

Quick Plan Week 7 [Add to favorites](#)

Practice 7 – 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
- Discuss the goals of the day and what they will learn/PCA tip of the week

6:03 – 6:10 The Great Baseball

- Players are split up between each base path and must run to the opposite side when called without getting tagged
- (See full practice plan for complete instructions)

6:10 – 6:20 Hit the Bucket

- Players stand in large circle around the bucket and try to hit it to make an out, the team works together to make 3 outs
- (See full practice plan for complete instructions)

Break

6:20 – 6:40 Inning Practice

- Work on transition, skills and knowledge that players have shown to lack during the games

6:40 – 6:45 Conclusion

- Review things learned in inning practice
- Team huddle chant/PCA tip of the week
- Remind of next event (practice, game)



Week 7 - Emotional Tank (Magic Ratio & Buddy System)

- We talked a few weeks ago about making teammates better by giving them hi-fives and smiling at them. Remember that telling them how well they're doing fills tanks along with things like smiles and high-fives.
- We're going to try using the "Buddy System" to help each other. I'm going to match each of you up with a buddy. You should do the drill as well as you can, and also watch your buddy and tell them what they did well after the drill!

