

Word of the Week: **CONFIDENCE** ←

Word of the Week Talk:



- Define the word CONFIDENCE:** Believing in your own skills and abilities.
- Begin a conversation about confidence by asking the players the following questions:

T-Ball (5-6 years old)

1. Have you heard the word “confidence” before? What does it mean?
2. Stand up and show us what a confident person would look like on the field.
3. When could you show confidence during one of our games or practices?

Minors (7-9 years old)

1. Do you know what the word “confidence” means?
2. How could you feel more confident about yourself?
3. What part of playing baseball/softball do you feel the most confident in (throwing, batting, infield, outfield, etc.)?

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

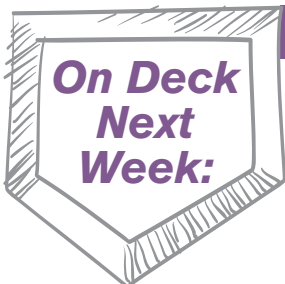
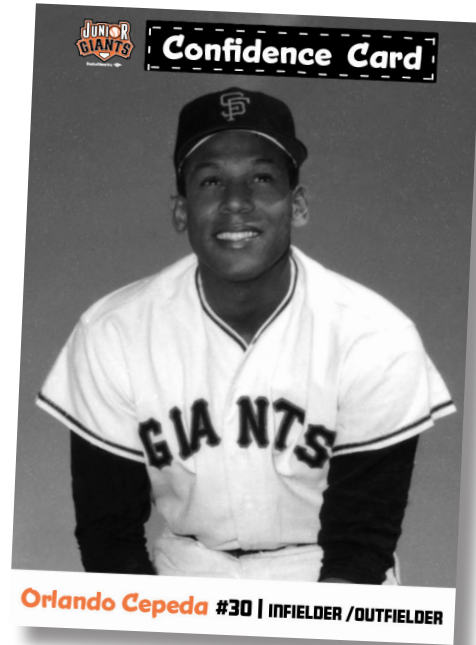
1. When was a time that you felt really confident?
2. How does confidence help your baseball/softball performance?
3. How can we help each other feel more confident?

End Of Practice:



- Pass out the Confidence 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!
- Pass out the 4 Bases Laces and encourage your players to wear them for the rest of the season.

Notes:



Preview **TEAMWORK** week by:

- Letting your team know that you will record the Junior Giants Cheer together next week.

WEEK 5: CONFIDENCE

INTRODUCTION, STRETCHES & WARM UP

7 MINUTES

1. Have players take turns sharing what their favorite thing about last week was.
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.

FREEZE, CONFIDENCE!

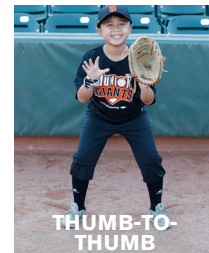
10 MINUTES

1. Have players line up starting on home plate.
2. On "go," all players will start running continuously around the four bases.
3. When the coach yells "FREEZE," all players must freeze and get into their confident pose (head up, shoulders back, hands on hip and smiling).
4. When coach yells "You're awesome!" all players resume running around the bases again.
5. Play this game for 5 minutes.

FIELDING

15 MINUTES

1. Have players spread out on the field into small groups, one coach/team parent with each.
2. Toss the ball to players while having them practice 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. Players will throw the ball back to the coach, emphasizing stepping and then throwing.



WATER BREAK

3 MINUTES

WEEK 5

OFFENSE & DEFENSE

20 MINUTES

1. Have a few teammates be responsible for setting up the equipment for this drill.
 2. Send half of the players to the infield and half line up at home plate.
 3. Have one player up to bat and hit off a tee.
 4. Focus on hitting the ball and then running as fast as he/she can to first base.
 5. Instruct players in the infield to catch the ball and throw it back to the coach.
 6. Then have the next player in line go. Once the player hits off the tee, have the player on first base run to second base.
 7. Continue this sequence until all players have had a turn.
 8. Switch infield players with batting players.
 9. Have a few players work together to clean up all the equipment.
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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 5 (see handout).

