

## 2<sup>nd</sup> Grade Practice Plan

### 1. Warm-Up & Agility (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 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. 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 5 feet apart
- ii. Remind them of 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, moving back until they are 10-15 feet apart, aiming at their partner's chest and using 2 hands to secure the catch
  1. *Cue: "Thumbs" for high balls and "Pinkies" for low balls*



T-POSITION



TUCK GLOVE AND THROW



FOLLOW THROUGH

### 3. 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 ("Thumbs")
- c. Positions:
  - i. Review fielding positions

### 4. Station 3: Hitting & Base Running (10 minutes)

- a. Soft Toss Hitting:
  - i. Stand/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 to first base
  - iv. Have them complete their base run, taking 1 base for every hit from the tee
    - 1. *Emphasize running through first base and rounding the additional bases, stepping on the inside corner*
    - 2. *If coaching availability allows, have them pause at 3<sup>rd</sup> base to look at a coach to practice watching for cues on whether to run home*
  - v. You can have another coach shag balls or wait until the balls are out and have the players gather them

#### **5. Option 1: Mini Game “Beat the Ball” (15 minutes)**

*Objective: Improve fielding and quick thinking.*

- a. Divide kids into two teams: one team fields, and one team runs
- b. The running team takes turns running around all the bases, while the fielding team tries to field the ball, starting at 1<sup>st</sup> base, and throw it to each base (1st to 2nd to 3rd to Home) faster than the runner can make it around the bases
  - i. *Too easy for the fielders? Start the ball at home and have them throw Home-1<sup>st</sup>-2<sup>nd</sup>-3<sup>rd</sup>-Home*
- c. Switch teams after you make it through the lineup of runners

#### **6. Option 2: Scrimmage (15 minutes)**

- a. Divide the group into two teams, one batting and one fielding (once you have figured out skill levels divide into even teams).
- b. Each batter gets 3-4 live swings (or use soft toss depending on skill level or a tee if you have one) and then runs the bases.
- c. Fielders practice making plays to 1<sup>st</sup> base
- d. Switch teams after everyone has batted once.

#### **7. Cool Down & Review (5 minutes)**

- a. Run around the bases either as a group or sending one runner at a time from Home
- b. Pick 3-5 static stretches (holding each stretch for 10-30 seconds)
  - i. Examples: cross body arm stretch, tricep extensions, standing quad stretch, sitting toe touches, and butterfly)
- c. Recap key lessons from practice (i.e., throwing form, batting form, rules)
- d. Pick a couple skills to give them praise/encouragement on