

Livingston



Coach

Manual

2024

What are you a part of?

THE GIANTS COMMUNITY FUND HAS DONATED MORE THAN **\$44 MILLION** TO COMMUNITY EFFORTS

2023 IMPACT



35,368
YOUTH SERVED



\$4.3 MILLION
INVESTED IN THE
COMMUNITY



\$120,000
AWARDED IN
SCHOLARSHIPS



166+
PROGRAM PARTNERS
SUPPORTED



\$290,000
INVESTED IN FIELD
RENOVATIONS



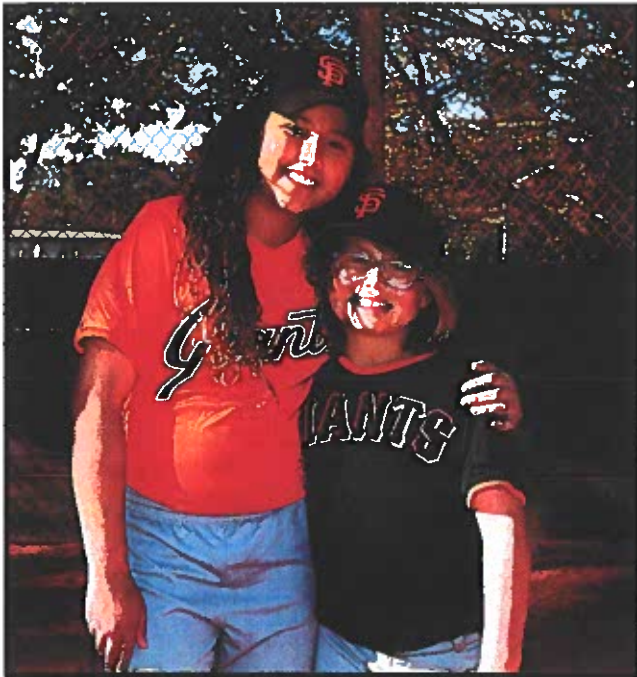
\$1,250,836
INVESTED IN EQUIPMENT
AND UNIFORMS

You are helping change lives
through the Jr. Giants!

THANK YOU!



Bank of America 



Livingston

2023 Junior Giants League Assessment

89%

percent of coaches who indicated they'd coach again
(Overall program: 91%)

146

parent/guardian surveys

27

coach/team parent surveys

56

player interviews

LEAGUE SURVEY REPORT LINKS:

Parent/Guardian

https://reporting.alchemer.com/r/290315_64ff43cf19c900_73764407

Coach/Team Parent

https://reporting.alchemer.com/r/290315_61ed2927d91040_87494260

Player

https://reporting.alchemer.com/r/290315_61ff43d5364db5_79093890

Represents percent satisfied:

Coach/Team Parent	League	Overall Program
League Communication	85%	85%
League Organization & Leadership	81%	84%
Overall Program	96%	92%

Represents percent satisfied:

Parent/Guardian	League	Overall Program
League Communication	85%	85%
League Organization & Leadership	90%	83%
Coaches	93%	86%
Overall Enjoyment	97%	91%

LEAGUE PERFORMANCE BREAKDOWN: EXEMPLARY

Parent & coach satisfaction scores, parent & coach league management variables mostly higher or significantly higher than the overall program averages.

Coach Expectations:

- #1 Hold 1—1 hour practice per week for 8 weeks
- #2 Attend 1—1 hour game per week for 8 weeks
- #3 conduct practices and games according to the Junior Giants Game Plans
- #4 Have good communication with your team
- #5 complete the Coaches background (Yardstick prior to meeting with the kids.)
- #6 complete the online coach training on the Junior Giants App.
- #7 Junior giants is a fundamental non-competitive camp based league. Understand this and implement this philosophy.
- #8 pick up, take care and return loaner equipment.

League Expectations

- #1 provide all items necessary to hold practices and games.
- #2 assist in the use of the Junior Giants App
- #3 support in understanding the WOW Packs and how to use them
- #4 provide fields and bases for games.
- #5 provide onsite support.



2024 Important Dates



This Week: Team Meetings and Uniform and schedule distribution at the sports complex.

Thursday 6/13

5:30pm TBALL

6:30PM GIRLS SOFTBALL

FRIDAY 6/14

5:30pm MINOR AND MAJOR BASEBALL

.Please find a tree to sit under NOT THE PICNIC SHELTER IT WILL BE USED TO DISTRIBUTE UNIFORMS AND SUPPLIES. You can also pick up your equipment at this time.

Saturday June 15th will be the 1 and only Saturday to have an activity. First day to practice. (OPTIONAL) you will use the week 1 wow pack/lesson plan

Tball - 9am to 10am—Copmplex upper soccer field pic a backstop

Softball Minors - 9am—10am teams 1,2,3 Complex / Lil Guys 9am—10am

Softball Majors—10am-11am teams 1,2,3 Complex / Lil Guys 10am—11am

Baseball Minor —11am—Noon teams 1,2,3 Complex / Lil Guys 11am—Noon

Baseball Majors—noon—1pm teams 1,2,3 Complex / Lil Guys Noon—1pm

July 1-12 Practices will be held at the LHS Softball complex Due to the 4th of July festivities set up through Clean up.

Monday and Wednesday Practices will be held for Teams 1-3 all divisions at LHS at the same time you normally have practice. Team #4 will practice at Lil Guys.

Your Game amnd Practice Schedule will reflect the changes.

YOUR AMBASSADORS;

ADRIANA DOMINGUEZ TBALL AND SOFTBALL—209-449-8629

LUCY KOEHN MINOR AND MAJOR BASEBALL—209-216-8017

Please call your ambassador first they are well versed on the apps. If you can not reach them call the office at 209-394-8830.

Heat Plan

To keep Junior Giants engaged and committed throughout the season, avoid cancelling practice entirely as the temperatures rise; instead, plan an alternate activity that does not require an outdoor setting. Practice is not only important for learning baseball, but also for the Word of the Week discussions and building team camaraderie.

Instead of cancelling practice, try these activities instead:

- Go to the library and read with your team
- Work on the Strike Out Bullying contest together.
- Go to a pool together. The LHS pool is available to you and your players at no charge for free for 1 hour on days we cancel practices due to triple digits. You must go as a team. the coach will check everyone in. The early practices go from 6:30PM to 7:30PM and the late practices go from 7:30PM TO 8:30PM. **Your roster is on file with the pool staff so WHEN YOU CHECK IN GIVE YOUR TEAM'S NAME AND WHO IS THERE.** This does not include parents or siblings. If they are not on your roster, they have to pay an entry fee of \$2 for kids and \$3 for adults.
- Hold practice indoors or in the shade.

If you do have practice outside in the heat (in safe temperatures):

- Consider shortening the length of practice and move activities into the shade if possible
- Make sure players take breaks and drink plenty of water
- Spend practice doing less strenuous physical activities
- Incorporate water balloons or sponge balls filled with water; have plenty of drinking water on hand

Communicating the Heat Plan:

- This league will cancel practice and/or games If the temperature is at triple digits the ambassadors will inform you by 3pm on the day in question. There is also a field closure hotline at 209-394-1900 that is updated by 3pm on days in question.
- Make sure to let your team know if your practice or game is cancelled at least 1 hour prior to practice that day.
- If you plan an alternate activity, please make sure to notify your team of this change when communicating that practice is cancelled.
- Please also review the signs and symptoms of heat related illness here.



HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Get medical help right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

Get medical help right away if:

- Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems

SUNBURN

- Painful, red, and warm skin
- Blisters on the skin

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash



Dear Coaches,

In an effort to get the greatest success for our players our practices will run corporately. In other words you will show up with your team and a plan that all teams at once in your age division will complete at the same time. We believe this will be easier on the coaches and will insure all players are taught fundamentals in the same manner.

What will it look like:

You will be assigned a field. This field will remain yours all season. This will make it easy on you and easy on your team. All of the practice plans have already been given to you for your league and age group.

Start ONTIME. Please emphasize this to your parents. Because we will operate as a large group if every player is to get their turn then we must start on-time.

1 hour practices:

1. Welcome and Attendance and practice overview - 10 minutes
2. Stretches and warm ups same every week - 7 minutes
3. Throwing Practice & Catching Practice - 10 minutes
4. Infield Practice/Outfield practice - 10 minutes
5. Batting Practice - 10 minutes
6. Cool down and Wow Talk - 15 minutes

A horn will go off when it is time to start the next activity.

For those of you that like to be creative we will allow you to use a game or personal preference for how to run for instance a throwing practice during the specified time if you have something that has given you success with the players in the past.

Livingston Junior Giants Commission

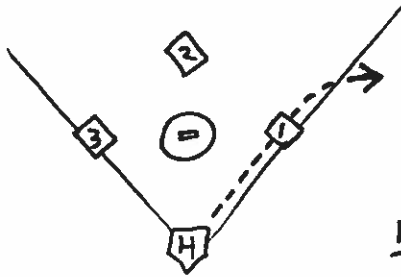


Base running

- ① HIT THE BALL
- ② DROP THE BAT
- ③ RUN FAST!



BASE RUNNING IS A RACE...
YOU HAVE TO BEAT THE BALL TO THE BASE

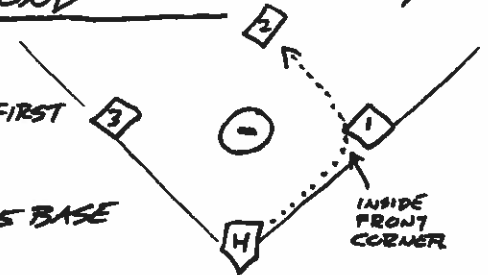


RUNNING FROM HOME TO FIRST BASE

- RUN HARD ALL THE WAY THROUGH THE BASE
- CURL TO THE RIGHT (AWAY FROM THE FIELD) AFTER FIRST
- FIRST IS THE ONLY BASE YOU CAN SAFELY RUN PAST (OTHER THAN HOME!)

RUNNING FROM HOME TO SECOND

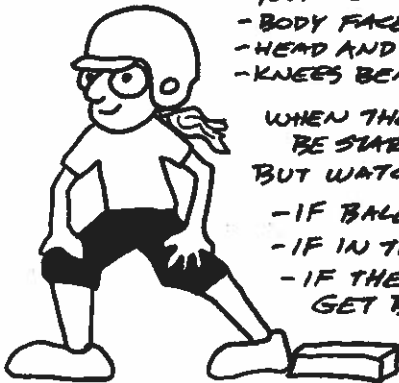
- IF YOU HIT THE BALL FAR, YOU DON'T HAVE TO STOP AT FIRST, RUN TO SECOND AFTER TOUCHING FIRST
- HIT THE BALL, DROP BAT, RUN HARD
- WHEN YOU GET TO FIRST, TOUCH THE INSIDE FRONT CORNER OF THE BASE AND RUN HARD TO SECOND
- WHEN YOU GET TO SECOND, MAKE SURE YOU KEEP A FOOT ON THE BASE SO THE OTHER TEAM DOESN'T TAG YOU OUT



WHEN YOU ARE ON BASE

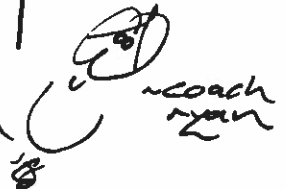
- LET'S SAY YOU GOT A HIT AND YOU ARE ON FIRST BASE (WOOHOO! WAY TO GO!)
- NOW YOU NEED TO BE READY TO RUN WHEN THE NEXT BATTER HITS

- YOUR LEFT FOOT IS TOUCHING THE EDGE OF THE BASE
- BODY FACES THE NEXT BASE
- HEAD AND EYES POINTED AT THE BATTER
- KNEES BENT, LEANING FORWARD ON YOUR FEET



- WHEN THE BATTER SWINGS, BE STARTING TO RUN, BUT WATCH TO SEE WHERE THE BALL IS GOING
- IF BALL IS HIT ON THE GROUND, RUN!
 - IF IN THE AIR, SEE IF IT'S CAUGHT...
 - IF THEY DO CATCH IT IN THE AIR, GET BACK ON THE BASE

WHEN YOU ARE SCORING, RUN FULL SPEED ALL THE WAY UNTIL AFTER YOU TOUCH HOME!



Batting Stance

point the bat toward the sky... this will make it feel lighter!

hold your hands near your back shoulder

"choke up on the bat" means leave a little space under your hands at the end of the bat... this will help you control the bat

your feet should be at least shoulder distance apart



your head is nice and level with both eyes looking at the pitcher

front elbow is near center of your chest

bend your waist just a little

bend your knees to make your body bouncy

point your toes toward home plate

before you hit... reach the bat down and touch the near edge of homeplate... this is about how far away you should be

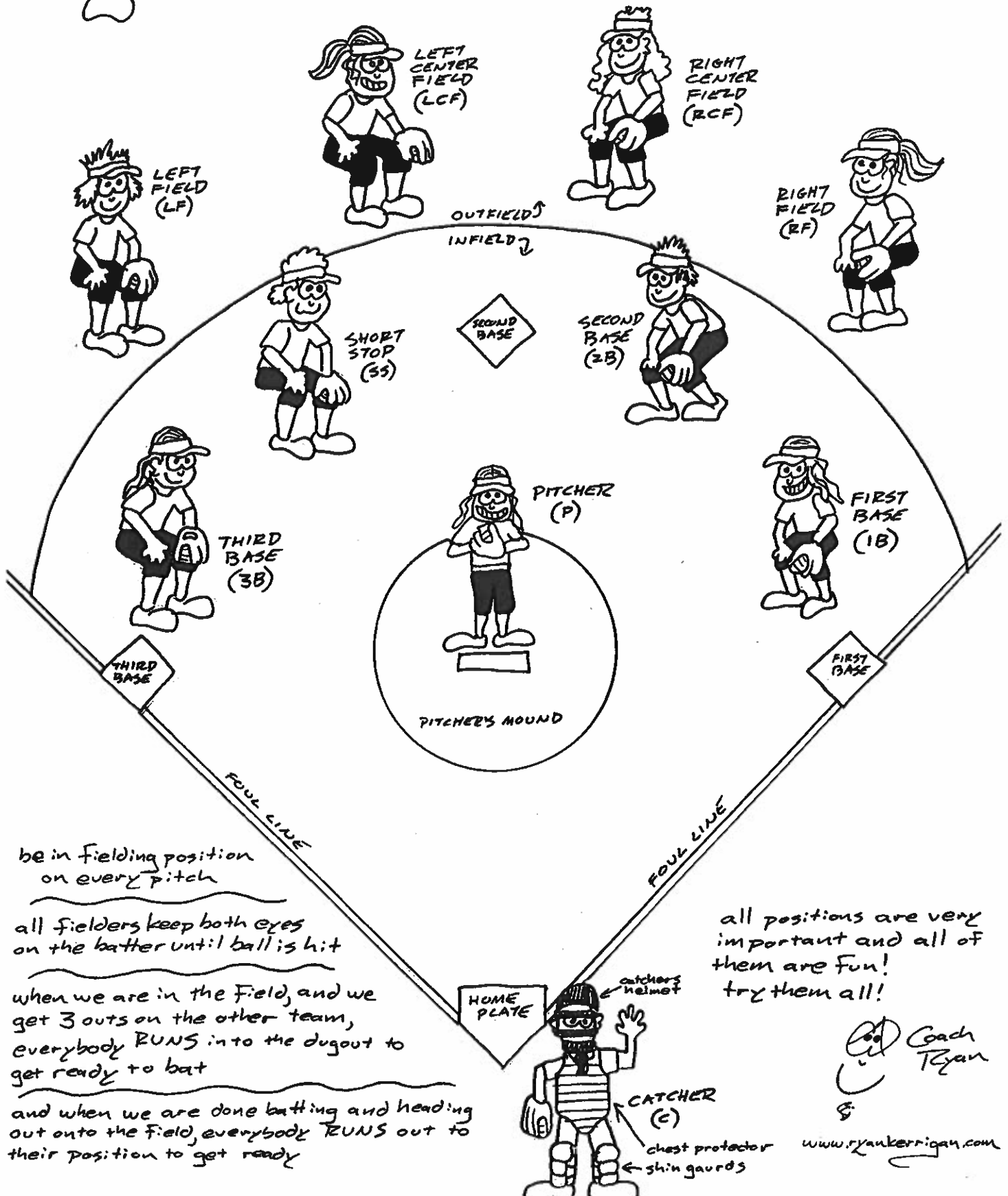
- ~ when the pitch comes, step toward it with your front foot
- ~ keeping both hands on the bat, swing hard all the way until bat is behind you
- ~ drop the bat and run!

it may seem like a lot to remember, but eventually you'll do all this stuff without even thinking about it, and then you will be a great hitter!


