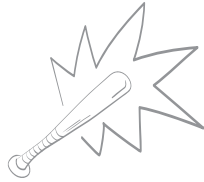


Week Six Practice Plan

Word of the Week: **TEAMWORK** ←

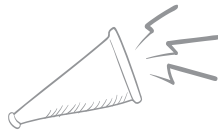
At Bat This Week:



CHEER CHALLENGE

- Show your Junior Giants spirit! Coaches, take a video of your team chanting the Junior Giants Cheer and upload it to Facebook, Instagram or Twitter with **#jrgcheer** or email it to **jrgiants@sfgiants.com** by **July 28**. Be sure to say your team name and city at the beginning of the video and check with players' parents before you post a video of their child.

Word of the Week Talk:



- Define the word TEAMWORK:** Working together with a group of people to achieve a goal or complete a task.
- Begin a conversation about teamwork by asking the players the following questions:

T-Ball (5-6 years old)

1. What are some other teams you can think of besides the San Francisco Giants?
2. What can you do to be a positive teammate on the field?
3. Off the field, where can you use teamwork? Think about being at home and school and how working as a team can make jobs easier and faster!

Minors (7-9 years old)

1. What is a team?
2. What are some team sports besides baseball or softball? What individual sports can you think of?
3. How can you use teamwork at home or school?

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

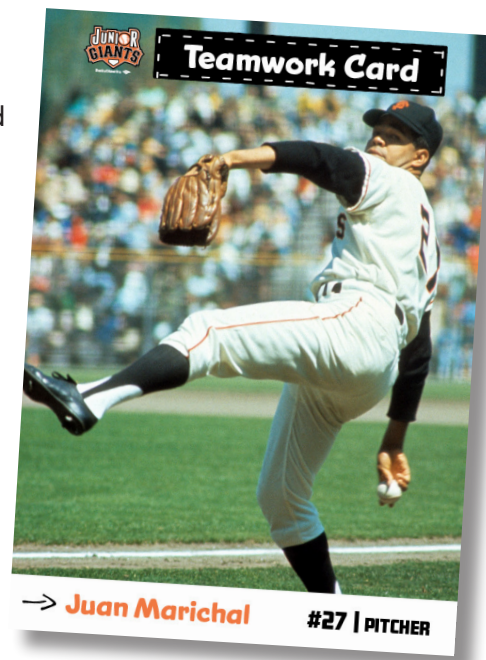
1. What kind of teams have you been a part of?
2. When was a time that you used teamwork to accomplish something great?
3. What is one of your best qualities that you can contribute to this team?

End Of Practice:



- Pass out the Teamwork Baseball Card to all players and remind them to enter the answer to this week's trivia question on gojrgiants.org as part of the Junior Giants Sweepstakes!

Notes:



WEEK 6: TEAMWORK

INTRODUCTION, STRETCHES & WARM UP

7 MINUTES

1. Have players share their favorite part about last week and talk about what they think teamwork means.
 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.
-

CATCHING & THROWING

5 MINUTES

1. Ask two players to work together to put out the balls and gloves needed for this drill.
 2. Have players find a partner and spread out.
 3. Players will take a knee and practice throwing and catching to each other.
 4. If players feel comfortable, have them gradually make their way to standing.
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POSITION PRACTICE

10 MINUTES

1. Line up players.
 2. Coach will say a position to the first player in line and on "go," the player will run as fast as they can out to their correct position. Player will stay there until all players have taken their spot on the field.
 3. Coach will repeat this sequence until all players have taken their spots.
 4. Coach will then call them back in. Have players run back as fast as they can. Repeat two or three times.
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WATER BREAK

3 MINUTES

WEEK 6

SECOND BASE PRACTICE

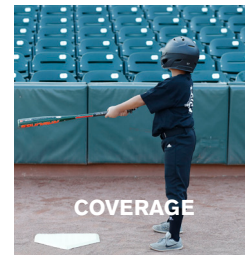
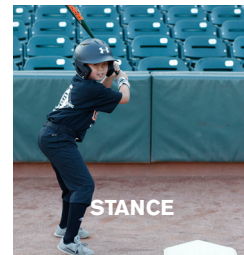
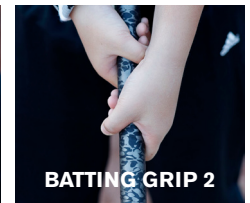
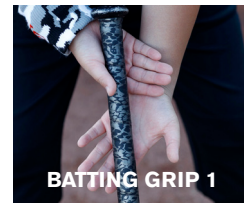
10 MINUTES

1. Break team into two small groups, one coach/team parent with each.
2. Have one group in the outfield. The other group will line up at second base.
3. Coach will throw a variety of popups and ground balls to the players in the outfield and then those players will throw to their teammate at second base.
4. Then, the second base player will go to the back of the line. Continue until everyone in the group at second base has had a turn.
5. Rotate the outfield group with the second base group halfway through.

