

Blastball Coaching Plan

Game #1

6:30-6:35 Meeting in right field - Safety Rules
1) Keep your eyes on the ball
2) Don't touch the bat unless
you are batting
3) Must have batting helmet
on when not in the field
4) Where pants (no shorts)

**Subjects for today's practise -
Throwing and Batting**

6:35-6:40 Warm-Up Coach #1
1) High - 5 laps
2) Arm circles
3) Shoulder extensions
4) Lunges

6:35-6:40 Parent Meeting Coach #2
1) Please arrive 5 minutes
early
2) Please call or email if your
child won't be there
3) Kids must be wearing

uniform w/pants and have their helmets

4) Bring water, even if it's not that hot

5) Encourage them to help out on the bench and with drills

6:40-6:48 Drill #1 Throwing (in partners)

1) Four seam grip

2) Throw from kneeling position w/elbow in mitt to isolate movement

3) Throw from standing position

6:48-6:56 Drill #2 Batting

1) Make sure bat is not too heavy (must be able to hold straight out 4 or 5 secs)

2) How to hold the bat ie hands together, knuckles lined up

3) Show where to stand in relation to the tee

4) Show how to swing and follow through (use plastic bats)

6:56-7:00 Explain how to play Blastball

1) In the field: Everyone is fanned out, no positions

2) Stay in your zone (draw circle on ground)

3) When have control of the ball - yell "Blast" and throw it in

bats

4) When batting: Everyone

5) MUST wear helmet

**6) When you hit the ball - RUN
to 1st and make it honk**

7:00-7:30 Game!

Game #2

6:30-6:35 Meeting in right field - Review of last game

1) What do you do when you hit the ball? (answer - RUN!!!!)

2) What did we learn about batting (many answers)

6:35-6:40 Warm-Up (same as last day)

6:40-6:45 Catching Techniques

1) What part of the glove catches the ball?

2) How many hands ya got? How many hands do you use to catch the ball?

3) Ready Position

4) Above the waist - thumbs together

Below the waist - pinkies together

6:45-6:52 Drill #1 Fly Balls

1) Practice getting under the ball using beach balls

2) Must try and hit the ball w/logo on the hat

6:52-6:59 Drill #2 Grounders

**1) Practice using both hands -
crocodile "chomp"**

6:59-7:00 Game Prep

**1) Where do your helmets go
while you're in the field? (under or behind the
bench)**

**2) Where do your gloves go
when you're batting? (under or behind the bench)**

**3) What do you yell when you get
control of the ball? ("BLAST")**

**4) What are you doing while
waiting for your turn to bat? (cheering on your
teammates)**

7:00-7:30 Game!

Game #3

6:30-6:35 Meeting in left field - Review from last week

1) Show me "ready" stance - show me "not ready"

2) Ball above the waist? Below?

6:35-6:40 Warm-Up

1) Over Running 1st

2) Normal stretches

6:40-6:50 Drill #1 Running to 1st

1) swing, drop, run

2) run through 1st, but make sure you step on it (hear the "honk")

6:50-6:59 Drill #2 Fly Balls

1) Catch the tennis fly ball with thumbs together

2) Anyone who catches a fly-ball during the game gets a freezie! (aka Freezie Fly Ball challenge)

6:59-7:00 Game Prep

1) Same reminders from last

time

7:00-7:30 Game!

Game #4

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|------------------|--|
| 6:30-6:35 | Meeting in left field - Review <ul style="list-style-type: none">1) ready positions2) catching positions |
| 6:35-6:40 | Warm-Up <ul style="list-style-type: none">1) Swing, Drop, Run2) Stretches |
| 6:40-6:50 | Drill #1 Throwing <ul style="list-style-type: none">1) 4 seam grip2) Hands together at chest3) "catching" hip toward target4) "catching" hand pointing at target5) as hand moves down - step forward6) release ball slightly above and in front of head7) follow through |
| 6:50-7:00 | Drill #2 Throwing at targets <ul style="list-style-type: none">1) Throw at hula hoops on back stop |

2) Have points for certain

hoops

7:00-7:30

Game!