Coach
Ryan

www.ryanekerrigan.com

positions



be in fielding position on every pitch

all fielders keep both eyes on the batter until ball is hit

when we are in the field, and we get 3 outs on the other team, everybody RUNS into the dugout to get ready to bat

and when we are done batting and heading out onto the field, everybody RUNS out to their position to get ready

all positions are very important and all of them are fun! try them all!

Coach Ryan

www.ryanekerrigan.com

throwing and catching



THROWING THE BALL...

- ① ROTATE - when you have the ball, turn your body sideways
- ② SCARECROW - arms out glove hand points at target
- ③ FEED THE GIANT - back elbow above shoulder
- ④ APPLE ON THE GROUND -
 - step front foot toward target
 - glove hand comes in to the heart as upper body twists toward target
 - throwing arm comes around close to directly over the top
 - follow through, as if you were going to put the apple (the ball) on the ground out in front of you



CATCHING THE BALL...

- ① USE YOUR GLOVE -
 - your glove stops the ball
 - your other hand reaches in to complete the catch
- ② PALM DRILL -
 - palms always face forward to make a catch
 - if the ball is above your waist, your hands are out in front of you with your thumbs close together
 - if the ball is below your waist, rotate your hands so that your pinkies are together
- ③ TAKE A PICTURE!
 - take a picture in your mind of the ball at the moment it hits your glove

WHAT MAKES A THROW A GOOD THROW? A GOOD THROW IS A THROW THAT THE OTHER PERSON CAN CATCH!



play catch every day and you will get better and better really fast!

playing catch is one of the most fun things you can do, and one of the most important skills to have to become a great ballplayer

Coach
RYAN



Heat Plan

To keep Junior Giants engaged and committed throughout the season, avoid cancelling practice entirely as the temperatures rise; instead, plan an alternate activity that does not require an outdoor setting. Practice is not only important for learning baseball, but also for the Word of the Week discussions and building team camaraderie.

Instead of cancelling practice, try these activities instead:

- Go to the library and read with your team
- Work on the Strike Out Bullying contest together or Go to a pool together
We will have several slip and slides in the snack bar for your use should you choose to have water activities.
- Hold practice indoors or in the shade under trees or in the picnic shelter

If you do have practice outside in the heat (in safe temperatures):

- Consider shortening the length of practice and move activities into the shade if possible
- Make sure players take breaks and drink plenty of water
- Spend practice doing less strenuous physical activities
- Incorporate water balloons or sponge balls filled with water; have plenty of drinking water on hand

Communicating the Heat Plan:

- This league will cancel practice and/or games if the temperature is at 100 degrees or higher or inform you, the coach, if you should cancel by 3pm that day.
- Make sure to let your team know if your practice or game is cancelled by 5pm that day.
- If you plan an alternate activity, please make sure to notify your team of this change when communicating that practice is cancelled.
- Please also review the signs and symptoms of heat related illness here.

Field closure hotline updated by 3pm on days in question 209-394-1900.



Division Rules

Each team is asked to adhere to the following rules during games in order to provide consistency among all the teams. If you have specific questions about these rules, please contact [Livingston Recreation@ 209-394-830](mailto:LivingstonRecreation@209-394-830)

DIVISION RULES - ALL DIVISIONS:

- All players will bat in **one continuous batting order** meaning every player gets a turn at bat, including those not playing on the field during the inning. However, teams will not be allowed to bat through the batting order more than once in any given inning.
- Any batted ball that hits the pitching machine, battery, umpire, coach, or player will be ruled a **dead-ball single**. Only one base will be allowed on any injury play.
- All batters and runners will **wear a batting helmet at all times**. The on-deck batter, fielding pitcher, and base coach under 18-years old must also wear a helmet.

DIVISION RULES - T-BALL:

- Each player will get 3 swings. After those swings are taken, the player will go to 1st base and run the bases regardless of whether they hit the ball or not
 - The inning will end once All players have gone up to bat
- In T-ball everyone uses the tee.
- We play until the end of the 6th inning or 60 minutes, whichever comes first.

DIVISION RULES – MINORS COACH PITCH:

- Each player will get 3 strikes or 5 (3 KIDS PITCHER AND 2 COACH)total pitches, whichever comes first. From there:
 - If they are out, they will go back to the dugout
 - They will stay on 1st base and run the bases regardless of whether they are out
- The inning will end once :
 - There are 3 outs OR Once the entire lineup has gone up to bat
- In Minors we pitch by:
 - Player & Coach pitch



We play until the end of the 6 inning or 60 minutes, whichever comes first.

DIVISION RULES - MAJORS:

- Each player will get 3 strikes or 5 pitches (3 kid pitches and 2 coach pitches) whichever comes first. From there:
 - If they are out, they will go back to the dugout / They will stay on 1st base and run the bases regardless of whether they are out. The out still counts.
- The inning will end once:
 - There are 3 outs OR Once the entire lineup has gone up to bat
- In Majors we pitch by:
 - Player & Coach pitch
- We play until the end of the 6 inning or 60 minutes, whichever comes first.

COACHES CLINIC GUIDE



Presented by:

BANK OF AMERICA 

HOW TO HOST A PRESEASON JUNIOR GIANTS COACHES BASEBALL/SOFTBALL CLINIC

Overview and Purpose

This guide is intended for Commissioners to use when organizing the Coaches Clinic for the league. The Coaches Clinic is a 90-minute clinic where new coaches are shown some basic drills and tips to help them run their practices the best way. It gives coaches a run-through of what they should be doing during practices.

Note: if coaches bring their kid(s) with them for the clinic, feel free to include them in the demonstrations and station rotation.

What:

- Coaches and team parents learn basic baseball/softball drills to implement at practice in an easy-going setting.

Who:

- All coaches in your league!
- Recommendation: Partner with a local high school or college baseball/softball team to help run your coaches clinic.

When:

- Organize a date and time, either a weekday evening or weekend day. The Coaches Clinic should be scheduled before practices and games start.
- At a time and place (on the field) that you set during the preseason and after the Volunteer Meeting.
- Commissioner(s) may combine the Volunteer Meeting and Coaches Clinic on the same day or have them on different dates. The most successful Coaches Clinics are in-person at your local field.

How:

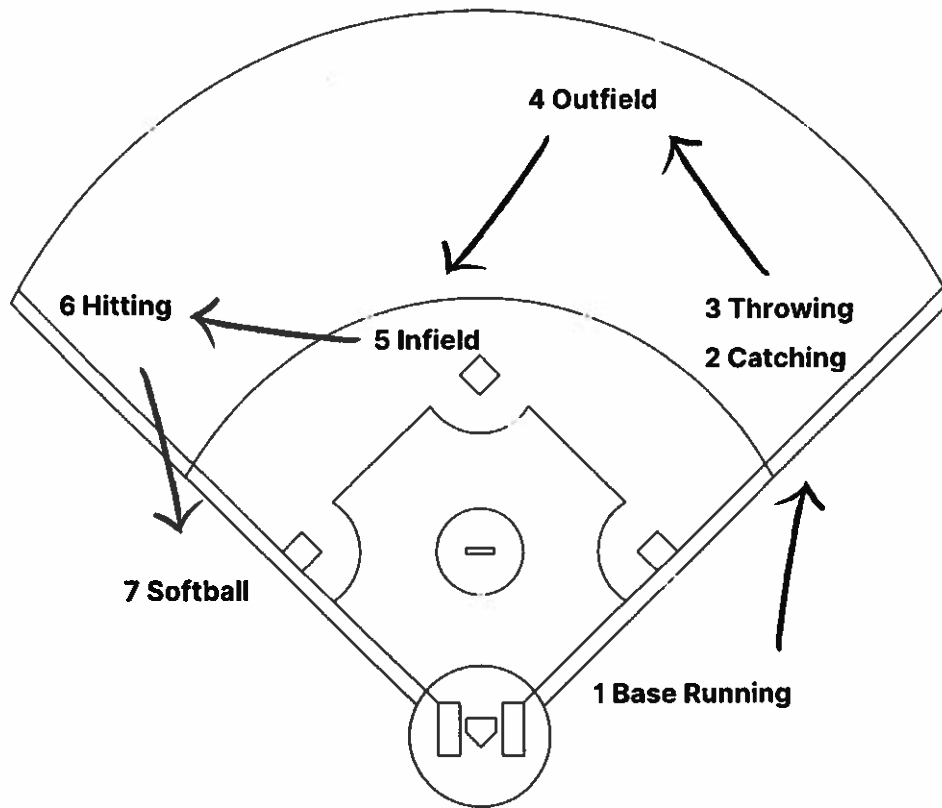
- Split up coaches in groups and have veteran and experienced coaches lead new coaches through different stations focusing on fundamental baseball/softball skills (batting, infield, outfield, base running, throwing, catching, etc.).
- Utilize the below Clinic Outline (page 2 in this document) as a template for stations and timing.
- Set up stations with an even number of coaches per station and have coaches rotate stations every 15 minutes.
- Utilize the below-recommended drills to implement at each station.

THINGS TO REMIND ALL COACHES BEFORE GETTING STARTED

1. **STRETCH FIRST!** Warm up before any long-distance throws, at-bats, or fielding drills.
2. **Hydrate! Hydrate! Hydrate!** Have water available at the fields if possible. Encourage coaches to drink water before the clinic and bring their own water to the clinic.
3. **Keep your eyes on the balls at all times!** Whether throwing, catching, fielding or hitting.
4. **Safety First** – Always have a helmet on if you're batting or near people who are batting.
5. **HAVE FUN**, this is baseball/softball!

SAMPLE TIMING FOR YOUR CLINIC

Time	Activity	Station
9:00 AM	Veteran coaches/instructors helping run the clinic arrive	
9:15 AM	Walk veteran coaches/instructors through timeline/stations	
9:45 AM	New coaches arrive	
9:50 - 10:00 AM	Welcome/Introductions	
10:00-10:05 AM	Assign coaches to groups	
10:05-11:05 AM	Coaches rotation through stations	
	Station 1 (10 minutes)	Base Running
	Station 2 (10 minutes)	Catching
	Station 3 (10 minutes)	Throwing
	Station 4 (10 minutes)	Infield
	Station 5 (10 minutes)	Outfield
	Station 6 (10 minutes)	Hitting
	** Station 7 (10 minutes) - if you offer Girls Softball divisions in your league	**Softball
11:05 - 11:15 AM	Word of the Week Importance & Closing Remarks/Clinic Ends	



STATION DRILLS & BEST PRACTICES

STATION 1: BASE RUNNING

- **Set up and equipment needed:**
 - Bases and cones
 - Put bases around diamond and cones for rounding the bases (banana curve)
- **Drills for the station**
 - Running through first base (single)
 - Rounding the bases
- **RUNNING THROUGH FIRST BASE:** Have the coaches line up at home plate, sprint towards first base, and show them to run through the base instead of slowing down before getting to it
- **ROUND THE BASES:** Make sure the coaches hit the inside corner of the base (place an X on the corner of the bag and try to hit the X every time).
- **Review and explain a few different base running situations. Here are some examples:**
 - 0-1 out pop fly with runners on base vs. 2 out pop fly with runners on base

STATION 2: CATCHING

- **Set up and equipment needed:**
 - Gloves and balls
 - One partner lines up on the foul line and the other partner stands 15 ft. away
- **Drills for the station**
 - Sideways shuffle and catch (foot movement)
 - High (above the waist) and low targets (below the waist)
- **Go over the fundamentals of catching:** Have coaches put their gloves up for a target and work on small, short-distanced throws to make the coaches comfortable catching the ball before increasing the distance. Once coaches are comfortable with the short-distanced throws, have one of the partners take a few steps back and continue practicing their catching.
- **Sideways shuffle and catch:** Coaches will shuffle their feet sideways when the throw is off target and need to adjust to catch the ball.
- **High and low target throws:** Explain to coaches for catching a ball above the waist, their fingers tips are pointed upward or a high target. When the ball is below the waist, coaches will catch the ball with their fingertips pointed downward or a low target.

STATION 3: THROWING

- **Set up and equipment needed:**
 - Gloves and balls
 - One partner lines up on the foul line (right field) and the other partner stands 15 ft. away.
- **HOW TO GRIP THE BALL**
 - Find the letter "C" on the seams of the baseball/softball.
 - The index finger and middle finger will be on the C seam
 - Thumb will be underneath the ball
 - Flick your wrist so the seams roll off the fingertips.
- **HOW TO THROW**
 - Bring your throwing arm to a 90-degree angle.
 - Make sure your glove hand is pointing at its target.
 - Step with the foot that is opposite your glove hand.
 - Find the release point
 - Release the ball in front of your face/body
 - Follow-through
 - After releasing the ball, be sure your arm follows the ball across your body, ending at your opposite hip.
 - Now let the coaches practice by playing catch to get comfortable with these skills.

STATION 4: OUTFIELD

- **Equipment needed:**
 - Gloves and balls
- **Drills for the station**
 - Footwork drill
 - Communication drill
 - Popup and ground ball drill
- **FOOTWORK DRILL:** Have one coach up first and the rest line up off to the side. The ball will be tossed to the right or left of the coach. Coaches will move backward at an angle, tracking the ball in the air and reading where the ball will land. Make sure to use two hands to catch the ball.
- **COMMUNICATION DRILL:** Have multiple coaches (3) spread out in an area. Throw a ball up and teach them to call for the ball "Mine" or "Got it." The goal is to teach them not to run into each other.
- **POP-UP AND GROUND BALL DRILL:** Divide coaches into groups. Start with low pop-ups and progressively throw the ball higher, teaching coaches to get their noses under the ball to make the catch. Then, mix in ground balls and pop-ups for coaches to work on reacting to the ball.

STATION 5: INFIELD

- **Equipment needed:**
 - Gloves, balls and cones
- **Drills for the station**
 - Alligator hands
 - Forehand/backhand
- **Down and ready position:** Please ensure the coaches get into an athletic position (squat), knees bent, on their toes and ready to move from side to side.
- **Alligator Drill:** Coaches will be in the down and ready fielding position with their glove hand down and throwing hand above, creating an alligator mouth.
 - *This is the best for first-time players because it shows them they need to use two hands when fielding a ground ball.*
- **Forehand and Backhand:**
 - When fielding a ground ball in the **forehand position**, the coaches will be moving to their glove side. Coaches will have their glove with their fingertips pointed down, thumb pointed away from themselves and palm facing the ball.
 - When fielding a ground ball in the **backhand position**, the coaches will be moving to their throwing side. Coaches will turn their glove over with their fingertips pointed down, thumb pointed to themselves and palm facing the ball.
 - *The key to backhands is to make sure your glove is touching the dirt or else the ball will go under your glove.*
- **Tips:**
 - The key to getting better at ground balls is feeling the ball come into the palm of the glove and staying light on your feet.
 - These drills are all about moving and staying light on your feet.

