

# Bam Bam Baseball

## Sample Lesson Plans

### **PRACTICE DAY 1 & 2**

- Introduction of the Coaches, Go around Check-in Players, Get to know First Names
  - Equipment/Clothing Needed- Hat, Baseball Glove, Appropriate clothing-shorts/t-shirt, Water Bottle
  - Safety Rules- no swinging bat unless told to, throw ball when partner is looking, etc.
- Basic Circle Stretching- Arms/Trunk/Legs, Running- high knees, heel kicks,  
-Demonstrate and do Throwing/Catching with Partners  
-Catching Ground Balls/Fly Balls – Game of “See how many you can catch”  
-Put in Positions around the field and do situational drills. ex.- Throwing to 1st  
-Demonstrate Batting Technique and Safety in Batting  
-Batting Practice with Players fielding- 5 or so swings per player  
-Run around the Bases- introducing one base at a time and then all the way around the bases.  
-Team Huddle- Go over any problems or questions. Break out as a team.

### **PRACTICE DAY 3**

- Basic Running/Stretching, Throwing/Catching with Partners  
-Catching Ground Balls/Fly Balls at their positions. Going over game situations  
-Scrimmage another team working on batting practice as you play. Everyone bats and then rotate.  
-Team Huddle- Go over any problems or questions. Break out as a team.

### **GAME DAYS 4-6**

See Game Schedule for Game Location.

At the end- Team Pictures/Coaches Appreciation Day and Hand out Ribbons

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