

Kindergarten 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. Agility
 - i. Set up cones, bases or softballs in a zigzag pattern
 - ii. Have players weave through them, running, skipping or hopping
 - iii. Optional: divide into two teams and make it into a relay race

2. Water Break (3 minutes)

3. Station 1: Throwing & Catching (10 minutes)

Run simultaneous stations with 2 groups or run separately with the whole team at each station

Objective: Work on accuracy in throwing and proper form

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

- i. 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. Use two hands to secure the catch
- ii. Have them practice the motion without a ball, then with (only focusing on form; don't worry about where the balls go)
- iii. Have them practice throwing to a coach or another player
 1. *Emphasize keeping their eyes on the target*



4. Water Break (3 minutes)

5. Station 2: Fielding (10 minutes)

- a. Walk around the infield and teach the position names (include Pitcher and Catcher – although they will not “play” those positions, they will be standing there during games)
- b. 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 or a coach/bucket at 1st base
 1. *Cue: “Alligator” (covering the ball with their throwing hand as it enters the glove), and “Glove down” or “Glove in the dirt”*
 2. *Emphasize keeping their eye on the ball until it's in their glove*

6. Water Break (3 minutes)

7. Option 1: Tee and Soft Toss Hitting (15 minutes)

- a. Tee hitting
 - i. Go over good form
 1. Get the player in a good, shoulder-width stance
 2. Square their feet to home plate with slightly bent knees
 3. Elbows bent with the hands just outside the back armpit
 4. Throw hands toward the ball, bringing the bat into the hitting zone
 5. Hips turn as the hands come through
 6. Eyes on the ball throughout
 7. Follow through with the bat
 - ii. Have them hit 4-5 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

8. Option 2: Live Hitting & Baserunning (15 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 throw the ball to a designated coach or a bucket area
- d. Switch teams after everyone has batted once.

9. Water Break, Cool Down & Review (6 minutes)

- a. "Catch the Coach"
 - i. Run the bases while players follow
- b. 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)
- c. Recap key lessons from practice (i.e., throwing form, batting form, rules)
- d. Pick a couple skills to give them praise/encouragement on