STATION 6: HITTING

- **Set up and equipment needed:**
 - Balls, bats and tees
 - Place 3 tees along the foul line and balls at each tee
- **Drills for the station**
 - Tee
 - Front toss/Coach pitch
- **HITTING MECHANICS**
 - **Batting Stance**
 - Stand sideways in the batter's box with legs shoulder width apart with a slight bend at the knees. Your bat will rest on your back shoulder while your front shoulder is pointed at the pitcher.
 - *Tip: When coaching your players, set up cones where the players should place their feet in the batter's box to teach them the proper placement.*
 - **Bat Grip**
 - Hits Righty: Bottom hand is the left hand with the right hand on top. Line up your "Knocking Knuckles" and hold the bat on the right side of your shoulder.
 - Hits Lefty: Bottom hand is the right hand with the left hand on top. Line up your "Knocking Knuckles" and hold the bat on the left side of your shoulder.
 - **Bat Placement:**
 - When you are ready to hit, lift the bat off your shoulder and line it up close to your ear for the ready position.
 - **Contact**
 - Contact is when the barrel of the bat meets the ball during your swing.
 - **Extension**
 - During your swing, after you make contact with the ball, be sure to extend your arms towards the pitcher as this provides more power.
 - **Follow Through**
 - After you extend your arms towards the pitcher, be sure to finish your swing by following through with your hands, ending on the other shoulder. "Squish the bug" with your back foot to rotate your hips.
- **Tee Drill:** Put a tee on top of home plate. Have the batter get set in their batting stance and get ready to hit the ball off the tee.
- **Front Toss/Coach Pitch/Pitching Machine:** Have coaches throw front toss to each other to practice getting the pitches in the strike zone. Then move to coach pitch or pitching machine and repeat the process.
- **Make sure the coaches all get a chance to make the best contact to boost their confidence in hitting.**
 - *Hitting is the hardest part of the game for most people. Here, we have to boost confidence in smaller groups with a soft toss to make progress. An excellent way to help players boost confidence is to have all the coaches cheer when contact is made and it makes it a game for them to take the pressure off the players.*

STATION 7: SOFTBALL

- **Equipment needed:**
 - Softballs and a bat
- **Topics to discuss:**
 - A softball is a bigger, yellow ball. Typically, 10 and under softball teams play with an 11-inch-sized ball and 11 and up softball teams play with a 12-inch-sized ball.
 - Softball games are played in 7 innings whereas baseball plays 9 innings.
 - **Pitching style:** Softball players pitch underhand and baseball players pitch overhand.
 - **Bunting (Majors and Seniors):**
 - Bunting is an offensive technique where the batter holds the bat in front of the plate and lightly taps the ball into play. Typically, softball teams use this strategy more often than baseball teams. In softball, bunting is used to strategically move baserunners to the next base. Here is a brief explanation on how to bunt:
 - The batter holds the middle of their bat with a thumb and pointer finger and the other hand holds the end of the bat.
 - Keeping the feet placed as if they were swinging the bat. The batter will turn their body towards the pitcher, still holding the bat.
 - Then let the ball come to the bat as they are holding the bat out to the pitcher. The bat can be moved up and down to move with the ball.
- **More Girls Softball Information:**
 - Practice Plans - Game ChangeHER Tip of the Week
 - Junior Giants App - Girls Softball page in the Coaches Corner

WORD OF THE WEEK IMPORTANCE

The Word of the Week (WOW) is a crucial part of our league and it's something that coaches and team parents should always do at practice, whether it's before or after you hit the field. Work of the Week talks are when we go over our values: Health, Education, Strike Out Bullying, Integrity, Teamwork, Leadership and Confidence. Age-specific WOW talk questions will be included in your Practice Plans. The Word of the Week ties in directly with your Season Road Map and baseball cards and each week is different. The Junior Giants program is more than just baseball or softball; we want to teach the players life lessons they will use for the rest of their lives.

CLOSING STATEMENT

The goal of our Junior Giants season is to have fun while playing baseball/softball and simultaneously learning life skills with the Word of the Week talks. We can achieve this by creating a safe, inclusive, and noncompetitive environment for players to have lots of fun and stay active during the summer! So have a great time this year and GO JUNIOR GIANTS!



Whats in a WOW PACK?

WEEK 1: INTRODUCTION

Week 1 Practice Plan

Season Road Map

Junior Giants Baseball Card – Starter Card
w/ Plastic Collectors Sleeve

Giants Water Bottle (separate boxes)

WEEK 2: HEALTH

Week 2 Practice Plan

Junior Giants Baseball Card – Health

WEEK 3: BULLYING PREVENTION

Week 3 Practice Plan

Junior Giants Baseball Card – Bullying Pre-
vention

Strike Out Bullying Contest Entry

WEEK 4: EDUCATION

Week 4 Practice Plan

Junior Giants Baseball Card – Education

WEEK 5: CONFIDENCE

Week 5 Practice Plan

Junior Giants Baseball Card – Confidence

WEEK 6: TEAMWORK

Week 6 Practice Plan

Junior Giants Baseball Card – Teamwork

WEEK 7: LEADERSHIP

Week 7 Practice Plan

Junior Giants Baseball Card – Leadership

WEEK 8: INTEGRITY

Week 8 Practice Plan

Junior Giants Baseball Card – Integrity

Bobblehead

Week 1 Practice Plan



Scan this QR code to view this Practice Plan on your phone, or open the Junior Giants App!



INTRODUCTION TO JUNIOR GIANTS

WELCOME TO YOUR WOW PACK!

Each week, you'll receive a Word of the Week Pack—a weekly guide to everything you need to know for that week's lesson. You will pick up your WOW Pack each week through a central meeting place (like a check-in table) as determined by your league.

WOW Packs include:

- Age-specific Practice Plan (this packet), including a Word of the Week Talk and baseball/softball skills and drills.
- Activity sheets on certain weeks (1 for every player)
- Weekly Junior Giants Baseball Card (1 for every player)

Here's the key to follow this Practice Plan and lead your team:

AT BAT THIS PRACTICE | What's in store for this week's Word of the Week!

SKILLS & DRILLS | Plan your practice with these activities tailored to each age division!

WORD OF THE WEEK TALK | Begin a team discussion by asking players the questions listed.

END OF PRACTICE | Review & reflect on your practice with your team, and do the Junior Giants Cheer!

ON DECK FOR NEXT PRACTICE | A look ahead to what's in store for next practice!



SHARE THESE FACTS WITH YOUR SOFTBALL PLAYERS TO TEACH THEM ABOUT SOME UNIQUE CHARACTERISTICS OF THE GAME OF SOFTBALL!

Did you know...

- Softball games are played in 7 innings, whereas baseball plays 9 innings.
- A softball is a bigger, yellow ball. Typically, 10 and under softball teams play with an 11-inch sized ball and 11 and up softball teams play with a 12-inch sized ball.
- In professional and collegiate softball, players use aluminum alloy and composite bats, whereas professional baseball players use wood bats.
- For more softball facts, scan the QR code and look for the softball section under Coaches Corner!



Scan to view more softball drills and tips!

ASK YOUR TEAM: WHAT MAKES YOU EXCITED TO PLAY SOFTBALL THIS SEASON?

LOOK FOR THE GAME CHANGHER TIP OF THE WEEK IN YOUR PRACTICE PLAN EACH WEEK!



AT BAT THIS PRACTICE:

- Welcome players and teach them about the Junior Giants philosophy and noncompetitive spirit.
- Let them know:
 - We won't be keeping score but we will be having fun!
 - Everyone will get equal playing time and get a chance to play different positions.
 - We'll be learning about a different Word of the Week every week!
- Have all participants and volunteers sit in a circle and introduce themselves by sharing their names and favorite summertime activity.
- Introduce yourself to the players' families and let them know how you will be communicating with them this season (i.e. team chat via the Junior Giants App, text thread, email, etc.).
Tell them to download the Junior Giants App so they can see practice/game schedules, rosters, team chat and more!

WORD OF THE WEEK TALK:

Note to coaches/team parents: Junior Giants values diversity, equity and inclusion. Do your best to make sure every player feels welcome on your team!

- Define the word TEAMMATE: A member of the same team as somebody else.
- Tell your team that this is a space where all players are welcome and are an important part of the team—regardless of how they look, how they play, what they're interested in, where they live, etc.
- Begin a team discussion by asking players the following questions:

T-Ball

- What is a teammate?
- What is something a good teammate would say to others on the field?
- What is something you see Giants baseball players do that you want to learn this summer?

Minors

- What does a good teammate do?
- Who have you seen be a good teammate?
- What are your goals for this season?

Majors & Seniors

- How does being a good teammate affect the entire team?
- When was a specific time that you were a good teammate or someone was a good teammate to you?
- What would you like to accomplish this summer? What do you want to focus on?



END OF PRACTICE:



- **REVIEW**- Ask your team:
 - About the Word of the Week.
 - About any skills they learned.
 - About their favorite parts of practice.
- **INTRODUCE** the following parts of the Junior Giants program to your team:
 - **The Junior Giants App:** Has Word of the Week content, challenges and more!
Tell your parent/guardian to download the app so you don't miss out on anything important!
 - **Giants on the Go on the Junior Giants App:** You can track your Movement Minutes for a chance to earn virtual badges and even Zoom meet-and-greets with Giants players.
Just by practicing, they've already earned their 60 Movement Minutes for the day!
 - **The Junior Giants Cheer:** "Who are we? J-R-G! Go Junior Giants!" Practice the cheer together and chant it together at every practice and game this season.
- **REMINDE**- Remind your team:
 - About upcoming practice and game information.
- **PASS OUT** to each player:
 - **Season Road Map:** This Road Map will help you follow along with the Word of the Week and the Round the Bases Reading Program all season!
Hang it up on your fridge or in your room and check off the boxes as you go.
Bring it back at the end of the season to earn an exclusive Camilo Doval bobblehead!
 - **Junior Giants Baseball Card and Sleeve:** Let your team know that they will receive a card every week for participating with your team! They can use this binder sleeve to store their cards all season and beyond!
 - **Water Bottle:** Tell your players that they should bring a water bottle to every game and practice!
- Take a photo of your team with their water bottles and post it to Facebook, Instagram or X using #jrgiants.
Make sure you check with players' parents before you post a photo of their child.
- **REFLECT**- Ask yourself:
 - What went well today at practice?
 - What could we improve for next time?

On Deck for Next Practice:

Preview **HEALTH** Week by:

Encouraging players to drink plenty of water and eat a healthy snack or meal before next practice.



COACHES GUIDE

TO SUCCESSFUL & EFFECTIVE PRACTICES



Thank you for volunteering your time to coach a Junior Giants team this summer! New to coaching? Great! We created step-by-step Practice Plans for volunteers to utilize each week. Practice Plans are located in every WOW Pack, as well as on the Junior Giants App. Before the season begins, please read through the following guide to learn a few helpful tips on how to host successful and effective team practices.

BEFORE PRACTICE:

PREPARE

- Read through your Practice Plan for the upcoming week.
- Familiarize yourself with the curriculum and create a game plan for how you will bring the drills to life out at the field.
- Coordinate and communicate with your assistant coach(es) and team parent(s) to go over the week's responsibilities.

BE CONSISTENT

- Communicate with players' families and your fellow volunteers throughout the week to remind them about your next practice/game.
- Try to arrive at the field 10 minutes early to greet players as they arrive.

DURING PRACTICE:

BREAK IT DOWN

- Follow the structure below when introducing skills/drills:
 1. Name and explain the skill/drill.
 2. Demonstrate the skill/drill.
 3. Observe for proper execution and technique of skill/drill rather than focusing on the result.

KEEP IT ACTIVE

- Keep players moving and engaged throughout practice time by splitting players into 2-3 smaller groups for each drill (i.e. 3 groups of 5 players and 1 volunteer each rather than one big group of 15 players).

BE PRESENT

- Although practices may be hectic at times, do your best to remain present when out at the field.
- Be attentive to the needs of each player, get to know their strengths and weaknesses, and continue to uphold the noncompetitive spirit of the Junior Giants program.

AFTER PRACTICE:

REFLECT

Ask yourself:

- How did the practice go? What drills were most successful? What drills should the team return to?
- Were the players able to complete the drills? Was it too advanced? Not advanced enough?
- How can I improve next week as a coach?



BANK OF AMERICA

WEEK 1: INTRODUCTION

WELCOME

15 MINUTES

1. Gather and welcome the team.
2. Introduce the team parents and coaches.

STRETCHES & WARM UP

7 MINUTES

1. Have players introduce themselves (name and favorite color).
2. Have players lightly jog for 2-3 minutes to a designated spot and back.
3. As the team returns, have them spread out and prepare for stretches.
4. All together, count to 10 while completing each of the stretches below:
 - Arm Circles: Circle arms 10 times forward then 10 times backwards.
 - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
 - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
5. Finish with 10 jumping jacks.

PROPER GRIP

5 MINUTES

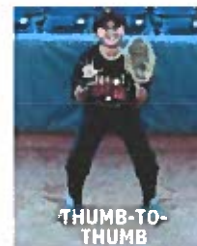
1. Direct players to hold the ball in their "favorite hand."
2. Demonstrate the proper grip on the ball with fingers on top across the laces and thumb underneath.
3. The ball should be held in the fingers if possible and with the same pressure the players hold a tube of toothpaste. They should control the ball, but not squeeze it.
4. Have each player take a ball and practice the grip while still in the circle. Check grips.



THROWING

5 MINUTES

1. Throw to another coach while emphasizing holding the ball correctly in the "favorite hand" turning sideways, pointing to the target, stepping and throwing.
2. Emphasize catching thumb-to-thumb (fingers pointing up) when the ball is above their waist, and pinky-to-pinky (fingers pointing down) for balls thrown below the waist.
3. Break into small groups, one coach/team parent with each.
4. Line up players and take turns throwing the ball to each player.
5. Have player catch the ball and throw it back to the coach. Do this five times each.



CATCHING

5 MINUTES

1. In the same groups as the above drill, switch the focus to catching technique.
2. Once the player shows a two-hand-target the coach will toss the ball.
3. Player catches the ball with two hands and transitions into the proper grip.
4. Repeat until all players have practiced catching the ball five times.



WEEK 1



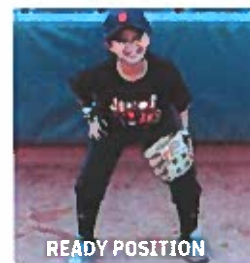
WATER BREAK

3 MINUTES

INFIELD POSITION TOUR GUIDE

5 MINUTES

1. Have players line up at home plate.
2. Coaches introduce themselves as the tour guides and jog with the team to first base.
3. Pause the "tour" and introduce the roles of a first baseman.
4. Demonstrate what the ready position looks like for a first baseman.
5. Ask players to mimic the stance.
6. Complete this same sequence with all infield positions until the team reaches home plate again.



SWINGING THE BAT

10 MINUTES

1. Sit players down and discuss safety rules when holding a bat.
 - Ex. two hands on the bat at all times, never throw the bat.
2. Demonstrate stance: favorite hand on top, bend knees, stand "sideways," eyes on the ball.
3. Line up and have each player practice their bat grip.
4. Have players spread their feet slightly wider than their shoulders in an athletic position, knees slightly bent.
5. Have them carefully take a swing, trying to have the bat stay level to the ground.
6. Split your team into small groups, one coach/team parent with each. Line up.
7. Grab a tee and practice hitting the ball.
8. Rotate through all the players 2 or 3 times.
9. Once you have gone through the line, ask players to put down their bats and pick up the balls.



RUNNING THE BASES

5 MINUTES

1. Line up all players at home plate.
2. Have the first player take a practice swing and then run to first base.
3. Emphasize running through first base rather than stopping right when they reach the base.
4. Rotate through the entire line.

COOL DOWN & WOW TALK

15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 1 (see handout).

WEEK 1: INTRODUCTION

WELCOME

15 MINUTES

1. Gather and welcome the team.
2. Introduce the team parents and coaches.

STRETCHES & WARM UP

7 MINUTES

1. Have players introduce themselves (name and favorite color).
2. Have players lightly jog for 2-3 minutes to a designated spot and back.
3. As the team returns, have them spread out and prepare for stretches.
4. All together, count to 10 while completing each of the stretches below:
 - Arm Circles: Circle arms 10 times forward then 10 times backwards.
 - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
 - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
5. Finish with 15 jumping jacks.

