

Quick Plan Week 6 [Add to favorites](#)

Practice 6 – Quick Plan (45 minutes)

View the [FULL PRACTICE PLAN](#) for detailed instructions for every activity within each lesson

6:00 – 6:03 Introduction

- Welcome players
- Talk about what they players had the most fun doing at the previous game/PCA tip of the week

6:03 – 6:10 Zigzagging

- Players are broken into lines and zigzag around their cones
- (See full practice plan for complete instructions)

6:10 – 6:25 Hitting

- Break players into 3 or 4 groups
- Players take turns hitting off the tees

6:25 – 6:35 Pop-ups

- Players are in groups, each group is in a semi circle, players are tossed pop-ups and called by name, the player calls the ball
- Progress with difficulty
- How many can each player catch in a row
- Jumping jacks for number of catches

Break

6:40 – 6:45 Run the Bases Relay

- Divide players into two teams
- One team begins at home and the other team at second base
- They run one at a time with a wiffleball as a baton, and hand off
- First team done wins
- (See full practice plan for complete instructions)

6:45 – Dismiss Conclusion

- Tell another player a goal for next game/PCA tip of the week
- Remind of next event (practice, game)



Week 6 - Teachable Spirit (WAG)

- People often stop learning because while they are learning something new and they are not yet good at it, they don't want to look silly. But the really silly person is the one who stops learning.
- The letters W-A-G or "wag" can help us remember how to learn.
 - * **W** is for Watch. You can learn a lot just by watching someone do something that you want to know how to do.
 - **A** is for Ask. Many people don't ask questions because they think it makes them look silly. But, it's smart to ask questions!
 - **G** is for Get coaching. Get a coach to help you learn what you want to learn.

