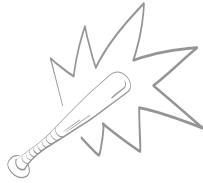


Week Two Practice Plan

Word of the Week: HEALTH ←

At Bat This Week:



- Introduce the Health program by reviewing the following items with players:
 - Healthy Habits bingo card
 - Belt's Boot Camp: Video on the Week 2 tab of gojrgiants.org with exercise ideas from Brandon Belt. Encourage players to watch this video throughout the summer for new exercises to try!

Word of the Week Talk:



- Define the word HEALTH:** Taking care of your body by eating good foods, drinking water and exercising.
- Begin a conversation about health. Remind your players that water is better for our bodies than sugary drinks (soda, juice and sports drinks). Drinking water hydrates and keeps our cells and organs functioning properly. Athletes like the Giants drink lots of water every day to perform their best on the field. Encourage a soda-free summer for the rest of the season! Next, ask your players the following questions:

T-Ball (5-6 years old)

1. Name your favorite fruit or vegetable.
2. What is exercise? Why is it good for you?
3. What is one healthy activity that you can do at home with your family this week?
4. How many glasses of water do you think you drink each day? Can you drink more?

Minors (7-9 years old)

1. Name as many fruits and vegetables as you can. Name other healthy snacks and drinks.
2. What do athletes do to get ready for their games and practices?
(Reference Healthy Habits Poster)
3. How can you exercise at school or at home?
4. Why is it important to drink water every day?

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

1. Why is it important to eat fruits and vegetables? How can it help your athletic performance?
2. What is your favorite healthy snack?
3. What are three new physical activities you want to try this summer?
4. What is one sugary drink you could replace with water this season?

End of Practice:



- Practice the Junior Giants Cheer and continue to chant it together at every game and practice this season!
- Pass out the Health 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!
- Provide a water bottle to players who turned in their Healthy Habits bingo card.
- Take a photo of your team with their water bottles and post it to Facebook, Instagram or Twitter using **#jrgiants**. Make sure you check with players' parents before you post a photo of their child.



Notes:



Preview **STRIKE OUT BULLYING** week by:

- Passing out the Strike Out Bullying Contest entry form and encouraging players to turn it in next week to receive a Giants arm sleeve!
- Prompting players to go to the Week 3 tab of gojrgiants.org to see Giants players recite the Strike Out Bullying Pledge. Tell players your team will be reciting this pledge together next week!

WEEK 2: HEALTH

INTRODUCTION, STRETCHES & WARM UP

7 MINUTES

1. Review names of coaches and team parents, and have players reintroduce themselves (name and their favorite fruit or vegetable).
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.

GAME: VEGETABLE/FRUIT BASE RUNNING

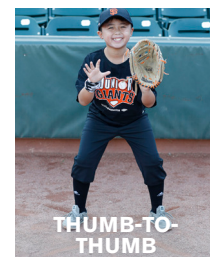
5 MINUTES

1. Ask all players to line up on home plate.
2. On "go," the first player in line will take a practice swing (without a bat) and begin their run around the bases as if he/she hit a homerun.
3. As the player touches each base, they must call out the name of a fruit or a vegetable.
4. Once the first player reaches first base, have the next player in line go.
5. Upon return, have the player go to the back of the line.
6. Repeat this until all players have had a chance to go around the bases.

THROWING & CATCHING

10 MINUTES

1. Throw to another coach while emphasizing holding the ball correctly in the "favorite hand," turning sideways, pointing to the target, stepping and throwing.
2. Emphasize catching thumb-to-thumb (fingers pointing up) when the ball is above their waist, and pinky-to-pinky (fingers pointing down) for balls thrown below the waist.
3. Break into small groups, one coach/team parent with each.
4. Line up players and take turns throwing the ball to each player.
5. Have player catch the ball and throw it back to the coach. One at a time, coach will throw balls above waist, then below waist.
6. Make sure players are catching thumb-to-thumb (fingers pointing up) when the ball is above their waist, and pinky-to-pinky (fingers pointing down) for balls thrown below the waist.
7. Perform this drill five times each.