PROPER GRIP

5 MINUTES

1. Gather the team. Demonstrate the proper grip on the ball with fingers on top and the thumb underneath.
2. Form a line 15 feet away from the coach.
3. Have players run up to the ball, pick it up and show the coach the proper grip.
4. Return to the end of the line.
5. Once players return to the back of their line, the next player can go.
6. Perform this drill until all players in their line have gone then ask the groups do a relay race game doing the same as above.



THROWING & CATCHING

10 MINUTES

1. Break into two or three groups to demonstrate and practice the Five Steps of Throwing:
 - Step One: Step
 - Step Two: Shoulder-to-Partner
 - Step Three: Launch
 - Step Four: Delivery
 - Step Five: Finish
2. Line players up in one line facing the coach.
3. Once the player shows a two hand target, the coach will toss the ball.
4. Player catches the ball with two hands and transitions into the proper grip. Then use the Five Steps of Throwing form to throw the ball back to the coach.
5. Repeat until all players have gone five times.



WATER BREAK

3 MINUTES

MINORS PRACTICE PLAN

WEEK 1



HITTING

12 MINUTES

1. Break into small groups, one coach/team parent with each.
2. Demonstrate the three steps of hitting and have players take a few practice swings.

ONE: GRIP

- Place both hands out flat and lay the bat at the base of the fingers. Lightly wrap your fingers around the bat. This grip will align the player's knuckles.

TWO: STANCE

- Have the players get into an athletic position with knees bent slightly and shoulder width apart. There should be more weight on the back foot, with the weight distribution being about 40% on the front foot and 60% on the back foot.

THREE: COVERAGE

- The bat needs to cover the entire plate. Have the player get in their stance. Place the bat at the corner of the plate closest to the catcher. You want to be sure that your stance allows you to have complete plate coverage so you can hit the outside pitch.



BASE RUNNING

10 MINUTES

Drill 1:

1. Form one line of players at home plate.
2. Explain that on a ball hit in the infield, players should run as fast as they can through first base.
3. Do not slow down in front of the base.
4. A player will run through first base, hitting the front of the base with either foot.
5. Once the player runs through the base, the player will quicken their steps to stop while looking to the right to see if the ball was overthrown.
6. Ask each player to complete the drill two times each.

Drill 2:

1. Break the players up into two even groups; one group goes to home plate and the other group to second base.
2. Explain the race rules – players will run around all the bases and finish on the base they started. Once the player touches that base the next player can go.
3. Race ends when all players in their group finish.

COOL DOWN & WOW TALK

15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 1 (see handout).

WEEK 1: INTRODUCTION

WELCOME

15 MINUTES

1. Gather and welcome the team.
2. Introduce the team parents and coaches.

STRETCHES & WARM UP

5 MINUTES

1. Have players introduce themselves (name and favorite color).
2. Have players lightly jog for 2-3 minutes to a designated spot and back.
3. As the team returns, have them spread out and prepare for stretches.
4. All together, count to 10 while completing each of the stretches below:
 - Arm Circles: Circle arms 10 times forward then 10 times backwards.
 - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
 - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
5. Finish with 20 jumping jacks.

CATCHING

10 MINUTES

1. Throw to another coach while emphasizing holding the ball correctly in the “favorite hand,” turning sideways, pointing to the target, stepping and throwing.
2. Emphasize catching thumb-to-thumb (fingers pointing up) when the ball is above their waist, and pinky-to-pinky (fingers pointing down) for balls thrown below the waist.
3. Break into small groups, one coach/team parent with each.
4. Line up players and take turns throwing the ball to each player.
5. Have players catch the ball and throw it back to the coach. One at a time, coach will throw balls above waist, then below waist.
6. Make sure players are catching thumb-to-thumb (fingers pointing up) when the ball is above their waist and pinky-to-pinky (fingers pointing down) for balls thrown below the waist.
7. Perform this drill five times each.



THROWING

7 MINUTES

1. Break into two or three groups to demonstrate and practice the Five Steps of Throwing:
 - Step One: Step
 - Step Two: Shoulder-to-Partner
 - Step Three: Launch
 - Step Four: Delivery
 - Step Five: Finish
2. Line players up in one line facing the coach.
3. Once the player shows a two hand target, the coach will toss the ball.
4. Player catches the ball with two hands and transitions into the proper grip. Then use the Five Steps of Throwing form to throw the ball back to the coach.
5. Repeat until all players have gone five times.



WEEK 1

WATER BREAK

3 MINUTES

FIELDING

10 MINUTES

1. Have players partner up.
2. Form two separate lines, 12 feet apart and facing each other. Give each pair a ball.
3. The receiving player starts in fielding position with the glove on the ground and extended out past the bill of their cap.
4. The player with the ball rolls it underhand directly toward their partner's glove.
5. The receiving player rolls it back the same way.
6. As the drill progresses, players should vary the ball speed.
7. Check each player's position. Look for a balanced athletic stance with weight inside the knees and on the balls of feet. Hands are carried below the belt and aren't touching the knees.

HITTING

10 MINUTES

Conduct dry drills (exercises without a bat; bat shown for reference) covering each fundamental step below:

1. Stance
2. Load and stride
3. Swing rotation at contact point
4. Hitting through the ball



COOL DOWN & WOW TALK

15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 1 (see handout).



Scan this QR code to view this Practice Plan on your phone, or open the Junior Giants App!

WORD OF THE WEEK: HEALTH

AT BAT THIS PRACTICE:

- Review players' and coaches' names.
- Encourage HEALTH by having players think about how athletes take care of their minds and bodies during practice.

WORD OF THE WEEK TALK:

- **Note to coaches/team parents:** Remember that not all players are coming from a place of equal access, understanding and opportunity when it comes to eating recommended foods. Focus more on improvement vs. hitting a specific number of servings or avoiding certain foods altogether.
- Define the word HEALTH: Taking care of your body by eating good foods, drinking water and exercising.
- Begin a conversation about health. Remind your players that water is better for our bodies than sugary drinks (soda, juice and sports drinks). Drinking water hydrates and keeps our cells and organs functioning properly. Athletes like the Giants drink lots of water every day to perform their best on the field. Encourage a soda-free summer for the rest of the season!

Next, ask your players the following questions:

T-Ball

- Name your favorite fruit or vegetable.
- What is exercise? Why is it good for you?
- What is one healthy activity that you can do at home with your family this week?
- How many glasses of water do you think you drink each day? Can you drink more?

Minors

- Name as many fruits and vegetables as you can. Name other healthy snacks and drinks.
- What do athletes do to get ready for their games and practices?
- How can you exercise at school or at home?
- Why is it important to drink water every day?

Majors & Seniors

- Why is it important to eat fruits and vegetables? How can it help your athletic performance?
- What is your favorite healthy snack?
- What are three new physical activities you want to try this summer?
- What is one sugary drink you could replace with water this season?





Encouraging players to do something nice for someone else before the next practice.

Preview **STRIKE OUT BULLYING** **Week by:**

On Deck for Next Practice:

LOOK FOR THE GAME CHANGER TIP OF THE WEEK IN YOUR PRACTICE PLAN EACH WEEK!

ASK YOUR TEAM: WHAT IS ONE SOFTBALL GOAL YOU WANT TO ACHIEVE BY THE END OF THE SEASON?

- Shorter baselines than baseball. Softball players run 60 feet between bases, whereas baseball players run 90 feet.
- Smaller outfield distances. From home plate to the outfield fence, softball fields are usually under 250 feet, whereas baseball fields are usually over 300 feet.
- An all-dirt infield and grass outfield, whereas traditional baseball fields have a grass infield, dirt in the base paths and grass in the outfield.
- A flat pitching circle, whereas baseball usually has a raised pitching mound in the circle.

Did you know traditional softball fields have...

SHARE THESE FACTS WITH YOUR SOFTBALL PLAYERS TO TEACH THEM ABOUT SOME UNIQUE CHARACTERISTICS OF TRADITIONAL SOFTBALL FIELDS!



Scan to view more softball drills and tips!



- **REVIEW**- Ask your team:
 - About the Word of the Week.
 - About any skills they learned.
 - About their favorite parts of practice.
- **REMIN**D-Remind your team:
 - About upcoming practice and game information.
 - To follow along with their Season Road Map, including the Round the Bases Reading Program.
 - To track their Movement Minutes with Giants on the Go on the Junior Giants App.
- **PRACTICE** the Junior Giants Cheer and continue to chant it together at every game and practice this season! ("Who are we? J-R-Gi Go Junior Giants!")
- **PASS OUT** the weekly Junior Giants Baseball Card.
- **REFLECT**- Ask yourself:
 - What went well today at practice?
 - What could we improve for next time?

END OF PRACTICE:



T-BALL PRACTICE PLAN

WEEK 2



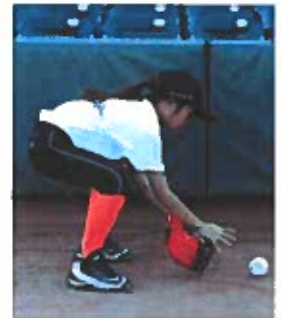
WATER BREAK

3 MINUTES

FIELDING

10 MINUTES

1. Gather the team.
2. Separate into small groups; one coach/team parent with each.
3. Talk about taking turns to field ground balls.
4. Demonstrate using two hands to catch a rolling ball, with their throwing hand open above the glove.
5. Coaches stand across from a line and roll the first player a ball.
6. After they scoop up the ball, players throw it back to the coach. Then give the next player a turn.
7. Repeat until players seem to grasp fielding.



HITTING

10 MINUTES

Swing and Run:

1. After reviewing the basics of swinging (favorite hand on top, bend knees, stand "sideways," eyes on the ball) have players line up at home plate at a safe distance away from the batter.
2. Put one coach in charge of home plate and one coach in charge of base runners.
3. Place a ball on the tee and let the first player swing, hit the ball and run to first base.
4. Players advance one base at a time as the new player hits the ball.
5. Run through drill twice.



COOL DOWN & WOW TALK

15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 2 (see handout).

WEEK 2: HEALTH



INTRODUCTION, STRETCHES, & WARM UP **7 MINUTES**

1. Review names of coaches and team parents, and have players reintroduce themselves (name and their favorite fruit or vegetable).
2. Refer to the WOW Pack discussion guide to give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. All together, count to 10 while completing each of the stretches below:

- Arm Circles: Circle arms 10 times forward, then 10 times backwards.
- Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
- Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
- Toe Touches: Reach for toes without bending knees.
- Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
- 6. Finish with 10 jumping jacks.

GAME: VEGETABLE/FRUIT BASE RUNNING **5 MINUTES**

1. Ask all players to line up on home plate.
2. On "go," the first player in line will take a practice swing (without a bat) and begin their run around the bases as if they hit a home run.
3. As the player touches each base, they must call out the name of a fruit or a vegetable.
4. Once the first player reaches first base, have the next player in line go.
5. Upon return, have the player go to the back of the line.
6. Repeat this until all players have had a chance to go around the bases.

THROWING & CATCHING **10 MINUTES**

1. Throw to another coach while emphasizing holding the ball correctly in the "favorite hand," turning sideways, pointing to the target, stepping and throwing.
2. Emphasize catching thumb-to-thumb (fingers pointing up) when the ball is above their waist, and pinky-to-pinky (fingers pointing down) for balls thrown below the waist.
3. Break into small groups, one coach/team parent with each.
4. Line up players and take turns throwing the ball to each player.
5. Have players catch the ball and throw it back to the coach. One at a time, coach will throw balls above waist, then below waist.
6. Make sure players are catching thumb-to-thumb (fingers pointing up) when the ball is above their waist, and pinky-to-pinky (fingers pointing down) for balls thrown below their waist.
7. Perform this drill five times each.



MINORS PRACTICE PLAN

WEEK 2



WATER BREAK

3 MINUTES

FIELDING

10 MINUTES

1. Players will line up in two or three single-file lines, one coach/team parent per line.
2. The coach will throw the ball to the players below the waist to work on the pinky-to-pinky, fingers pointing down, two-hand technique.
3. Once the player has fielded and thrown the ball back to the coach, they will return to the back of the line.
4. Perform this drill until each player has gone 5 times and then have the coach roll grounders using the pinky-to-pinky technique.



HITTING

10 MINUTES

1. Review last week: One: Grip, Two: Stance, Three: Coverage
2. Split team into 2 or 3 groups.
3. Have players stand 10-13 feet from each other.
4. Players place glove on the ground and use it as home plate.
5. Have each player take a swing on your command and work with them to correct their swing.
6. Coaches throw 5 pitches to each player.



BASE RUNNING

10 MINUTES

1. Start with one player (each with a helmet on) on each base, including home plate.
2. The player at home will be the first up to bat. The rest of the players will be lined up closer to third base.
3. Have players get a proper grip on the bat, get in their stance and check to see their plate coverage. Remind players they cannot throw the bat after swinging.
4. Once the coach says "go," the player will swing the bat like they just hit the ball and will run toward first base. This will set the drill in motion.
5. The player on first base will run to second base. The player at second base will run to third base. The player on third base will run to home plate.
6. Each player will go to the end of the line at the next base. Continue this drill until each player has "hit."

COOL DOWN & WOW TALK

15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 2 (see handout).

WEEK 2: HEALTH

INTRODUCTION, STRETCHES, & WARM UP

7 MINUTES

1. Review names of coaches and team parents, and have players reintroduce themselves (name, one thing they learned last week and their favorite fruit or vegetable).
2. Refer to the WOW Pack discussion guide to give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. All together, count to 10 while completing each of the stretches below:
- Arm Circles: Circle arms 10 times forward, then 10 times backwards.
- Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
- Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
- Toe Touches: Reach for toes without bending knees.
- Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 15 jumping jacks.

GAME: VEGETABLE/FRUIT BASE RUNNING

5 MINUTES

1. Have all players line up on home plate.
2. On "go," the first player in line will take a practice swing (without a bat) and begin their run around the bases as if they hit a home run.
3. As the player touches each base, they must call out the name of a fruit or a vegetable.
4. Once the first player reaches first base, have the next player in line go.
5. Upon return, have the player go to the back of the line.
6. Repeat this until all players have had a chance to go around the bases two times.

THROWING & CATCHING

15 MINUTES

Drill 1: Kneeling Throwing Practice

1. Have players choose a partner and spread out so that they are about 10 feet apart.
2. Each player will take a knee with their glove-hand knee raised and throwing-hand knee on the ground.
3. This position will get the directional shoulder pointed at the two hand target and reinforce the delivery step of throwing.
4. Have players practice catching and throwing, slowly working their way to standing.
5. Perform this drill for 7 minutes.



Drill 2: Receiving Practice

1. Have players find a new partner.
2. The partner will toss the ball and the receiver will catch the ball with two hands and transition into the four-seam grip.
3. Once the thrower shows a two hand target (2HT) the receiver will toss the ball back.
4. Perform this drill for the remaining 8 minutes.



WEEK 2: HEALTH

INTRODUCTION, STRETCHES, & WARM UP

7 MINUTES

1. Review names of coaches and team parents, and have players reintroduce themselves (name, one thing they learned last week and their favorite fruit or vegetable).
2. Refer to the WOW Pack discussion guide to give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. All together, count to 10 while completing each of the stretches below:
 - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
 - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
 - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 20 jumping jacks.

GAME: VEGETABLE/FRUIT BASE RUNNING

5 MINUTES

1. Have all players line up on home plate.
2. On "go," the first player in line will take a practice swing (without a bat) and begin their run around the bases as if they hit a home run.
3. As the player touches each base, they must call out the name of a fruit or a vegetable. Tell players to try to avoid repeating fruits and vegetables that have already been said by a previous player.
4. Once the first player reaches first base, have the next player in line go.
5. Upon return, have the player go to the back of the line.
6. Repeat this drill until all players have had a chance to go around the bases.

