



# SOMBA

**SOUTH OKANAGAN MINOR BASEBALL ASSOCIATION**

Providing a Positive Baseball Experience for the Youth of the South Okanagan

## 9U Practice Plan #4

Created March 2024

<b>PRIOR</b>	Field Check, Attendance, Health Check.      Goal: use proper techniques and skill build		
<b>10 MIN</b>	Dynamic stretching warm-up Light Team jog Team stretch: Elbow, wrist, Arm circles, shoulder stretch Between cones: slow movements, low intensity <ol style="list-style-type: none"> <li>1. Lunge twist</li> <li>2. Reverse lunge foot touch</li> <li>3. RDL – step toe-touch and back leg comes up to balance -flat back</li> <li>4. Side to side slide stretch -groin</li> <li>5. Monster steps</li> <li>6. Reverse Monster steps</li> </ol> Between Cones Fast movements, high intensity <ol style="list-style-type: none"> <li>7. High knees</li> <li>8. Butt kickers</li> <li>9. Side shuffles</li> <li>10. Super Mario's</li> <li>11. Stationary squat jumps 4 and then sprint run</li> <li>12. Backpedal back</li> </ol>		
<b>15 MIN</b>	Water Break.      Throwing with a partner.      Key Skills: catching and throwing.		
<b>45 MIN</b>	<b>Activity station:</b>	<b>Key skills:</b>	<b>Key points: safety</b>
<b>Infielders (6) coach 1</b>	Infield positioning 2 groups- 20min each	Learn to work as a team and make plays	Communicate and cover to prevent injury
<b>Outfielders (remaining) coach 2</b>	Outfield positioning cutoffs	Learn to work as a team and make plays	Communicate and cover to prevent injury
<b>Hitting (2) coach 3</b>	Hitting practice	Improve individual hitting abilities and skills	Read pitches to prevent injuries
	**Hitting coach to rotate players from Outfield station		
<b>5 MIN</b>	<b>Water break</b>		<b>Key Skills:</b>
<b>10 MIN</b>	<b>Dragon-race:</b> <ol style="list-style-type: none"> <li>1. Have players start at home plate and run the bases. Send each one when they are one base length apart. Encourage a slide at home plate once you have taught them how to slide.</li> <li>2. A variation, half the kids on home plate and half at 2nd base. Then each team does a rally race passing a baseball between teammates. Each team sits down, out of the way once they have had their turn to run around the bases. First team done wins.</li> </ol>		Base running and speed
<b>5 MIN</b>	Static stretching- post practice and Closing Discussion -neck -shoulders -arms -side -legs -groin -ankles		Injury Prevention