WEEK 5: CONFIDENCE

INTRODUCTION, STRETCHES & WARM UP

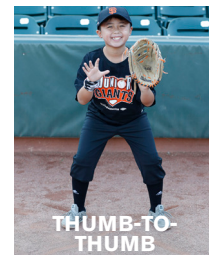
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 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
6. Finish with 15 jumping jacks.

CATCHING

15 MINUTES

1. Have players spread out in two different groups, one coach with each.
2. Toss the ball to players while having them practice catching thumb-to-thumb when the ball is above their waist and pinky-to-pinky for balls thrown below the waist.
3. Players will throw the ball back to the coach, emphasizing stepping before and then throwing.



CATCHING WITH CONFIDENCE

10 MINUTES

1. Have players pair up and grab a ball.
2. Instruct players to start playing catch at a close distance.
3. When players feel confident at the distance they are at, have each player take one step back and continue playing catch.
4. Have players encourage each other as they play.
5. See how far away from each other players can go.

WATER BREAK

3 MINUTES

WEEK 5

OFFENSE & DEFENSE

20 MINUTES

1. Have a few teammates be responsible for setting up the bases, bats, balls and gloves for this drill.
 2. Send half of the players to the infield and half line up at home plate.
 3. Have one player up to bat and hit off a coach's pitch.
 4. Focus on hitting the ball and then running as fast as he/she can to first base.
 5. Instruct players in the infield to catch the ball and throw it back to the coach.
 6. Then ask the next player in line go. Once the player hits, have the player on first run to second.
 7. Continue this sequence until all players have had a turn.
 8. Switch infield players with batting players.
 9. Have a few players work together to clean up all the equipment.
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BASE RUNNING: RELAY

5 MINUTES

1. Break the players up into two even groups; one group goes to home plate and the other group to second base.
 2. Explain the race rules – players will run around all the bases and finish on the base they started. Once the player touches the base they started at, the next player can go.
 3. Race ends when all players in their group finish.
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COOL DOWN & WOW TALK

15 MINUTES

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WEEK 5: CONFIDENCE

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THROWING

15 MINUTES

1. Partner off players and have them face each other.
2. Each player takes a knee (right knee for right-handed throwers, left knee for left-handed throwers).
3. Starting with both hands together near chest, players square up shoulders level and in line to target.
4. When the coach says, "Throw," players throw the ball to their partner.
5. The arm action on the throw should be a continuous fluid motion.
6. Advance the arm forward in a strong "L" position while extending the arm toward the target, releasing the ball in front of the lead leg.
7. The throwing arm should end up in line with, or on the opposite side of, the front leg for a proper finish and follow-through.
8. Players should concentrate on the proper arm action of both the throwing arm and the glove arm.



WEEK 5

WATER BREAK 3 MINUTES

CATCHING 10 MINUTES

1. Give each player a ball and line them up single file 10 feet from the coach.
 2. When the coach yells, "Go!" the first player jogs to the coach, tossing the ball to the coach and continuing to run away.
 3. The coach turns and throws the ball in a high arc, similar to a touchdown pass.
 4. The player runs under the ball, catches it and returns to the end of the line.
 5. Continue with the next player. The distance and difficulty of the throw depends on the age and ability of the player. Two-handed catches are recommended.
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OFFENSE & DEFENSE 20 MINUTES

1. Have a few teammates be responsible for setting up the equipment for this drill.
 2. Send half of the players to the infield and half line up at home plate.
 3. Have one player up to bat and hit off a coach's pitch.
 4. Focus on hitting the ball and then running as fast as he/she can to first base.
 5. Instruct players in the infield to catch the ball and throw it back to the coach.
 6. Then have the next player in line go. Once the player hits, have the player on first run to second.
 7. Continue this sequence until all players have had a turn.
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COOL DOWN & WOW TALK 15 MINUTES

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