THROWING & CATCHING

10 MINUTES

1. Have players partner up, grab a ball and spread out.
2. Have them practice throwing and catching with each other.
3. Emphasize catching thumb-to-thumb and pinky-to-pinky.
4. Check form.



Split team in half. Have one group start at Station 1 and one group at Station 2. After 10 minutes take a water break and switch.

STATION 1: THROWING

10 MINUTES

1. Gather the team. Explain and demonstrate the four steps of throwing: catch, block, break and throw.
2. Place players in 3 straight lines and spread out; coach stands 10 feet in front of players.
3. Players start off facing the coach in the receiving position.
4. Call commands in this order: catch, block, break, throw.
5. As the coach calls out commands, players perform the key positions of throwing.
6. There should be two seconds between each command.
7. Coaches make sure players are transitioning between each position correctly.



WEEK 2



WATER BREAK 3 MINUTES

STATION 2: HITTING 10 MINUTES

1. Line up players near home plate.
2. Pitch to one player at a time.
3. Other players waiting are paying attention and encouraging their teammate.
4. Players should focus on hitting the ball and then running as fast as they can to first base.
5. Then have the next player in line go. Once the player hits, have the player on first run to second.
6. Continue this sequence until all players have had a turn.

FIELDING 10 MINUTES

1. Break into small groups, one coach/team parent with each.
2. Have players spread out.
3. Take turns rolling a ground ball to a player.
4. Player must scoop up the ball and throw it back to the coach.
5. Repeat until all players have fielded five ground balls.



BASE RUNNING 10 MINUTES

Home to First:

1. Line up players at home plate.
2. One at a time, players run through first base as if they have hit a ground ball to the infield.
3. Position a coach near first base to make sure that players are running through first base and are looking to foul territory for the ball after they have reached first base.
4. After all players perform this drill correctly, the coach can randomly throw balls into foul territory after the runners touch first base, simulating an overthrow.
5. Players react and advance to second when they see the loose ball.

COOL DOWN & WOW TALK 15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 2 (see handout).



Scan this QR code to view this Practice Plan on your phone, or open the Junior Giants App!

WORD OF THE WEEK: STRIKE OUT BULLYING



AT BAT THIS PRACTICE:

- Introduce Strike Out Bullying Week by leading your team in the Strike Out Bullying Pledge. Have the players repeat each line after you:

I am a Junior Giant. I Pledge to Strike Out Bullying by...

- Respecting my teammates, coaches, family and friends.
 - Giving up put-downs.
 - Standing up for what is right.
 - Treating others the way I would like to be treated.
 - Praising people and helping others.
 - Showing my friends that a bully-free life is more fun.
-
- Pass out the Strike Out Bullying Contest entry form and encourage players to submit an entry at your next practice or game. This can be a drawing, poem, essay, video, collage, etc. describing what their community would be like if it were free of bullying.

WORD OF THE WEEK TALK:

- **Note to coaches/team parents:** When discussing bullying, players may share heavy stories. Follow up with players to thank them for their vulnerability. If players need further support, please reach out to your Commissioner or Ambassador.
- Define the word BULLYING: Putting someone down by leaving them out, making fun of them or physically hurting them.
- Tell players that it's important to treat people with respect especially when they look different than we do, eat different foods, speak differently, like different things, have a disability, etc.
- Begin a conversation on bullying prevention by asking the players the following questions:

T-Ball

- Think of a good friend. What makes them so special?
- When you see someone being mean to another person, is it better to stay quiet or speak up?
- What are some ways we can be nice to others?
- Should we only be nice to our friends? Or should we also be nice to people who are different from us?

Minors

- What does a good friend do?
- What is a bully? How do bullies make others feel?
- What can you do if you see someone being bullied?
- How can we be a friend to someone who is different from us? Think of something you might have in common with someone you don't know yet, like a love of animals, a sport or your favorite food!





Encouraging players to keep reading as part of the Round the Bases Reading Program.

Preview EDUCATION Week by:

On Deck for Next Practice:

TEAM ACTIVITY: READ THE BACK OF THE PLAYER CARDS OF YOUR CHOOSING AND ASK YOUR TEAM THE TRIVIA QUESTIONS. AT THE END OF THE ACTIVITY, ASK YOUR TEAM: WHAT IS ONE FEMALE ATHLETE OR FACT ABOUT A FEMALE ATHLETE YOU LEARNED TODAY?

- As part of our Game ChangeHER Initiative, we are showcasing legendary female athletes to teach our Junior Giants about their contributions to sports and highlight how these women serve as inspirational role models for younger generations. These digital cards feature incredible women like Alyssa Nakken, Jennie Finch, Caitlin Clark, Brandi Chastain and more!
- To view these cards, visit the Junior Giants App and check out our social media posts throughout the season!

TELL YOUR TEAM ABOUT OUR NEW DIGITAL GAME CHANGEHER CARDS FEATURING LEGENDARY FEMALE ATHLETES!



Scan to view more softball drills and tips!



- **REVIEW** - Ask your team:
 - Have you ever been bullied? How did it make you feel?
 - Have you ever seen another person being bullied? Did you say anything?
 - What does it mean to be a bystander?
 - What can we say or do when we see someone being bullied?
 - Why is it important to respect all people, regardless of things like their gender, race, religion, disabilities, etc.?
- **REVIEW** - Ask your team:
 - About the Word of the Week.
 - About any skills they learned.
 - About their favorite parts of practice.
- **REMIND** - Remind your team:
 - About upcoming practice & game information.
 - To follow along with their Season Road Map, including the Round the Bases Reading Program.
 - To track their Movement Minutes with Giants on the Go on the Junior Giants App.
- **PRACTICE** the Junior Giants Cheer and continue to chant it together at every game and practice this season! ("Who are we? J-R-Gi Go Junior Giants!")
- **PASS OUT**
 - The Strike Out Bullying Contest entry form.
 - The weekly Junior Giants Baseball Card.
- **REFLECT** - Ask yourself:
 - What went well today at practice?
 - What could we improve for next time?

END OF PRACTICE:

Majors & Seniors



WEEK 3: STRIKE OUT BULLYING

INTRODUCTION, STRETCHES, AND WARM UP

7 MINUTES

1. Have players talk about what their favorite part of last week was.
2. Refer to the WOW Pack discussion guide to give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. All together, count to 10 while completing each of the stretches below:
 - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
 - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
 - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 20 jumping jacks.

STRIKE OUT BULLYING ACTIVITY

10 MINUTES

1. Circle up the team.
2. Coach will start off the game by passing a ball to a player in the circle.
3. The player that catches the ball must say a compliment to the person on their left and then throw the ball to another person across the circle.
4. Perform this action until everyone has had a chance to speak.
5. Repeat the same sequence, but this time the player who catches the ball must say a compliment to the person on their right.

FIELDING

10 MINUTES

Partner Rolls:

1. Pair up players in two separate lines, 12 feet apart and facing each other.
2. Give each pair of players a ball.
3. The receiving player starts in fielding position with the glove on the ground and extended out past the bill of their cap.
4. The player with the ball rolls it underhand directly toward their partner's glove.
5. Then the receiving player rolls it back the same way. As the drill progresses, players should vary the ball speed.

MAJORS AND SENIORS PRACTICE PLAN

WEEK 3

THROWING 5 MINUTES

1. Have players partner up.
2. Throw back and forth with partner, emphasizing the catch, block, break, throw sequence.



WATER BREAK 3 MINUTES

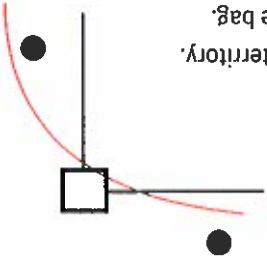
HITTING 15 MINUTES

1. Each player will approach their at-bat as if it is in a game. Make sure they have proper coverage of the plate.
2. Divide your team evenly between three groups. Group 1 will be batting, Group 2 will be infielders and Group 3 will start in the outfield.
3. Each player will hit as if it was a live game.
4. The fielders will try to get each batter out.
5. Once each player in Group 1 has hit, the inning will end. Rotate groups.
6. This rotation will continue until each group has had a chance to bat.

BASE RUNNING 10 MINUTES

Drill 1: Making a Turn

1. Similar to last week's "Home to First" drill.



*See graphic for Drill 1 visual

2. Have one coach stand 10 feet in front of first base, between home plate and first base, and 2-3 feet in foul territory.
3. Have another coach stand 6 feet off first base, between first base and second base, and 2-4 feet behind the bag.
4. This will help with the proper turn and make sure runners cut the corner correctly to create the best path toward second base.
5. With coaches in these two positions, have the players run around the first coach and in front of the second coach.
6. Coaches should watch to make sure base runners touch first base with either foot on the inside corner.

Drill 2: Base Running Relay

1. Break the players up into two even groups, one group goes to home plate and the other group to second base.
2. Explain the race rules – players will run around all the bases and finish on the base they started.
3. Once the player touches that base the next player can go.
4. Race ends when all players in their group make it back to the base they started on.

COOL DOWN & WOW TALK 15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 3 (see handout).



MINORS PRACTICE PLAN

WEEK 3: STRIKE OUT BULLYING

INTRODUCTION, STRETCHES & WARM UP

7 MINUTES

1. Have players talk about what their favorite part of last week was.
2. Refer to the WOW Pack discussion guide to give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. All together, count to 10 while completing each of the stretches below:
 - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
 - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
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 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 15 jumping jacks.

STRIKE OUT BULLYING ACTIVITY

5 MINUTES

1. Have the team find partners and spread out.
2. Give a ball to each pair.
3. With every throw to their partner, the player must compliment their teammate or say a way that they can be a friend instead of a bully.

THROWING & CATCHING

15 MINUTES

Glove Position for High and Low Throws:

1. Divide players into as many lines as there are coaches.
2. One at a time, start a player in the receiving position.
3. Emphasize catching thumb-to-thumb (fingers pointing up) when the ball is above their waist and pinky-to-pinky (fingers pointing down) for balls thrown below the waist.
4. Coaches throw balls above waist, then below waist.
5. Concentrate on proper glove position.
6. Once the player in line has caught both a high and low throw, they will go to the back of the line.
7. Rotate through the line of players 2 or 3 times.



WATER BREAK
3 MINUTES

Split team in half. Have one group start at Station 1 and one group at Station 2. Switch stations after 15 minutes.

STATION 1: FIELDING
15 MINUTES

1. Talk about taking turns to field ground balls.
2. Demonstrate using two hands to catch a rolling ball with their throwing hand open above the glove.
3. Coaches stand across from a line and roll the first player a ball.
4. After they scoop up the ball, players throw it back to the coach. Then give the next player a turn.
5. Repeat until players seem to grasp fielding.

STATION 2: HITTING
15 MINUTES

1. Line up players near home plate.
2. Pitch to one player at a time.
3. Other players waiting are paying attention and encouraging their teammate.
4. Players should focus on hitting the ball and then running as fast as they can to first base.
5. Ask the next player in line to go. Once the player hits, have the player on first base run to second base.
6. Continue this sequence until all players have had a turn.

COOL DOWN & WOW TALK
15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 3 (see handout).



WEEK 3

WATER BREAK

3 MINUTES

HITTING

10 MINUTES

1. Split the players into 3 or 4 groups (or as many groups as possible for the amount of coaches you have). Have them stand behind a tee and take turns swinging.
2. A coach should be at each tee helping the players with the cues. Make sure the tee is in front of the player so they can hit the ball out in front.
3. Players should start with a half swing to see where they will make contact with the ball.
4. Have all players attempt to make contact with the barrel of the bat.
5. Perform this drill until each player has had the chance to swing at least 10 times.



THROWING

10 MINUTES

1. Throw to another coach while emphasizing holding the ball correctly in the "favorite hand," turning sideways, pointing to the target, stepping and throwing.
2. Split into small groups, one coach/team parent with each.
3. Line up players and take turns throwing the ball to each other.
4. Have players catch the ball and throw it back to the coach.



COOL DOWN & WOW TALK

15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 3 (see handout).

WEEK 3:

STRIKE OUT BULLYING

INTRODUCTION, STRETCHES, & WARM UP

7 MINUTES

1. Have players talk about what their favorite part of last week was.
2. Refer to the WOW Pack discussion guide to give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. All together, count to 10 while completing each of the stretches below:
 - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
 - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
 - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 10 jumping jacks.

STRIKE OUT BULLYING ACTIVITY

5 MINUTES

1. Line up players on home plate.
2. Coach will read a list of statements to the team. If the team thinks that the action describes a buddy, they will advance one base. If the team thinks that the action describes a bully, they will stay in place.
3. Read the following statements one at a time:
 - I shared my lunch with a classmate that forgot to bring food to school. (Buddy)
 - I made my brother feel bad when he didn't do well on his test. (Bully)
 - I saw a girl get pushed and fall at recess, but I didn't do anything to help her. (Bully)
 - I helped the girl off the ground when I saw her fall at recess. (Buddy)
 - I did not let my classmate sit next to me at lunch because she is different than me. (Bully)
 - I asked a classmate to sit with me at lunch because it looked like she didn't have anyone to sit next to. (Buddy)
 - When I saw one of my classmates push someone, I told an adult. (Buddy)
4. Once the team reaches home plate, ask everyone to give each other a high five.

POSITION PRACTICE/FIELDING

10 MINUTES

1. Send players to positions in the infield. Coach may need to set out bases to mark positions so players know where to stand.
2. Talk about taking turns and that at practice we can take turns at each position, but in a game one person will be in charge of that area.
3. Have one coach roll balls to the players in position.
4. Players will scoop up the ball and throw to the coach at first base.
5. Repeat until all players have been able to throw to first base twice.





Scan this QR code to view this Practice Plan on your phone, or open the Junior Giants App!

WORD OF THE WEEK: EDUCATION



AT BAT THIS PRACTICE:

- Remind players to keep reading as part of the Round the Bases Reading Program on their Season Road Map!

WORD OF THE WEEK TALK:

- **Note to coaches/team parents:** Not all youth are on a level playing field in school settings, therefore some players may be less engaged in conversations about positive school experiences.
- Define the word EDUCATION: Learning more about the world through schools, books or other activities.
- Begin a conversation about education by asking the players the following questions:

T-Ball

- Do you have a favorite book that you read with your family? What book is it?
- What is your favorite part about going to school?
- Why is going to school important?

Minors

- What are your favorite books/stories? Favorite authors?
- What is your favorite subject in school?
- What do you want to be when you grow up?

Majors & Seniors

- Can you name one memorable teacher you have had? What made them so great?
- Do you want to go to college? What would you want to learn in college?
- What kind of job do you see yourself having when you're older?





Encouraging players to try something new before next practice.

Preview CONFIDENCE Week by:

On Deck for Next Practice:

ASK YOUR TEAM: WHAT ARE THE DIFFERENCES BETWEEN SOFTBALL AND BASEBALL? USE THIS WEEK'S AND PREVIOUS TIP OF THE WEEK FACTS TO REVIEW WHAT YOUR PLAYERS HAVE LEARNED.

- Softball players pitch underhand and baseball players pitch overhand.
- For softball, the pitching mound is a maximum of 43 feet from home plate and pitches can reach speeds of 60-70 mph.
- In baseball, the distance of the pitching mound is a maximum of 60 feet from home plate and pitches can reach speeds of 80-100 mph.
- Softball pitching allows for more control of the ball movement, which can make the ball rise or drop more dramatically as it moves towards the batter.
- For more softball pitching info and videos, scan the QR code!

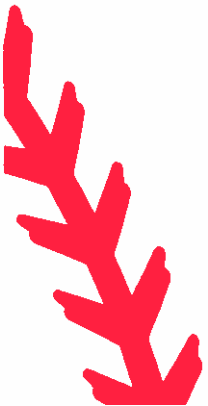


SHARE THESE FACTS ABOUT PITCHING WITH YOUR SOFTBALL PLAYERS!



