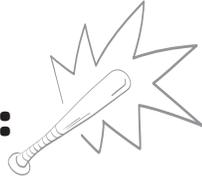


## Word of the Week: **LEADERSHIP** ←

### At Bat This Week:



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

### Word of the Week Talk:



- 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 (5-6 years old)**

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

#### **Minors (7-9 years old)**

1. Do you know a good leader? Why is he/she a good leader?
2. What are some things that good leaders do or say?
3. How can you be a leader at school? At home? On the baseball/softball field?

#### **Majors (10-13 years old) & Seniors (14-18 years old)**

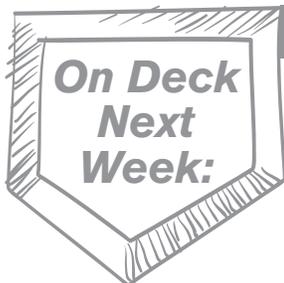
1. What are some qualities of an awesome leader? What are some qualities of a negative leader?
2. How do leaders affect the people around them?
3. What is one way you can step up as a leader on this team?

## End Of Practice:



- Pass out the Leadership Baseball Card to all players and remind them to enter the answer to this week's trivia question on [gojrgiants.org](http://gojrgiants.org) as part of the Junior Giants Sweepstakes!

## Notes:



## Preview INTEGRITY week and the last week of Junior Giants by:

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

# WEEK 7: LEADERSHIP

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## 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. Altogether, 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 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).
  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.
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## CATCHING & FIELDING

### 10 MINUTES

1. Break team into small, even groups, 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

# WEEK 7

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## 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).

# WEEK 7: LEADERSHIP

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## 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.
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## 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.
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## WATER BREAK

### 3 MINUTES

# WEEK 7

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## 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 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.
  6. This rotation will continue until the drill is over.
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## 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

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## 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.
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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.
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## 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 still squaring up to their partner on the throw.
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## WATER BREAK

### 3 MINUTES

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## 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.

# WEEK 7

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## 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 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.
  6. This rotation will continue until the drill is over.
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## 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).