

# Brewster Recreation

## Farm League Practice Plan



**Practice will take place on Tuesdays or Wednesdays, from 5-6pm at the Freeman's Way baseball fields. Two teams per field.**

- **First 10 minutes should consist of a warm up, stretching and playing catch**
- **Teams will then separate. One team will use the infield and shallow outfield for “game simulation”. The other team uses the outfield for fielding ground balls, shagging pop ups and various other games and drills. After 20 minutes, switch.**  
*\*Please see specific directions below*
- **Take the last 5 to 10 minutes for base running and a review.**

### **Infield activities:**

**Game simulation** – Start with one batter, one child on deck, and the rest in the field at all positions. The coach will pitch to the children. Give each child 5 hits. The last one they will run out and fielders will play it like a normal game, by fielding and throwing to the correct base. After the last hit, the players all rotate. Hitter on deck now bats. Child that was hitting goes out to the field, and all positions rotate around until everyone has hit.

### **Outfield activities:**

**Ground balls & pop ups** – using a bucket of balls, roll ground balls to the kids and have them work on fielding it properly and then placing the ball into the bucket. Do the same with pop ups.

**Ground balls & pop ups with a throw** – same as above, but have them make a throw once they have fielded the ball properly.

**Relay throw** – divide the team into two groups. Line each group up 10 feet apart. Give the first child in each group a ball. Have them “relay” the ball up the line and back for 5 minutes. Make sure they are catching and throwing properly.

**Various games you can play** – 500, hot potato, pepper, pickle, relay races, etc.

**\*Brewster Rec staff will be there to help as well**