- **REVIEW** - Ask your team:
 - About the Word of the Week.
 - About any skills they learned.
 - About their favorite parts of practice.
- **REMIN**D - Remind your team:
 - To turn in their Strike out Bullying Contest entry if they brought it today.
 - (Turn these in to your Ambassador/Commissioner.)
 - Take a photo of your team with their Strike Out Bullying Contest entries and post it to Facebook, Instagram or X using #Jrgiants. Make sure you check with players' parents before you post a photo of their child.
 - About upcoming practice and game information.
 - To follow along with their Season Road Map, including the Round the Bases Reading Program.
 - To track their Movement Minutes with Giants on the Go on the Junior Giants App.
- **PRACTICE** the Junior Giants Cheer and continue to chant it together at every game and practice this season! ("Who are we? J-R-G! Go Junior Giants!")
- **PASS OUT** the weekly Junior Giants Baseball Card.
- **REFLECT** - Ask yourself:
 - What went well today at practice?
 - What could we improve for next time?

END OF PRACTICE:





WEEK 4: EDUCATION

INTRODUCTION, STRETCHES, & WARM UP

7 MINUTES

1. Have players share what their favorite part about last week was and what they learned about bullying prevention.
 2. Refer to the WOW Pack discussion guide to give players a brief overview of what the Word of the Week is to get them thinking.
 3. Have players lightly jog for 2-3 minutes to a designated spot and back.
 4. As the team returns, have them spread out and prepare for stretches.
 5. All together, count to 10 while completing each of the stretches below:
 - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
 - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
 - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
 6. Finish with 10 jumping jacks.
-

FIELDING

10 MINUTES

1. Put players into positions on the field.
 2. Have the coach roll and throw underhand balls to the players in their position.
 3. These players will then practice throwing to first base to make an "out".
 4. Rotate so every player has a chance to play all positions.
-

WATER BREAK

3 MINUTES

WEEK 4

OFFENSE & DEFENSE

15 MINUTES

1. Split the team into small groups, one coach/team parent with each.
2. Have one group line up at home plate and practice hitting off the tee, then running to first base. Each player will hit the ball off the tee and run to first. Cycle through the line two or three times.
3. Have the other groups in the infield practice picking up ground balls and throwing them to first base with the other coach.
4. Once the group hits all the way through, rotate. Continue rotating until allotted time is up.

BASERUNNING

10 MINUTES

1. Review running the bases.
2. Create two teams.
3. Each team lines up behind a specified base (ex., second base and home plate about 3 feet behind the base).
4. On "go," the first player of each team begins to run the bases with a ball in their hand, tagging each base until they return back to their starting point.
5. When they get back, they hand the ball to the next player and go sit down at the end of the line.
6. The next player begins to run the bases when they get the ball and it repeats through the line.

COOL DOWN & WOW TALK

15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 4 (see handout).



WEEK 4: EDUCATION

INTRODUCTION, STRETCHES, & WARM UP

7 MINUTES

1. Have players share what their favorite part about last week was and what they learned about bullying prevention.
2. Refer to the WOW Pack discussion guide to give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. All together, count to 10 while completing each of the stretches below:
 - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
 - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
 - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 20 jumping jacks.

POSITION FITNESS

5 MINUTES



1. Have players follow the coach to infield positions.
2. Coach will lead players to the following positions and perform designated exercises with the team at each:
 - Catcher: 10 squats
 - First Base: 10 high-low reaches (jump up with arms above head and reach down and touch toes)
 - Second Base: 10 windmills (touch left fingertips to right foot and then switch sides)
 - Shortstop: Run in place for 10 seconds
 - Third Base: 5 pushups
 - Pitcher: 10 arm circles forward and 10 backward

WEEK 4

WATER BREAK 3 MINUTES

STATION 1: FIELDING 15 MINUTES

1. Split the players between shortstop and second base positions.
2. Roll ground balls to the players who will finish by throwing the ball to a coach at first base. The coach will put the balls into the bucket.
3. Once each player has fielded 5 balls, rotate positions and repeat the drill.

STATION 2: HITTING 15 MINUTES

1. Have players line up.
2. One at a time, coach will pitch to the player.
3. Pitch five times for each at-bat.
4. Once the player has had five pitches, they will return to the back of the line.
5. Rotate through the line twice.

COOL DOWN & WOW TALK 15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 4 (see handout).





WEEK 4: EDUCATION

INTRODUCTION, STRETCHES, & WARM UP

7 MINUTES

1. Have players share what their favorite part about last week was and what they learned about bullying prevention.
2. Refer to the WOW Pack discussion guide to give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. All together, count to 10 while completing each of the stretches below:
 - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
 - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
 - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 20 jumping jacks.

Break players into two even groups. Send one group to Station 1 and the other to Station 2. After 10 minutes, take a water break and switch.

STATION 1: FIELDING

10 MINUTES

1. Have players spread out in the outfield.
2. Coach will hit ground balls to players.
3. Player must field the ball and throw it back to the coach.
4. Make sure each player fields at least three balls.

WATER BREAK

3 MINUTES

WEEK 4

STATION 2: HITTING

10 MINUTES

1. Have players line up.
2. One at a time, coach will pitch to the player.
3. Pitch five times for each at-bat.
4. Once the player has had five pitches, they will return to the back of the line.
5. Rotate through the line at least twice.

SITUATION BASE RUNNING

15 MINUTES

1. Set a coach at an outfield position to simulate any given outcome of a fly ball, ground ball or a line drive.
2. Players start at home plate and run to first making a proper turn (what they practiced last week).
3. Once the base is tagged, the player watches the coach in the outfield to determine whether to try to advance to second or not.
4. The coach is simulating different outcomes of plays.
 - Example: Coach comes up cleanly with ball in hand, coach drops a fly ball that kicks away from them a few feet, coach simulates ball slipping out of hand on an attempted throw back to the infield.
5. The runner reads the coach acting as an outfielder and advances or retreats depending upon the situation.

COOL DOWN & WOW TALK

15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 4 (see handout).





Scan this QR code to view this Practice Plan on your phone, or open the Junior Giants App!

WORD OF THE WEEK: CONFIDENCE

AT BAT THIS PRACTICE:

- Encourage players to demonstrate CONFIDENCE throughout practice by standing tall, being loud, and moving on from mistakes.

WORD OF THE WEEK TALK:

- Define the word CONFIDENCE: Believing in your own skills and abilities regardless of what others might say or think about you.
- Begin a conversation about confidence by asking the players the following questions:

T-Ball

- Have you heard the word "confidence" before? What does it mean?
- Stand up and show us what a confident person would look like on the field.
- When could you show confidence during one of our practices or games?

Minors

- Do you know what the word "confidence" means?
- How could you feel more confident about yourself?
- What part of playing baseball/softball do you feel the most confidence in (throwing, batting, infield, outfield, etc.)? Which part do you want to improve your confidence in?

Majors & Seniors

- When was a time that you felt really confident?
- How does confidence help your baseball/softball performance?
- How can we help each other feel more confident?





Having players think about how they can be a good teammate at home before next practice.

Preview TEAMWORK Week by:

On Deck for Next Practice:

ASK YOUR TEAM: WHAT IS SOMETHING NEW YOU LEARNED ABOUT ONE OF YOUR TEAMMATES? DO YOU HAVE ANY TEAM ACTIVITY IDEAS YOU WOULD LIKE TO DO AT THE NEXT PRACTICE?

Softball Practice Plans.

To view all team activities and instructions, visit the Junior Giants App and find Week 5 on the

- **Name Game** – State your name and a favorite thing that starts with your first initial. The next person repeats their partner's name and favorite thing, then shares their own. Continue this pattern until each player goes. (Ex: I'm Sarah and I like Sandwiches).
- **"Get to Know You" Ball** – Choose a question for the day (Ex. what's your favorite snack or movie, etc.). Each player holding the ball answers the question then tosses it to the next person and so on.
- **Softball Cheers or Chants** – Come up with fun team cheers or look up softball cheers that you can teach your players to say during practices or games.
- **Team Tennis Ball Activity** – Bring a tennis ball or two and a sharpie to practice. The player holding the ball will give a word to describe the team. The coach will write the word on the ball, then the player will toss it to another player to do the same thing until everyone has chosen a word and added it to the ball.
- **Categories Game** – Choose a themed category and have your players shout out answers rapidly until no one has another answer. (Ex: superheroes, Disney movies, types of fruit, etc.).
- **Charades: Softball Version** – Choose a word/phrase about softball and pick one of your players to act it out for the rest of the team to try and guess the word/phrase based on their actions. Once it's guessed correctly, rotate players and continue until everyone has a chance to act.
- **Journaling Activity** – Bring your players some paper and pens/pencils. Ask your team a question for the day and have them write their answer down. Ask the team if anyone would like to share with the rest of the group. Questions can be "What is one thing you learned today at practice?", "What do you enjoy the most about playing softball?", "What do you want to work on next practice?", etc.

COACHES: GATHER YOUR SOFTBALL PLAYERS FOR SOME TEAM BONDING ACTIVITIES!



- **REVIEW** - Ask your team:
 - About the Word of the Week.
 - About any skills they learned.
 - About their favorite parts of practice.
- **REMIND** - Remind your team:
 - About upcoming practice and game information.
 - To follow along with their Season Road Map, including the Round the Bases Reading Program.
 - To track their Movement Minutes with Giants on the Go on the Junior Giants App.
- **PRACTICE** the Junior Giants Cheer and continue to chant it together at every game and practice this season! ("Who are we? J-R-Gi Go Junior Giants!")
- **PASS OUT** the weekly Junior Giants Baseball Card.
- **REFLECT** - Ask yourself:
 - What went well today at practice?
 - What could we improve for next time?

Scan to view more softball drills and tips!



END OF PRACTICE:





T-BALL PRACTICE PLAN

WEEK 5: CONFIDENCE

INTRODUCTION, STRETCHES, & WARM UP

7 MINUTES

1. Have players take turns sharing what their favorite thing about last week was.
 2. Refer to the WOW Pack discussion guide to give players a brief overview of what the Word of the Week is to get them thinking.
 3. Have players lightly jog for 2-3 minutes to a designated spot and back.
 4. As the team returns, have them spread out and prepare for stretches.
 5. All together, count to 10 while completing each of the stretches below:
 - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
 - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
 - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
 6. Finish with 10 jumping jacks.
-

FREEZE, CONFIDENCE!

10 MINUTES

1. Have players line up starting on home plate.
2. On "go," all players will start running continuously around the four bases.
3. When the coach yells "FREEZE," all players must freeze and get into their confident pose (head up, shoulders back, hands on hip and smiling).
4. When coach yells "You're awesome!" all players resume running around the bases again.
5. Play this game for 5 minutes.

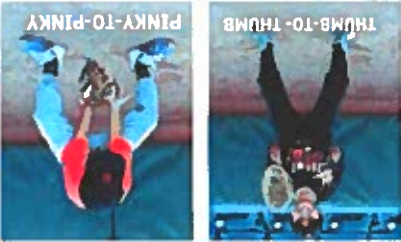
T-BALL PRACTICE PLAN

WEEK 5



FIELDING 15 MINUTES

1. Have players spread out on the field into small groups, one coach/team parent with each.
2. Toss the ball to players while having them practice catching thumb-to-thumb (fingers pointing up) when the ball is above their waist and pinky-to-pinky (fingers pointing down) for balls thrown below the waist.
3. Players will throw the ball back to the coach, emphasizing stepping and then throwing.



WATER BREAK 3 MINUTES

OFFENSE & DEFENSE 20 MINUTES

1. Have a few teammates be responsible for setting up the equipment for this drill.
2. Send half of the players to the infield and half line up at home plate.
3. Have one player up to bat and hit off a tee.
4. Focus on hitting the ball and then running as fast as they can to first base.
5. Instruct players in the infield to catch the ball and throw it back to the coach.
6. Then have the next player in line go. Once the player hits off the tee, have the player on first base run to second base.
7. Continue this sequence until all players have had a turn.
8. Switch infield players with batting players.
9. Have a few players work together to clean up all the equipment.

COOL DOWN & WOW TALK 15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 5 (see handout).

WEEK 5: CONFIDENCE

INTRODUCTION, STRETCHES, & WARM UP

7 MINUTES

1. Have players take turns sharing what their favorite thing about last week was.
2. Refer to the WOW Pack discussion guide to give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. All together, count to 10 while completing each of the stretches below:
 - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
 - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
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 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 15 jumping jacks.

CATCHING

15 MINUTES

1. Have players spread out in two different groups, one coach/team parent with each.
2. Toss the ball to players while having them practice catching thumb-to-thumb when the ball is above their waist and pinky-to-pinky for balls thrown below the waist.
3. Players will throw the ball back to the coach, emphasizing stepping before and then throwing.



CATCHING WITH CONFIDENCE

10 MINUTES

1. Have players pair up and grab a ball.
2. Instruct players to start playing catch at a close distance.
3. When players feel confident at the distance they are at, have each player take one step back and continue playing catch.
4. Have players encourage each other as they play.
5. See how far away from each other players can go.

WATER BREAK

3 MINUTES

OFFENSE & DEFENSE

10 MINUTES

1. Have a few teammates be responsible for setting up the bases, bats, balls and gloves for this drill.
2. Send half of the players to the infield and half line up at home plate.
3. Have one player up to bat and hit off a coach's pitch.
4. Players should focus on hitting the ball and then running as fast as they can to first base.
5. Instruct players in the infield to catch the ball and throw it back to the coach.
6. Then ask the next player in line go. Once the player hits, have the player on first run to second.
7. Continue this sequence until all players have had a turn.
8. Switch infield players with batting players.
9. Have a few players work together to clean up all the equipment.

BASE RUNNING: RELAY

5 MINUTES

1. Break the players up into two even groups; one group goes to home plate and the other group to second base.
2. Explain the race rules - players will run around all the bases and finish on the base they started. Once the player touches the base they started at, the next player can go.
3. Race ends when all players in their group finish.

COOL DOWN & WOW TALK

15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 5 (see handout).



WEEK 5: CONFIDENCE

INTRODUCTION, STRETCHES, & WARM UP

7 MINUTES

1. Have players take turns sharing what their favorite thing about last week was.
2. Refer to the WOW Pack discussion guide to give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. All together, count to 10 while completing each of the stretches below:
 - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
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 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 20 jumping jacks.

CATCHING WITH CONFIDENCE

5 MINUTES

1. Have players pair up and grab a ball.
2. Instruct players to start playing catch at a close distance.
3. When players feel confident at the distance they are at, have each player take one step back and continue playing catch.
4. Have players encourage each other as they play.
5. See how far away from each other players can go.

THROWING

15 MINUTES

1. Partner off players and have them face each other.
2. Each player takes a knee (right knee for right-handed throwers, left knee for left-handed throwers).
3. Starting with both hands together near chest, players square up shoulders, level and in line to target.
4. When the coach says, "Throw," players throw the ball to their partner.
5. The arm action on the throw should be a continuous fluid motion.
6. Advance the arm forward in a strong "L" position while extending the arm toward the target, releasing the ball in front of the lead leg.
7. The throwing arm should end up in line with, or on the opposite side of, the front leg for a proper finish and follow-through.
8. Players should concentrate on the proper arm action of both the throwing arm and the glove arm.



WEEK 5

WATER BREAK 3 MINUTES

CATCHING 10 MINUTES

1. Give each player a ball and line them up single file 10 feet from the coach.
2. When the coach yells, "Go!" the first player jogs to the coach, tossing the ball to the coach and continuing to run away.
3. The coach turns and throws the ball in a high arc, similar to a touchdown pass.
4. The player runs under the ball, catches it and returns to the end of the line.
5. Continue with the next player. The distance and difficulty of the throw depends on the age and ability of the player. Two-handed catches are recommended.

