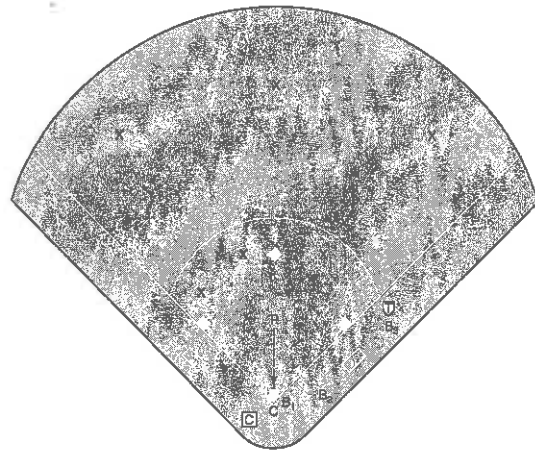
**Players:** Took off on the throw.

## Skill Practice (40 minutes)

### Skill Practice 1

#### Description

Players practice hitting. One of your pitchers throws for five batters, 10 pitches each. Players on deck should take practice swings, pretending they are the hitter. The batter third in line should work on a batting tee. One player or coach gives feedback. The other players retrieve balls and roll them back to the pitcher. Remind players about safety: Players not batting should stand 10 to 15 feet away from the batter. After the pitcher has thrown to five batters, she or he rotates with another pitcher.

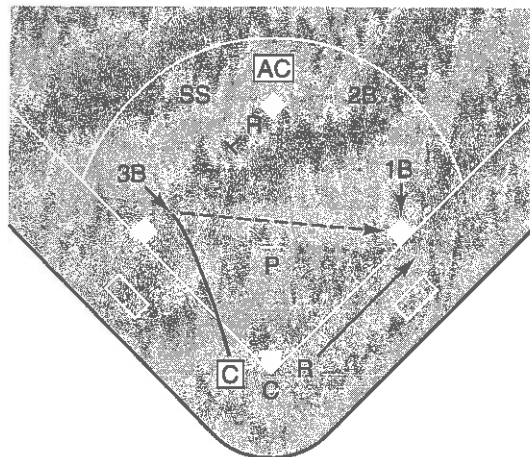



### Skill Practice 2

1. Introduce, demonstrate, and explain how to *look a runner back* to a base (see page 267).
2. Practice looking runners back to a base.

#### Description

Place players at all infield positions. Extra players serve as baserunners, taking off from behind home plate and second base on your signal.



 Have a coach's corner, where players can go for extra help. Parents can be responsible for providing help. You can "recommend" it to the player or the player can go on his or her own. Players go to the coach's corner for 5 to 15 minutes to practice a particular skill. *Caution:* Make this a place for every player, not just low-skilled players.

# Week 6

Hit grounders to each infield position. Infielders field the ball, look the runner back, and make the appropriate play. Players rotate after three trials at each position. Position a coach at second base to help with proper leadoff technique as well as proper positioning of the shortstop and second base player.



For holding runner

"Ready position!"

"Show a target!"

For looking runner back

"Field the ball."

"Look back during the throwing motion."

"Throw to first."

If the runner goes

"Fake throw!"

"Pivot and throw to third base!"

For leading off

"Fake!"

"Maintain medium to low posture."

"Go on the throw!"

## Skill Practice 3

### Description

Fielders practice holding a runner on third base. Repeat Skill Practice 2, except with a runner on third.

## Skill Practice 4


(pitchers and catchers; 15 minutes)

Pitchers should throw *moderate* to *moderately fast*. Focus on form and accuracy. Catchers should continue working on technique and should also give the pitcher feedback on control, telling him or her, for example, exactly what part of the plate the ball crossed or if the ball missed a corner.

## Game 2 (10 minutes)

Repeat Game 1 to apply what has just been learned. Compare the score with the score of the first game.



 Pitchers and catchers can participate in one or two other Skill Practices, then complete Skill Practice 4.

## Team Circle (5 minutes)

### Key Idea: Caring

Gather team into a group near two cones 10 feet apart. Discuss examples of good play during a game. Have players assist in providing examples. "We talked about some examples of good plays. Raise your hand if you think it's a good idea to tell other players they made a good play. It is a good idea. Do you think it's a good idea to tell opponents they have made a good play? If you think it is, stand at this cone. If you think you should tell just your teammates they made a good play, stand at this cone." All players should vote. Ask why players voted the way they did. "Telling other players, both teammates and opponents, that they have made a good play shows you care. It is an important value to show others."

### Wrap-Up

Make summary comments about practice and give reminders for the next game.



## Variations

- Set up two fields for Skill Practice 2. This will provide plenty of opportunities for players to practice this situation.
- Work on the first base player's responsibilities if the runner takes off from second. Typically, the first base player backs up second base in a rundown of a runner between second and third.
- Allow runners to continue running to home if they can. This will create a tag play at home or, if the runner is coming back to third base, a tag play at third.
- Have players who are ready practice hitting to specific areas of the field. Have them hit from a tee first, then from a live pitch.