WATER BREAK

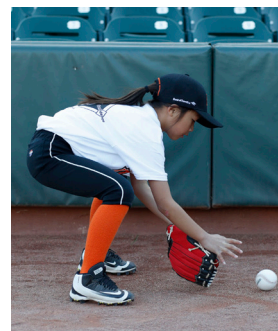
3 MINUTES

WEEK 2

FIELDING

10 MINUTES

1. Gather team.
2. Separate into small groups; one coach/team parent with each.
3. Talk about taking turns to field ground balls.
4. Demonstrate using two hands to catch a rolling ball, with their throwing hand open above the glove.
5. Coaches stand across from a line and roll the first player a ball.
6. After they scoop up the ball, players throw it back to the coach. Then give the next player a turn.
7. Repeat until players seem to grasp fielding.



HITTING

10 MINUTES

Swing and Run:

1. After reviewing the basics of swinging (favorite hand on top, bend knees, stand "sideways," eyes on the ball) have players line up at home plate at a safe distance away from the batter.
2. Put one coach in charge of home plate and one coach in charge of base runners.
3. Place a ball on the tee and let the first player swing and hit the ball and run to first base.
4. Players advance one base at a time as the new player hits the ball.
5. Run through drill twice.



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 2 (see handout).

WEEK 2: HEALTH

INTRODUCTION, STRETCHES & WARM UP

7 MINUTES

1. Review names of coaches and team parents, and have players reintroduce themselves (name, one thing they learned last week and their favorite fruit or vegetable).
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.

GAME: VEGETABLE/FRUIT BASE RUNNING

5 MINUTES

1. Have all players line up on home plate.
2. On "go," the first player in line will take a practice swing (without a bat) and begin his/her run around the bases as if he/she hit a homerun.
3. As the player touches each base, they must call out the name of a fruit or a vegetable.
4. Once the first player reaches first base, have the next player in line go.
5. Upon return, have the player go to the back of the line.
6. Repeat this until all players have had a chance to go around the bases two times.

THROWING & CATCHING

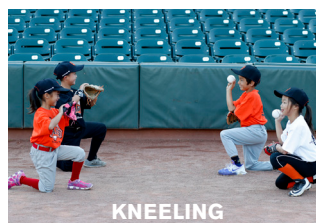
15 MINUTES

Drill 1: Kneeling Throwing Practice

1. Have players choose a partner and spread out so that they are 10 feet apart.
2. Each player will take a knee with their glove-hand knee raised and throwing-hand knee on the ground.
3. This position will get the directional shoulder pointed at the two hand target and reinforce the delivery step of throwing.
4. Have players practice catching and throwing, slowly working their way to standing.
5. Perform this drill for 7 minutes.

Drill 2: Receiving Practice

1. Have players find a new partner.
2. The partner will toss the ball and the receiver will catch the ball with two hands and transition into a four-seam grip.
3. Once the thrower shows a two hand target (2HT) the receiver will toss the ball back.
4. Perform this drill for the remaining 8 minutes.



WEEK 2

WATER BREAK

3 MINUTES

FIELDING

10 MINUTES

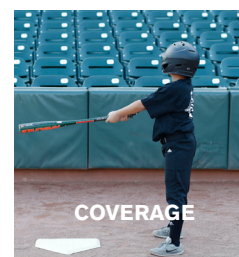
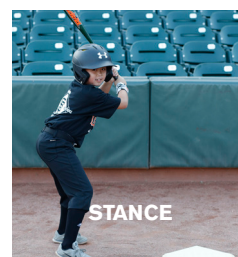
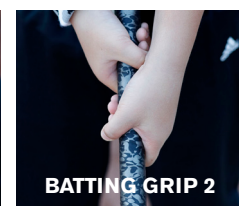
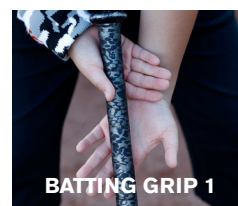
1. Players will line up in two or three single-file lines, one coach/team parent per line.
2. The coach will throw the ball to the players below the waist to work on the pinky-to-pinky, fingers pointing down, two-hand technique.
3. Once the player has fielded and thrown the ball back to the coach, he/she will return to the back of the line.
4. Perform this drill until each player has gone 5 times and then have the coach roll grounders using the same pinky-to-pinky technique.



HITTING

10 MINUTES

1. Review last week: One: Grip, Two: Stance, Three: Coverage
2. Split team into 2 or 3 groups.
3. Have players stand 10-13 feet from each other.
4. Players place glove on the ground and use it as home plate.
5. Have each player take a swing on your command and work with them to correct their swing.
6. Coaches throw 5 pitches to each player.