OFFENSE & DEFENSE 20 MINUTES

1. Have a few teammates be responsible for setting up the equipment for this drill.
2. Send half of the players to the infield and half line up at home plate.
3. Have one player up to bat and hit off a coach's pitch.
4. Players should focus on hitting the ball and then running as fast as they can to first base.
5. Instruct players in the infield to catch the ball and throw it back to the coach.
6. Then have the next player in line go. Once the player hits, have the player on first run to second.
7. Continue this sequence until all players have had a turn.
8. Switch infield players with batting players.
9. Have a few players work together to clean up all the equipment.

COOL DOWN & WOW TALK 15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 5 (see handout).





Scan this QR code to view this Practice Plan on your phone, or open the Junior Giants App!

WORD OF THE WEEK: TEAMWORK

AT BAT THIS PRACTICE:

- Have players practice TEAMWORK by trying to be the best teammates they can be throughout the whole practice. Then reflect on if the practice was more fun that way!

WORD OF THE WEEK TALK:

- Define the word TEAMWORK: Working together with a group of people to achieve a goal or complete a task.
- Tell your team that diverse teams are better teams! Sometimes teamwork means working with people who are different from you. We all bring something important and unique to our team.
- Begin a conversation about teamwork by asking the players the following questions:

T-Ball

- What are some other teams you can think of besides the San Francisco Giants?
- What can you do to be a positive teammate on the field?
- Off the field, where can you use teamwork? Think about being at home and school, and how working as a team can make things you need to do easier and faster!

Minors

- What is a team?
- What are some team sports besides baseball or softball? What individual sports can you think of?
- How can you use teamwork at home or school?
- What is one thing that makes you special and that you bring to your team?

Majors & Seniors

- What kind of teams have you been a part of?
- When was a time that you used teamwork to accomplish something great?
- What is one of the best qualities that you can contribute to this team?
- Diversity means a group of people who bring different qualities to the team. Why are diverse teams better than teams of people who are all the same?





Choosing a player to confidently lead the Junior Giants Cheer!

Preview LEADERSHIP Week by:

On Deck for Next Practice:



ASK YOUR TEAM: WOULD YOU LIKE TO CONTINUE PLAYING SOFTBALL IN THE FUTURE?



Scan to view more softball drills and tips!

- Become a coach to teach young girls how to play softball.
- Play for your middle school or high school team.
- Play with a group of friends at school or a local park.

Here is a list of other softball opportunities to explore once you have completed your last Junior Giants softball season:

- The WCWS features the nation's top 8 collegiate softball teams and is the longstanding tradition in collegiate softball, beginning in 1969.
- The home of the College World Series is in Oklahoma City at the USA Softball Hall of Fame Stadium.
- In 2023, Oklahoma beat Florida State, with a 3-1 win in Game 2 of the best-of-3 WCWS Finals. Oklahoma secured its third straight national title and extended its record-setting winning streak to 53 games.

Did you know:

SHARE THESE FACTS WITH YOUR SOFTBALL PLAYERS TO TEACH THEM ABOUT THE WOMEN'S COLLEGE WORLD SERIES (WCWS) AND SHARE OTHER SOFTBALL OPPORTUNITIES BEYOND THE JUNIOR GIANTS PROGRAM.



- **REFLECT**-Ask yourself:
 - What went well today at practice?
 - What could we improve for next time?

- **PASS OUT** the weekly Junior Giants Baseball Card.

- **PRACTICE** the Junior Giants Cheer and continue to chant it together at every game and practice this season! ("Who are we? J-R-G! Go Junior Giants!")

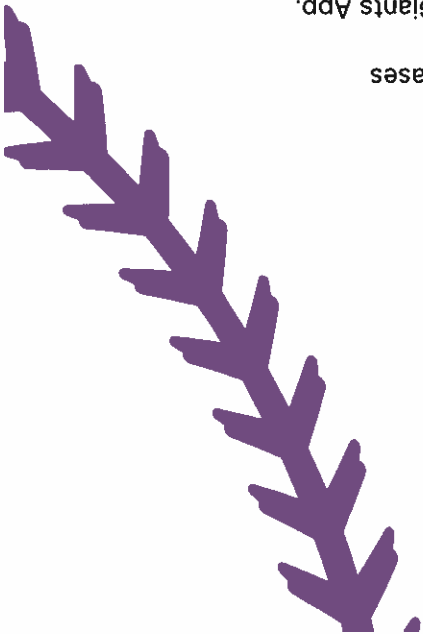
- To track their Movement Minutes with Giants on the Go on the Junior Giants App.
- To follow along with their Season Road Map, including the Round the Bases Reading Program.
- About upcoming practice and game information.

- **REMIN**-Remind your team:

- About the Word of the Week.
- About any skills they learned.
- About their favorite parts of practice.

- **REVIEW**- Ask your team:

END OF PRACTICE:





WEEK 6: TEAMWORK

INTRODUCTION, STRETCHES, & WARM UP

7 MINUTES

1. Have players share their favorite part about last week and talk about what they think teamwork means.
 2. Refer to the WOW Pack discussion guide to give players a brief overview of what the Word of the Week is to get them thinking.
 3. Have players lightly jog for 2-3 minutes to a designated spot and back.
 4. As the team returns, have them spread out and prepare for stretches.
 5. All together, count to 10 while completing each of the stretches below:
 - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
 - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
 - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
 6. Finish with 10 jumping jacks.
-

CATCHING & THROWING

5 MINUTES

1. Ask two players to work together to put out the balls and gloves needed for this drill.
 2. Have players find a partner and spread out.
 3. Players will take a knee and practice throwing and catching to each other.
 4. If players feel comfortable, have them gradually make their way to standing.
-

POSITION PRACTICE

10 MINUTES

1. Line up players.
 2. Coach will say a position to the first player in line and on “go”, the player will run as fast as they can out to the correct position. The player will stay there until all players have taken their spot on the field.
 3. Coach will repeat this sequence until all players have taken their spots.
 4. Coach will then call them back in. Have players run back as fast as they can. Repeat two or three times.
-

WATER BREAK

3 MINUTES

WEEK 6

SECOND BASE PRACTICE

10 MINUTES

1. Split team into two small groups, one coach/team parent with each.
2. Have one group in the outfield. The other group will line up at second base.
3. Coach will throw a variety of pop-ups and ground balls to the players in the outfield and then those players will throw to their teammate at second base.
4. Then the second base player will go to the back of the line. Continue until everyone in the group at second base has had a turn.
5. Rotate the outfield group with the second base group halfway through.

HITTING

10 MINUTES

1. Split players into three groups, one coach/team parent at each tee (or as many groups as you have volunteers for).
2. Review batting grip and stance.
3. Have each player go one at a time hitting the ball off the tee.
4. Practice stepping and swinging.
5. Each player should take five swings, then rotate to the next teammate in line.



COOL DOWN & WOW TALK

15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 6 (see handout).





WEEK 6: TEAMWORK

INTRODUCTION, STRETCHES, & WARM UP

7 MINUTES

1. Have players share their favorite part about last week and talk about what they think teamwork means.
2. Refer to the WOW Pack discussion guide to give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. All together, count to 10 while completing each of the stretches below:
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 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 15 jumping jacks.

TEAMWORK ACTIVITY

15 MINUTES

1. Split the group into two teams. The first team will bat while the other team is in the field.
2. A coach pitches. The first batter hits the ball and starts to run the bases.
3. All players of the fielding team run to the ball and line up behind the player who is fielding it.
4. Once all players have formed the line, the player with the ball will pass the ball to each player in line.
5. The last player in line will throw the ball in to the coach.
6. When the ball gets to the coach, the runner stops.
7. Each base they have touched is counted as one point for their team. Immediately, the next batter gets a pitch and the same thing happens.
8. Once every player hits once, the total bases for the team are added up for their score.
9. Rotate teams.

WATER BREAK

3 MINUTES

MINORS PRACTICE PLAN

WEEK 6



HITTING

25 MINUTES

1. Ask half of the players to head to the infield and half to line up at home plate.
2. Ask one player to bat and hit off of a coach's pitch.
3. Players should focus on hitting the ball and then running as fast as they can to first base.
4. Have players in the infield catch the ball and throw it back to the coach.
5. Then have the next player in line go. Once the player hits, have the player on first base run to second base.
6. Continue this sequence until all players have had a turn.
7. Switch infield players with batting players.

BASERUNNING

10 MINUTES

1. Start with players (each with a helmet on) on each base, including home plate.
2. One player will approach the plate with a bat, with one player on each base. The rest of the players will be lined up close to third base.
3. Have the player get a proper grip on the bat, get in their stance and check to see their plate coverage. Remind the player they cannot throw the bat after swinging.
4. Once the coach says "go," the player will swing the bat like they just hit the ball and will run toward first base. This will set the drill in motion.
5. The player on first base will run to second base. The player at second base will run to third base. The player on third base will run to home plate.
6. Each player will go to the end of the line at the next base. Continue this drill until each player has "hit" two times.

COOL DOWN & WOW TALK

15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 6 (see handout).



WEEK 6: TEAMWORK

INTRODUCTION, STRETCHES, & WARM UP

7 MINUTES

1. Have players share their favorite part about last week and talk about what they think teamwork means.
2. Refer to the WOW Pack discussion guide to give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. All together, count to 10 while completing each of the stretches below:
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 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 20 jumping jacks.

TEAMWORK ACTIVITY

10 MINUTES

1. Split the group into two teams. The first team will bat while the other is in the field.
2. A coach pitches. The first batter hits the ball and starts to run the bases.
3. All players of the fielding team run to the ball and line up behind the player who is fielding it.
4. Once all players have formed the line, the player with the ball will pass the ball to each player in line.
5. The last player in line will throw the ball in to the coach.
6. When the ball gets to the coach, the runner stops.
7. Each base they have touched is counted as one point for their team. Immediately, the next batter gets a pitch and the same thing happens.
8. Once every player hits once, the total bases for the team are added up for their score.
9. Rotate teams.

WEEK 6



THROWING 10 MINUTES

1. Pair up players in two lines 30 feet apart. Give balls to one line of players.
2. The players who will throw first are in an athletic position, squared toward partners, with hands together centered near chest.
3. When the coach says "shuffle", players shuffle their feet forward, exchanging their front foot's position with their back foot, throwing the ball to their partner.
4. Coach should observe footwork, looking for straight direction target and balance throughout the throw. This shuffle is used when the player receives the ball and is already lined up.

WATER BREAK 3 MINUTES

INFIELD PRACTICE 15 MINUTES

1. Have players split into three groups; one lines up at shortstop, one at second base position and one at first base.
2. Have the coach hit ground balls to the first player in the shortstop line.
3. That player will scoop up the ball and throw to first base.
4. Coach then hits to the first player in the second base line and that player will scoop the ball and throw to first base.
5. All players rotate through their lines and after two ground balls each, their group rotates positions.

HITTING 15 MINUTES

1. Each player will approach their at-bat as if it is in a game. Make sure they have proper coverage of the plate.
2. Divide your team evenly between three groups:
- Group 1 will be batting, Group 2 will be infielders and Group 3 will start in the outfield.
3. Each team will hit as if it were a live game.
4. The fielders will try to get each batter out.
5. Once each player in Group 1 has hit, the inning will end. Rotate groups.
6. This rotation will continue until each group has had a chance to bat.

COOL DOWN & WOW TALK 15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 6 (see handout).



Scan this QR code to view this Practice Plan on your phone, or open the Junior Giants App!

WORD OF THE WEEK: LEADERSHIP



AT BAT THIS PRACTICE:

- Have players demonstrate LEADERSHIP by leading warm-ups and cheering each other on during games and practices.

WORD OF THE WEEK TALK:

- **Note to coaches/team parents:** Some examples of leaders may not resonate with the players on your team. Focus on the impact of less-visible leaders and what it means to be a leader.
- Define the word LEADERSHIP: The ability to guide or direct people.
- Begin a conversation about leadership by asking your team the following questions:

T-Ball

- What does it mean to be a leader?
- Who are the leaders in your life (parents/guardians, older siblings, other family members, teachers, coaches, etc.)?
- Do you have to be an adult to be a leader?

Minors

- Do you know a good leader? Why are they a good leader?
- What are some things that good leaders do or say?
- How can you be a leader at school? At home? On the baseball/softball field?

Majors & Seniors

- What are some qualities of an awesome leader?
- What are some qualities of a negative leader?
- How do leaders affect the people around them?
- What is one way you can step up as a leader on this team?





Asking your players to think about their favorite memory with their team this season to share in a discussion.

Preview INTEGRITY Week by:

On Deck for Next Practice:

ASK YOUR TEAM: WHAT WAS ONE SOFTBALL TECHNIQUE YOU WORKED ON DURING THE TEAM DRILLS? DO YOU HAVE ANY SOFTBALL DRILL IDEAS YOU WOULD LIKE TO DO AT THE NEXT PRACTICE?

- **Relay Races** – Split up your players evenly at home plate and second base. The first two players at each base will start running around the bases until they get back to their line before starting over or mixing up the groups.
- **Four Corners** – Split up your players evenly at each base. Have the player at home plate begin with the ball and throw to first, that player throws to second, that player throws to third and that player throws to home plate. Complete a few rounds of this counterclockwise throwing rotation before switching to throw clockwise. Option: The player making the throw follows the ball after completing the throw, creating a continuous rotation of players between bases.
- **Lou Seal Says** – Have two players face each other, standing about 1 foot away from a softball on the ground. The coach will say "Lou Seal Says touch your..." and then call out an action like "head", "shoulders", "knees", "toes" or "softball" for the two players to act out. The goal for the players is to move as quickly as possible. The first player to grab the softball moves to the next round and the other is substituted with another player.

Scan to view more softball drills and tips!



COACHES: GATHER YOUR SOFTBALL PLAYERS FOR TEAM DRILLS!



- **REVIEW** - Ask your team:
 - About the Word of the Week.
 - About any skills they learned.
 - About their favorite parts of practice.
- **REMAND** - Remind your team:
 - About upcoming practice and game information.
 - To follow along with their Season Road Map, including the Round the Bases Reading Program.
 - To track their Movement Minutes with Giants on the Go on the Junior Giants App.
- **PRACTICE** the Junior Giants Cheer and continue to chant it together at every game and practice this season! ("Who are we? J-R-G! Go Junior Giants!")
- **PASS OUT** the weekly Junior Giants Baseball Card.
- **REFLECT** - Ask yourself:
 - What went well today at practice?
 - What could we improve for next time?

END OF PRACTICE:





WEEK 7: LEADERSHIP

INTRODUCTION, STRETCHES, & WARM UP

7 MINUTES

1. Have players talk about what their favorite part of last week was and one example of a leader they know (i.e., parent, teacher, friend, etc.)
2. Refer to the WOW Pack discussion guide to give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. All together, count to 10 while completing each of the stretches below:
 - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
 - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
 - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 10 jumping jacks.

LEADERSHIP ACTIVITY

5 MINUTES

1. Have players stand on the first base line.
2. Have the coach go to one end and all players turn to face the coach.
3. The coach then does different movements around the field and the players must follow the leader.
Examples: skipping, running, walking, zigzagging.
4. Coach then tip-toes in place, marches in place, runs in place, touches knees, ears, shoulders, (etc.), hops in place (one foot), jumps in place (two feet), and have players do the same.
5. Repeat with a player being the leader as many times as desired.
6. Activity can also be played with players scattered around the infield and the players have to "copycat" the coach.

T-BALL PRACTICE PLAN

WEEK 7



CATCHING & FIELDING

10 MINUTES

1. Break team into small, even groups, with one coach/team parent with each.
2. Separate players into mock positions in the outfield.
3. Throw the players various types of balls to field (ground or fly).
4. Have them throw back to the coach.

WATER BREAK

3 MINUTES

INNING PRACTICE

5 MINUTES

1. Divide the players into two groups and work on a game inning.
2. Work on transitions, skills and knowledge that players have shown to lack in games.
3. Examples include running to the correct bases, staying in position, fielding by bending knees, moving toward the ball and overhand throws.