Game #5

6:30-6:35 Meeting in right field - Review
1) when throwing - arms look like a "T"
2) arm draws a "C" when throwing
3) Remind them of the "Freezie Flyball Challenge"

6:35-6:40 Warm Up and Stretch
1) Same as last time

6:40-6:50 Drill #1 Hitting
1) Hit a large ball (beach ball) off the tee into the backstop
2) Focus on their stance and distance from the tee
3) Keep their eye on the ball
4) Follow through
5) If time, change to a smaller ball

6:50-7:00 Drill #2 Batting stance
1) Hand Grip
2) Arms Up/Bat off the

shoulder

slightly bent

through

3) Legs open and knees

4) Full swing with follow

7:00-7:30

Game!

Game #6

6:30-6:35

Meeting in right field - Review

1) how to hold a bat

2) Swing Drop Run

6:35-6:40

Warm Up

1) Run through 1st base

2) Shuffle back

6:40-6:50

Drill #1 - Grounders

1) Place markers as goals

**2) Try to score on goalie as
he shuffles back and forth**

6:50-7:00

Drill #2 - Batting

1) Bat into targets (hula

hoops on back stop)

7:00-7:30 Game!

Game #7

6:30-6:35	Meeting in the Field - Review
	1) Remind them of the "Freezie Flyball Challenge"
	2) Remind them to shuffle for grounders

6:35-6:45 Warm Ups and Stretches

- 1) Teach them "Swing Drop Run" and add how to run to 1st**
- 2) Drop the bat, take 2 or 3 pick steps, then pick up speed, look at 1st and run through**
- 3) Stretch**

6:45-6:52 Drill #1 - Throwing

1) Review "T" stance and

"C" movement

2) Throw at plastic pop

bottles and jugs on a ladder

6:52-7:00

Drill #2 - Hitting

1) Keep their eyes on the ball

2) Introduce a moving ball suspended from a stick (like a tether ball kind of thing)

3) Develops their hand-eye coordination, but may have to go back to tee for some

7:00-7:30

Game!

Game #8

6:30-6:35

Meeting in the Field - Review

1) Go over anything that needs work ie yelling "blast" louder or not throwing the bat etc

6:35-6:40

Warm Up and Stretches

1) Introduce all 3 bases
2) Get them to run all the way around calling out the name of the base as they step on it

3) Stretches

6:40-6:50

Drill #1 - Throwing

- 1) Review technique
- 2) Throw at an upside down ice cream bucket on a tee
- 3) Get a prize for hitting it

**6:50-7:00
Player**

Drill #2 - Backing Up Another

- the field - 2 rows
deep/shallow
are back-ups
kid to back up
shallow kids half way through**
- 1) No more fanning out in
 - 2) Alternate players
 - 3) The kids that are deep
 - 4) Assign them a specific
 - 5) Change deep and

7:00-7:30

Game!

Other points to add in as time goes on to better prepare for Coach Pitch (not necessarily during the game):

- Throwing to 1st instead of just throwing back in (you will need an adult helper on first to catch what is missed)

- Calling the ball
- Forehand and backhand catching
- Adding in other bases as time goes on
- Teach them how they get an out
- Teach them the actual positions, then put them there
- Add in Pitcher Guard position
- Pitch to them

Other drills:

- water balloon toss (encourages the use of 2 hands to catch and encourages cushioning the ball - plus they get wet!)
- hitting something soft and sturdy like an old mattress (encourages them to swing HARD!)
- Squish a bug (teaching to pivot back foot when batting)

Other sources for drills:

www.coachtips.com/tips
www.balltips.homestead.com
www.t-ballcoaching.com/drills
www.baseball.ca
www.baseballontario.com