HITTING

10 MINUTES

1. Break players into three groups, one coach/team parent at each tee (or as many groups as you have volunteers for).
2. Review bat grip and stance.
3. Have each player go one at a time hitting the ball off the tee.
4. Practice stepping and swinging.
5. Each player should take five swings then rotate to the next teammate in 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 6 (see handout).

WEEK 6: TEAMWORK

INTRODUCTION, STRETCHES & WARM UP

7 MINUTES

1. Have players share their favorite part about last week and talk about what they think teamwork means.
 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 15 jumping jacks.
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TEAMWORK ACTIVITY

15 MINUTES

1. Split the group into two teams. The first team will bat while the other is in the field.
 2. A coach pitches. The first batter hits the ball and starts to run the bases.
 3. All players of the fielding team run to the ball and line up behind the player who is fielding it.
 4. Once all players have formed the line, the player with the ball will pass the ball to each player in line.
 5. The last player in line will throw the ball in to the coach.
 6. When the ball gets to the coach, the runner stops.
 7. Each base he/she has touched is counted as one point for his/her team. Immediately, the next batter gets a pitch and the same thing happens.
 8. Once every player hits once, the total bases for the team are added up for their score.
 9. Rotate teams.
-

WATER BREAK

3 MINUTES

HITTING

25 MINUTES

1. Ask half of the players to head to the infield and half to line up at home plate.
2. Ask one player to bat and hit off of a coach's pitch.
3. Focus on hitting the ball and then running as fast as he/she can to first base.
4. Have players in the infield catch the ball and throw it back to the coach.
5. Then have the next player in line go. Once the player hits, have the player on first run to second.
6. Continue this sequence until all players have had a turn.
7. Switch infield players with batting players.

WEEK 6

BASE RUNNING

10 MINUTES

1. Start with players with helmets on at each base, including home plate.
 2. One player will approach the plate with a bat with one player on each base. The rest of the players will be lined up closer to third base.
 3. Have the player get a proper grip on the bat, get in their stance and check to see their plate coverage. Remind player they cannot throw the bat after swinging.
 4. Once the coach says "go," the player will swing the bat like they just hit the ball and will run toward first base. This will set the drill in motion.
 5. The player on first base will run to second base. The player at second base will run to third base. The player on third base will run to home plate.
 6. Each player will go to the end of the line at the next base. Continue this drill until each player has "hit" two times.
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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 6 (see handout).

WEEK 6: TEAMWORK

INTRODUCTION, STRETCHES & WARM UP

7 MINUTES

1. Have players share their favorite part about last week and talk about what they think teamwork means.
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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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TEAMWORK ACTIVITY

10 MINUTES

1. Split the group into two teams. The first team will bat while the other is in the field.
 2. A coach pitches. The first batter hits the ball and starts to run the bases.
 3. All players of the fielding team run to the ball and line up behind the player who is fielding it.
 4. Once all players have formed the line, the player with the ball will pass the ball to each player in line.
 5. The last player in line will throw the ball in to the coach.
 6. When the ball gets to the coach, the runner stops.
 7. Each base he/she has touched is counted as one point for his/her team. Immediately, the next batter gets a pitch and the same thing happens.
 8. Once every player hits once, the total bases for the team are added up for their score.
 9. Rotate teams.
-

THROWING

10 MINUTES

1. Pair up players in two lines 30 feet apart. Give balls to one line of players.
 2. The players who will throw first are in an athletic position, squared toward partners with hands together centered near chest.
 3. When the coach says "shuffle," players shuffle their feet forward, exchanging their front foot's position with their back foot, throwing the ball to their partner.
 4. Coach should observe footwork looking for straight direction toward target and balance throughout the throw.
 5. This shuffle is used when the player receives the ball and is already lined up.
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WATER BREAK

3 MINUTES

WEEK 6

INFIELD PRACTICE

15 MINUTES

1. Have players split into three groups; one lines up at shortstop, one at second base position and one at first base.
 2. Have the coach hit ground balls to the first player in the shortstop line.
 3. That player will scoop up the ball and throw to first base.
 4. Coach then hits to the first player in the second base line and that player will scoop the ball and throw to first base.
 5. All players rotate through their lines and after two ground balls each, their group rotates positions.
-

HITTING

15 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 6 (see handout).