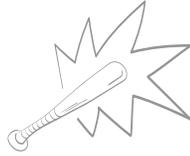


Week Four Practice Plan

Word of the Week: EDUCATION ←

At Bat This Week:



- Lead your team in The Giant Launch activity found in this Practice Plan.
- Review the **Round the Bases Reading Program**.
 - Have players track the amount of minutes they read on their Reading Scorecard.
 - As a bonus, encourage players to read to younger family members or friends (or even pets) to include them in the fun!



READING LEVELS & PRIZE

1st BASE: Read the Player & Parent Handbook

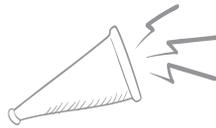
2nd BASE: Read for 240 minutes

3rd BASE: Read for 480 minutes

HOME RUN: Read for 720 minutes and receive a Giants backpack!

If your **ENTIRE TEAM** (Minors and older) reaches the Home Run level, the team is eligible to attend the Junior Giants Festival at Oracle Park!

Word of the Week Talk:



- Define the word EDUCATION:** Learning more about the world through school, books or other activities.
- Begin a conversation about education by asking the players the following questions:

T-Ball (5-6 years old)

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

Minors (7-9 years old)

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

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

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

End Of Practice:



- Pass out the Education Baseball Card to all players and remind them to enter the answer to this week's trivia question on gojrgiants.org as a part of the Junior Giants Sweepstakes!
- Have players show their Reading Scorecards and encourage them to keep reading to earn a Giants backpack! Remember to keep track of players' progress on your Team Scorecard so your team can qualify to attend the Junior Giants Festival (Minors and older)!
- Take a video of your team participating in The Giant Launch activity and post it to Facebook, Instagram or Twitter using **#jrgiants**. Make sure to check with players' parents before you post a photo of their child.



Notes:

The Giant Launch ←

Hey coach/team parent! This week you're going to launch different kinds of balls with your team to show them how science and math play an important role in baseball and softball. Check out the discussion points and directions below.

What you will need:

- Ball launcher (from Week 4 WOW pack)
- Squishy baseballs (from Week 4 WOW pack)—players will keep at the end of the lesson
- Regular baseball or softball from equipment bag
- Wide open field

READ TO YOUR TEAM:

Did you know science and math play a big role in baseball and softball? Today we're going to learn about launch angles!

Do you know what the launch angle is? The **Launch Angle** is the vertical (up and down) angle that the ball leaves a player's bat after being hit. This is also known as trajectory.

(Read team trajectory definition and show them the image on the back.)

Team, this is a science and math experiment! Each of you will have a chance to launch a ball (either a regular baseball/softball or a squishy ball) to see how far it goes.

We need 3 people to help each time we launch a ball and each of you will take turns.

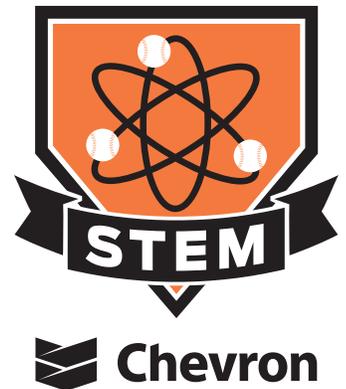
- (2) players to hold the ball launcher (one on each side)
- (1) player to launch their ball

Your goal is to launch your ball as far as you can!

STEPS:

1. Choose the ball you want to launch (your squishy baseball or a regular baseball/softball)
2. Choose the angle you want to launch it at (straight up at the sky, down towards the ground, straight like a line drive, somewhere in the middle, etc.).
3. Right before you launch, the team will count down from 3 (3, 2, 1!). After that, launch the ball!
4. Run out to where your ball landed and mark its spot with your glove or hat.
5. Run back to the team and cheer on your teammates as they launch their ball!

JUNIOR GIANTS



ACTIVITY WRAP-UP:

Gather team in a circle and ask/discuss the following questions:

1) Which type of ball traveled the farthest and why?

- **Explain:** The mass of the ball will affect the trajectory (*read your team the matter and mass definitions from this sheet*)
- **Answer:** The baseball/softball will travel further than the squishy ball because it has more mass (it is heavier).

2) Does the ball go farther when it's launched straight up into the air, launched between straight up and the ground, or launched close to the ground?

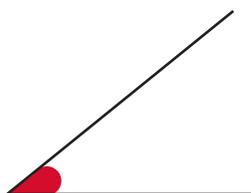
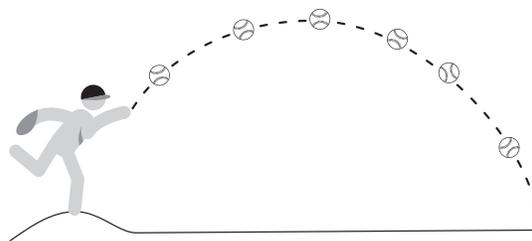
- **Explain:** The angle of the ball will determine how it is launched (i.e: 0 degrees would be a line drive parallel to the ground. Negative 30 degrees would be a grounder/chopper. 30 degrees would be a fly ball. Even foul balls popped up out of play behind the catcher have a launch angle, sometimes over 90 degrees!)
- **Answer:** The best angle to make a ball go far is 45 degrees

3) How does this activity connect to you playing baseball or softball?

- **Explain:** Knowing the angle of the ball will change the way you approach your swing or catch. (Even Giants players study the path the ball takes so they can field the ball and make the out!)
- **Answer:** You now see what the best angle is to try to hit or throw the ball. When playing defense, you can see whether you need to move forward or backward when the ball comes off the bat!

KEY CONCEPTS & DEFINITIONS:

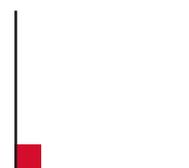
- **Trajectory:** The path an object (ball) takes while moving through the air
- **Matter:** Anything that takes up space
- **Mass:** Measure of matter, usually in weight
- **Angle:** The space between two lines that cross. This is usually measured in degrees.



45 degrees



110 degrees



90 degrees

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. 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.
-

THE GIANT LAUNCH

15 MINUTES

Please refer to the activity details listed on the second page of this Practice Plan.

FIELDING

10 MINUTES

1. Put players into positions on the field.
 2. Have 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

OFFENSE & DEFENSE

15 MINUTES

1. Break 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 practicing 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.

WEEK 4

BASE RUNNING

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

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 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 20 jumping jacks.

THE GIANT LAUNCH

15 MINUTES

Please refer to the activity details listed on the second page of this Practice Plan.

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



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 to a coach at first base. The coach will put the balls in the bucket.
3. Once each player has fielded 5 balls, rotate positions and repeat the drill.

WEEK 4

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

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WEEK 4: EDUCATION

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-

THE GIANT LAUNCH

15 MINUTES

Please refer to the activity details listed on the second page of this Practice Plan.

Break players into two even groups. Send one group to Station 1 and the other to Station 2. After 15 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

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.

WEEK 4

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 him 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).