GAME SEQUENCE

15 MINUTES

1. Send half the players to line up by home plate and have the other half take their positions in the infield.
2. Have one coach on the pitcher's mound and another coach at the tee. Start with the first player hitting off the tee and running through first. Have the players field the ball and throw to a base, trying to make the "out."
3. Rotate through all players, and then switch.

COOL DOWN & WOW TALK

15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 7 (see handout).



MINORS PRACTICE PLAN

WEEK 7: LEADERSHIP

INTRODUCTION, STRETCHES, & WARM UP

7 MINUTES

1. Have players talk about what their favorite part of last week was and one example of a leader they know (i.e. parent, teacher, friend, etc.)
 2. Refer to the WOW Pack discussion guide to give players a brief overview of what the Word of the Week is to get them thinking.
 3. Have players lightly jog for 2-3 minutes to a designated spot and back.
 4. As the team returns, have them spread out and prepare for stretches.
 5. Have players switch off **LEADING** the following stretches, making sure to count to 10 for each:
 - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
 - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
 - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
 6. Finish with 15 jumping jacks.
-

SECOND BASE & SHORTSTOP

20 MINUTES

1. Invite one player to **LEAD** the team through the directions of this drill.
2. Have 1-3 players help lead and demonstrate the drill with coach.
3. Break team into three groups, one coach in the infield and one in the outfield.
4. Have one group in the outfield, one lined up at second base and one at shortstop.
5. Coach in the infield will throw a variety of pop-ups and ground balls to the players and then those players will throw to their teammate at second base. Second basemen or shortstops (depending on where the ball goes) will catch the ball and tag second base.
6. Coach in the outfield will be watching for form.
7. Rotate through all players at each position.

MINORS PRACTICE PLAN

WEEK 7

WATER BREAK

3 MINUTES

HITTING

30 MINUTES

1. Each player will approach their at-bat as if it is in a game. Make sure they have proper coverage of the plate.
2. Divide your team evenly between three groups. Group 1 will be batting, Group 2 will be infielders and Group 3 will start in the outfield.
3. Each team will hit as if it were a live game.
4. The fielders will try to get each batter out.
5. Once each player in Group 1 has hit, the inning will end. Rotate groups.
6. This rotation will continue until each group has had a chance to bat.

COOL DOWN & WOW TALK

15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 7 (see handout).





WEEK 7: LEADERSHIP

INTRODUCTION, STRETCHES, & WARM UP

7 MINUTES

1. Have players talk about what their favorite part of last week was and one example of a leader they know (i.e. parent, teacher, friend, etc.)
2. Refer to the WOW Pack discussion guide to give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Have players switch off **LEADING** the following stretches, making sure to count to 10 for each:
 - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
 - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
 - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 20 jumping jacks.

CATCHING

10 MINUTES

1. Invite one player to **LEAD** the team through the directions of this drill.
2. Have players find a partner and play catch.
3. Encourage players to move their feet to try to get in front of throws and utilize a two-handed catch when possible.
4. Encourage the one-handed catches outside the body when they cannot get in front of the throw.

THROWING

10 MINUTES

1. At a close distance, players throw the ball back and forth to their partner to work on the glove-to-hand transfer.
2. When performing this drill, all players should receive the ball with their glove in the thumb-to-thumb position (fingers pointing up).
3. Players should try to catch the ball and throw the ball back to their partner as quickly as possible.
4. Make sure players are squaring up to their partner on the throw.

MAJORS AND SENIORS PRACTICE PLAN

WEEK 7

WATER BREAK 3 MINUTES

FIELDING 10 MINUTES

1. Pair up all players. Put them into two separate lines, 25 to 45 feet apart, facing each other.

2. Give each pair of players a ball. Start the balls all in one line.

3. The receiving players assume the ready position.

4. Players throw the ball back and forth as follows: When the coach says, "Throw," players throw grounders

at medium speed to their partners.

5. The receiving players work on approaching and fielding the ball correctly.

6. Emphasize the smooth, controlled movement players should have when approaching and fielding a

ground ball.

HITTING 10 MINUTES

1. Each player will approach their at-bat as if it is in a game. Make sure they have proper coverage of the plate.

2. Divide your team evenly between three groups. Group 1 will be batting, Group 2 will be infielders and

Group 3 will start in the outfield.

3. Each team will hit as if it were a live game.

4. The fielders will try to get each batter out.

5. Once each player in Group 1 has hit, the inning will end. Rotate groups.

6. This rotation will continue until each group has had a chance to bat.

COOL DOWN & WOW TALK 15 MINUTES

1. Review what you worked on at practice.

2. Talk about game or practice details for the week.

3. Ask the WOW discussion questions for Week 7 (see handout).





Scan this QR code to view this Practice Plan on your phone, or open the Junior Giants App!

WORD OF THE WEEK: INTEGRITY

AT BAT THIS PRACTICE:

- Demonstrate INTEGRITY by encouraging players to think to themselves about how they can use all of the Words of the Week they've learned so far to make this practice the best one yet!

WORD OF THE WEEK TALK:

- Since this is the final week of Junior Giants, ask each of your players to share their favorite memory or what they are most proud of from this season.
- Define the word INTEGRITY: Doing the right thing even when no one is watching.
- Begin a conversation about integrity by asking the players the following questions:

T-Ball

- Has anyone heard the word "integrity" before? What do you think it means?
- How can you show honesty when playing baseball/softball with your teammates?
- How can you do the right thing (even when no one is watching) when you are at home with your family?
- What is the right thing to do when you see someone being treated poorly by another person? Should you say something or pretend like you didn't see it?

Minors

- What does integrity mean?
- Players who have integrity do what is right in any situation, even when no one is watching. Have you ever done the right thing when no one was watching?
- How can you show integrity if you are playing in a baseball or softball game and a call is made that benefitted you/your team, but you know it should have gone the other way? Should you tell the umpire/your coach the truth?
- What is the right thing to do when you see someone being treated poorly by another person?

Majors & Seniors

- How would you explain what integrity is to someone who has never heard of it before?
- Is having integrity always easy? Can you think of a time when acting with integrity was hard to do?
- How can we show integrity on and off the field?
- How can you have integrity when you see someone being treated poorly by another person? How can you stand up and not be a bystander?



THANK YOU FOR A GREAT SEASON!



ASK YOUR TEAM: WHO INSPIRES YOU TO DREAM BIG AND FOLLOW YOUR PASSIONS? WHAT IS ONE SOFTBALL-RELATED ACTIVITY THAT YOU WANT TO DO IN THE OFF-SEASON?

- Find free, fun activities in your community that you can attend as a team (free community events, fairs, parades, festivals, high school softball games, etc.).
- Schedule a team fun day during the off-season.
- Send holiday and birthday emails, texts, or cards to your players.

Ideas to Stay Connected with your Teammates:

- Watch a baseball or softball game for inspiration.
- Exercise 60 minutes every day!
- Play catch with a family member or friend and practice your batting swing.

Off-Season Activities:

- NATASHA WATLEY, SOFTBALL OLYMPIAN FOR TEAM USA (2004 GOLD, 2008 SILVER), POSITION: INFIELD

"Softball taught me that every play is a new opportunity. Life is a series of chances, and it's up to us to make the most of them."

- MICHELE SMITH, TWO-TIME OLYMPIC GOLD MEDALIST (1996, 2000), POSITION: PITCHER

"In softball and in life, you need to be a good team player, stay positive, and give 100 percent effort all the time."

- JENNIE FINCH, SOFTBALL OLYMPIAN FOR TEAM USA FROM 1998-2010, POSITION: PITCHER

"Softball is about taking each at-bat one pitch at a time and enjoying the journey, win or lose."

SHARE THE FOLLOWING QUOTES AND INFORMATION WITH YOUR SOFTBALL PLAYERS!



- How could I be an even better coach next season?
- How did this season go overall?
- What went well today at practice?

REFLECT-Ask yourself:

- Thank your players and fellow volunteers and tell them that you hope to see them next season!
- Take a photo of your team with their bobbleheads and post it to Facebook, Instagram, or Twitter using #jrgiants. Make sure you check with players' parents before you post a photo of their child.

PASS OUT to each player:

- The weekly Junior Giants Baseball Card.
- Camillo Doval Bobblehead (unless your league has a designated time to pass these out, like an end-of-season celebration).

PRACTICE the Junior Giants Cheer and continue to chant it together at every game and practice this season! ("Who are we? J-R-G! Go Junior Giants!")

- To track their Movement Minutes with Giants on the Go on the Junior Giants App.
- To finish up anything on their Season Road Map if they haven't completed it yet, including the Round the Bases Reading Program.
- About the last game of the season.

REMIND-Remind your team:

- About the Word of the Week.
- About any skills they learned.
- About their favorite parts of practice.

REVIEW-Ask your team:

END OF PRACTICE:





WEEK 8: INTEGRITY

INTRODUCTION, STRETCHES, & WARM UP

7 MINUTES

1. Have players talk about their favorite part of their Junior Giants season.
2. Refer to the WOW Pack discussion guide to give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. All together, count to 10 while completing each of the stretches below:
 - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
 - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
 - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 10 jumping jacks.

INTEGRITY ACTIVITY

5 MINUTES

1. Have players line up in a single file horizontal line, facing towards the coach.
2. The coach will be on the other end of the field. To test the integrity of the team, the coach will have his or her back to the players so that they cannot determine if the players are following the rules or not.
3. When the coach calls out "Green Light," players must run as fast as they can towards the coach.
4. When the coach calls out "Yellow Light," the players must slow down and walk.
5. When the coach calls out "Red Light," the players must stop immediately.
6. The goal of the game is to tag the coach first on the opposite end of the field.
7. If a player moves at any point other than during "Green Light" or "Yellow Light," the player must return to the starting line.
8. This game will test the integrity of the team. Emphasize that players must do the right thing (going back to the starting line if they moved) even when no one is watching.

WEEK 8

POP-UP PRACTICE

10 MINUTES

1. Separate players into multiple groups for fly balls.
2. Each coach should take a group and begin with a small toss to each player (with the group spread out in a semi-circle).
3. The coach should call the player's name (whomever is being tossed to) and that player then calls the ball.
4. After a few tosses to each player, have the players back up a few steps. The coach should now make higher tosses.
5. After a few rounds, progress to one player catching as many as they can in a row.

WATER BREAK

3 MINUTES

GAME SEQUENCE

20 MINUTES

1. Send half the players to line up in the dugout and ask the other half take their positions in the infield.
2. Place one coach on the pitching mound and another coach at the tee. The first player will hit off the tee and run through the bases. Ask the players to field the ball and throw it to a base, trying to make the "out."
3. Rotate through all players and then switch.

BASE RUNNING

5 MINUTES

1. Line up all players at home plate.
2. Ask the first player take a practice swing and then run to first base.
3. Emphasize running through first base rather than stopping right when they reach the base.
4. Ask the next player begin running when the player before them reaches first base.
5. Rotate through the entire line.

COOL DOWN & WOW TALK

15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 8 (see handout).



WEEK 8: INTEGRITY

INTRODUCTION, STRETCHES, & WARM UP

7 MINUTES

1. Have players talk about their favorite part of their Junior Giants season.
2. Refer to the WOW Pack discussion guide to give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Have players switch off **LEADING** the following stretches, making sure to count to 10 for each:
 - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
 - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
 - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 15 jumping jacks.

INTEGRITY ACTIVITY

10 MINUTES

1. Gather team in the outfield.
2. Have players spread out and face the coach.
3. Follow the basic rules of "Simon Says." To test the honesty and integrity of the team, the coach will turn around to face away from the players.
4. Players must listen to the commands following each "Simon Says."
5. If the player does an action that was commanded without "Simon Says" attached to it, they must take a seat.
6. Emphasize that this activity is testing how well players can do the right thing even when no one is watching. The last player standing gets high fives from the coach and their teammates.

POP-UP PRACTICE

10 MINUTES

1. Separate players into multiple groups for fly balls.
2. Each coach should take a group and begin with a small toss to each player (with the group spread out in a semi-circle).
3. The coach should call the player's name (whomever is being tossed to) and that player then calls the ball.
4. After a few tosses to each player, have the players back up a few steps and the coach should now make higher tosses.
5. After a few rounds, progress to one player catching as many balls as they can in a row.

MINORS PRACTICE PLAN

WEEK 8



WATER BREAK

3 MINUTES

HITTING

20 MINUTES

1. Each player will approach their at-bat as if it is in a game. Make sure they have proper coverage of the plate.
2. Divide your team evenly between three groups. Group 1 will be batting, Group 2 will be infielders and Group 3 will start in the outfield.
3. Each team will hit as if it were a live game.
4. The fielders will try to get each batter out.
5. Once each player in Group 1 has hit, the inning will end. Rotate groups.
6. This rotation will continue until all groups have had a chance to bat.

BASE RUNNING: RELAY

10 MINUTES

1. Split the players up into two even groups; one group goes to home plate and the other group to second base.
2. Explain the race rules- players will run around all the bases and finish on the base they started, when the player touches that base the next player can go.
3. Race ends when all the players in the group finish.

COOL DOWN & WOW TALK

15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 8 (see handout).



WEEK 8: INTEGRITY

INTRODUCTION, STRETCHES, & WARM UPS

7 MINUTES

1. Have players talk about their favorite part of their Junior Giants season.
2. Refer to the WOW Pack discussion guide to give players a brief overview of what the Word of the Week is to get them thinking.
3. Have players lightly jog for 2-3 minutes to a designated spot and back.
4. As the team returns, have them spread out and prepare for stretches.
5. Have players switch off **LEADING** the following stretches, making sure to count to 10 for each:
 - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
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 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 20 jumping jacks.

INTEGRITY ACTIVITY

10 MINUTES

1. Gather in the outfield.
2. Have players spread out and face the coach.
3. Follow the basic rules of "Simon Says." To test the honesty and integrity of the team, the coach will turn around to face away from the players.
4. Players must listen to the commands following each "Simon Says."
5. To make it more challenging for the players, ask them to hold a ball in their right hand the entire game.
6. If the player does an action that was commanded without "Simon Says" attached to it, or if they drop the ball from their right hand, they must take a seat.
7. Emphasize that this activity is testing how well players can do the right thing, even when no one is watching.
8. The last player standing gets high fives from the coach and their teammates.

POP-UP PRACTICE

10 MINUTES

1. Separate players into groups for fly balls. Each coach should take a group and begin with a small toss to each player (with the group spread out in a semi-circle).
2. The coach should call the player's name (whomever is being tossed to) and that player then calls for the ball.
3. After a few tosses to each player, have the players back up a few steps and the coach should now make higher tosses.
4. After a few rounds, progress to one player catching as many as they can in a row.

MAJORS AND SENIORS PRACTICE PLAN

WEEK 8



WATER BREAK

3 MINUTES

FIELDING

10 MINUTES

1. Pair up players and place them in two separate lines 20 feet apart so that each player is facing their partner.
2. Keep plenty of space between players in the same line so they can move freely.
3. Give each player in one line a ball. The coach stands behind the line of players without the balls.
4. The receiving players start in the ready position. The coach controls the drill by pointing in which direction they want the ball thrown.
5. Point down and to the right for ground balls to the right side.
6. Point up and to the right for fly balls over the right shoulder.
7. Do the same thing for the left side.
8. The coach monitors the receiving players and makes corrections when needed.
9. After 5 to 10 repetitions, switch the receiving players with the throwers. The coach switches sides and repeats.

HITTING

20 MINUTES

1. Each player will approach their at-bat as if it is in a game. Make sure they have proper coverage of the plate.
2. Divide your team evenly between three groups. Group 1 will be batting, Group 2 will be infielders and Group 3 will start in the outfield.
3. Each team will hit as if it were a live game.
4. The fielders will try to get each batter out.
5. Once each player in Group 1 has hit, the inning will end. Rotate groups.
6. This rotation will continue until each group has had a chance to bat.

COOL DOWN & WOW TALK

15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 8 (see handout).