
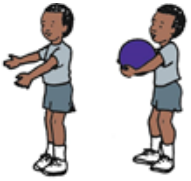




Activity Plan for Baseball Skills Beginner

Week 1			
Activity	How many or how long	How many days	Instructions
Baseball Throws	10 mins/day	3 days/wk	<p>Practice throwing a softball (or a bouncy ball the same size) overhand. Throw the ball overhand, like a baseball pitcher. You can throw toward a wall, or you can also have a partner. Hold the ball with a proper baseball grip – your index and middle fingers should be on top of the ball forming a “V” and your thumb, ring and pinky are wrapped along the sides.</p> <div data-bbox="1129 487 1549 722">  </div>

Week 2			
Activity	How many or how long	How many days	Instructions
Baseball Catch 	10 mins/day	3 days/wk	<p>Practice catching a baseball, softball or small foam ball. It’s harder to catch a small ball than a big ball like a football. See how far apart you and your partner can get without dropping the ball. Start standing close enough that your partner can pass the ball to you without throwing it. After each time the ball goes from one partner to the other without falling on the floor, have the partner who is not holding the ball take one giant step backwards. The partner that takes one step backwards then tries to catch the ball as it is thrown by the other person. If the ball is caught, the other partner takes a step backwards. Continue taking backwards steps until someone misses the ball and it falls on the floor. See how far apart you can get. Remember to reach for the ball and then cushion it with your hands and arms as you catch it. You can use a baseball glove to help you catch if you have one.</p>

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Week 3			
Activity	How many or how long	How many days	Instructions
Batting Practice 	10 mins/day	3 days/wk	<p>Practice how you hold a baseball bat and how you swing. When you hold the bat, be sure that you use the best grip. Hold the bat with your fingers, not the palm of your hand. To get the best grip, have someone else hold the bat out towards you with the end you hold closest to you (as if they are handing the bat to you). Reach for the bat with your left hand (as if you were shaking someone's hand). After you put your left hand around the bat, put your right hand around it as well. Your right hand should be touching your left hand but just above it on the bat. You should feel like you can completely control the movement of the bat with your hands. If it feels hard to keep the bat the right way up (the end that you are not holding above the end you are holding), try a smaller bat or move both hands a little higher up the bat (but make sure you keep both hands together). When your grip is comfortable, practice swinging the bat. Don't worry about using a ball, just imagine a ball to hit. If you are already comfortable swinging the bat, start off by hitting the ball off of a tee or stand. Keep your eyes on the ball throughout the whole swing and follow through.</p>
Week 4			
Activity	How many or how long	How many days	Instructions
Baseball Throw and Catch	5 mins/day	3 days	<p>Practice throwing and catching a baseball with a partner. Remember to practice the correct grip for throwing and to cushion the ball into your glove when you catch. To make it harder, have your partner throw the ball a little off target (to one side or the other or in front or over your head) so that you have to move to the right spot before you catch.</p>
Batting practice 	10 mins/day	3 days/wk	<p>Practice batting again this week but this time have a ball to hit. You can put the ball on top of a stand (e.g., on top of a garbage can) or you can have someone throw the ball for you. If someone is throwing, make sure that they can throw well. You don't want to practice hitting balls that are thrown too high or too low (i.e., outside the strike zone). For fun, count how many balls you hit. Remember, professional baseball players usually only get one hit each game and they get 3 strikes for each time they get out. That means, even the pro's only hit about 1 pitch out of 12 tries. If you can hit one pitch out of 20 tries, you're over halfway to being a pro!</p>