BASE RUNNING

10 MINUTES

1. Start with players with helmets on each base, including home plate.
2. The player at home will be the first up to bat. The rest of the players will be lined up closer to third base.
3. Have player get a proper grip on the bat, get in their stance and check to see their plate coverage. Remind players 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."

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 2 (see handout).

WEEK 2: HEALTH

INTRODUCTION, STRETCHES & WARM UP

7 MINUTES

1. Review names of coaches and team parents, and have players reintroduce themselves (name, one thing they learned last week and their favorite fruit or vegetable).
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 20 jumping jacks.

GAME: VEGETABLE/FRUIT BASE RUNNING

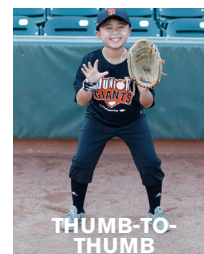
5 MINUTES

1. Have all players line up on home plate.
2. On "go," the first player in line will take a practice swing (without a bat) and begin his/her run around the bases as if he/she hit a homerun.
3. As the player touches each base, they must call out the name of a fruit or a vegetable. Be sure that players do not repeat fruits and vegetables that have already been said by a previous player.
4. Once the first player reaches first base, have the next player in line go.
5. Upon return, have the player go to the back of the line.
6. Repeat this drill until all players have had a chance to go around the bases.

THROWING & CATCHING

10 MINUTES

1. Have players partner up, grab a ball and spread out.
2. Have them practice throwing and catching with each other.
3. Emphasize catching thumb-to-thumb and pinky-to-pinky.
4. Check form.

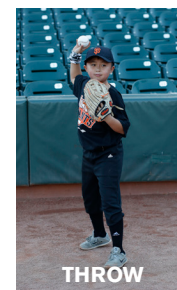
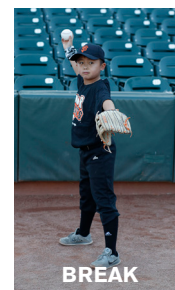
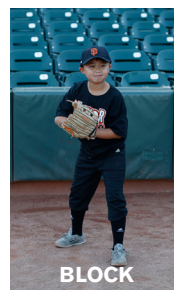
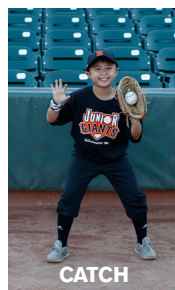


Split team in half. Have one group start at Station 1 and one group at Station 2. After 10 minutes take a water break and switch.

STATION 1: THROWING

10 MINUTES

1. Gather team. Explain and demonstrate the four steps of throwing: catch, block, break and throw.
2. Place players in 3 straight lines and spread out; coach stands 10 feet in front of players.
3. Players start off facing the coach in the receiving position.
4. Call commands in this order: catch, block, break, throw.
5. As the coach calls out commands, players perform the key positions of throwing.
6. There should be two seconds between each command.
7. Coaches make sure players are transitioning between each position correctly.



WEEK 2

WATER BREAK 3 MINUTES

STATION 2: HITTING

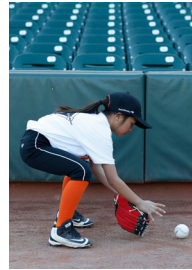
10 MINUTES

1. Line up players near home plate.
2. Pitch to one player at a time.
3. Other players waiting are paying attention and encouraging their teammate.
4. Focus on hitting the ball and then running as fast as he/she can to first base.
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.

FIELDING

10 MINUTES

1. Break into small groups, one coach/team parent with each.
2. Have players spread out.
3. Take turns rolling a ground ball to a player.
4. Player must scoop up the ball and throw it back to the coach.
5. Repeat until all players have fielded five ground balls.



BASE RUNNING

10 MINUTES

Home to First:

1. Line up players at home plate.
2. One at a time, players run through first base as if they have hit a ground ball to the infield.
3. A coach is positioned near first base making sure that players are running through first base and are looking to foul territory for the ball after they have reached first base.
4. After all players perform this drill correctly; the coach can randomly throw balls into foul territory after the runners touch first base, simulating an overthrow.
5. Players react and advance to second when they see the loose ball.

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 2 (see handout).