

Season Plan for 10 - 11 Year Olds

This season plan builds on the previous one as players practice the fundamental tactics and skills and add a few new strategies, including defending in rundowns, defending home on balls hit to the infield, and executing the hit and run.

Practice	Purpose	Tactics and Skills
1	To learn throwing, catching, and fielding ground balls	Throwing; fielding ground balls; throwing to the appropriate base
2	To develop hitting techniques	Hitting off the batting tee; running to first base; fielding and throwing
3	To learn pitching mechanics	Pitching to each other; pitching to a batter; hitting and base running
4	To defend second base on force plays	Fielding grounders and throwing to second base; covering second base; running from first to second base
5	To defend second base and first base on double plays	Making double plays; trying to break up double plays
6	To learn bunting techniques and baserunning skills	Bunting; fielding bunts; base running; throwing to the right base; covering bases
7	To defend third base in tag and force play situations	Covering third base in force situations; catching fly balls in the outfield; tagging up and running from second to third base
8	To improve batting techniques and speed of swing	Hitting off the tee to the follow-through side of the infield; base running; hitting against the coaches pitching
9	To learn cut-off strategies and defend against balls hit to the outfield with a runner on first base	Fielding balls; backing up the outfielders; throwing to the cut-off player; covering bases; base running
10	To defend against balls hit to the outfield with a runner on third base	Fielding fly balls in the outfield; tagging up on third base; throwing to the cut-off person; improve throwing speed and release
11	To work on base running techniques and defending in the rundown situation	Covering second and third base; running from second to third base; rundown practise
12	To defend home plate on balls hit to the infield	Covering home plate; fielding ground balls and throwing to home plate; running from third to home plate
13	To work on the hit-and-run	Hitting balls off the tee on the ground; attempting to run from first to third; fielding and throwing to the proper base
14	To improve the mechanics of pitching	Throwing to each other; throwing to the catcher; throwing to the batter (working on control, velocity, and changing speeds on the pitch