

1st Grade Practice Plan

1. Warm-Up & Conditioning (10 minutes)

- a. Dynamic warm-ups (i.e., small arm circles, larger arm circles, trunk twists, side shuffling, skipping, high knees butt kicks, lunges)
- b. Relay race conditioning:
 - i. Set up two lines or two zig-zags of cones or bases.
 - ii. Divide the kids into two teams. They'll race from the starting point to a cone/base and back, tagging the next teammate. Incorporate running, skipping, and hopping

2. Water Break (2-3 minutes)

3. Station 1: Throwing (10 minutes)

Run simultaneous stations with 3 groups or run separately with the whole team at each station

Objective: Work on accuracy in throwing and proper form

a. Partner Throwing | [How to Throw a Softball](#)

- i. Pair up the kids and have them stand about 10 feet apart
- ii. Teach them basic throwing form:
 1. Stand sideways in T position
 2. Step forward with the front foot, pointing glove and front foot at the target
 3. Rotate the trunk to throw the ball, lifting the back heel
 4. Follow-through with the throwing arm, dropping it to the opposite hip
 5. *Glove should be fingers up/thumbs together for balls above the waist and fingers down/pinkies together for balls below the waist*
- iii. Have them throw back and forth, aiming at their partner's chest and using two hands to secure the catch
 1. Cue: "Thumbs" for high balls and "Pinkies" for low balls



T-POSITION



TUCK GLOVE AND THROW



FOLLOW THROUGH

4. Station 2: Fielding (10 minutes)

a. Ground Balls | or ["Alligator Traps"](#) or ["Lazy Catch"](#) Game

- i. Have them get in their "triangle" ready stance: glove on the ground, body low, knees bent, feet wide
- ii. Roll ground balls to the kids and have them either throw the ball back to you, another coach, or another target like a bucket, cone or base
 1. Cue: "Alligator" (covering the ball with their throwing hand as it enters the glove), and "Glove down" or "Glove in the dirt"

b. Pop flies | or ["Selfies" Game](#)

- i. Toss easy pop flies and have them practice catching with two hands (Cue: "Thumbs")

- c. Positions:
 - i. Go over fielding positions (Catcher, Pitcher, 1st, 2nd, Shortstop, 3rd, Outfield) and have them practice standing in each spot and running to the nearest base for an out

5. Station 3: Hitting (10 minutes)

- a. Tee hitting
 - i. Get the player in a good, shoulder-width stance
 - ii. Have them hit 5-6 balls off the tee (use a coach or players to shag the balls)
 - iii. *Place cones or bases in the field to make this into a target practice game*
- b. Soft Toss Hitting:
 - i. Stand or sit on a bucket/stool to the side of each batter and softly toss the ball for them to hit
 - ii. Emphasize eyes on the ball, keeping hands together and a smooth follow-through
 - iii. After hitting (either after a certain number of swings or hits or just 1 successful hit), have them run through first base

6. Water Break (2-3 minutes)

7. Option 1: Rock, Paper, Scissors Baserunning Game (10 minutes)

- a. Divide the players into four groups with one group at each base (use 3 groups and
- b. Players in each group play rock, paper, scissors
- c. The winner runs to the next base and the loser stays in place to play another kid
- d. Players keep going around all the bases until time is up

8. Option 2: Live Hitting & Baserunning (10 minutes)

- a. Divide the group into two teams, one batting and one fielding
- b. Each batter gets 3 live swings and then uses a tee (or allow them to live swing until they hit it) and then runs to 1st (running one more base each time a new batter goes to 1st)
- c. Fielders practice making plays to 1st base and rotate through different positions
- d. Switch teams after everyone has batted once.

9. Cool Down & Review (5 minutes)

- a. Pick 3-5 static stretches (holding each stretch for 10-30 seconds)
 - i. Examples: cross body arm stretch, tricep extensions, standing quad stretch, standing or sitting toe touches and butterfly)
- b. Recap key lessons from practice (i.e., throwing form, batting form, rules)
- c. Pick a couple skills to give them praise/encouragement on