

## Indoor Foundations Circuit

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|--------|--------|---------------------------------|
| Indoor | 90 min | any rainout early in the season |
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## OBJECTIVE

The all-purpose indoor day — a four-corner circuit that touches every core skill. If you only ever get one gym day, run this one.

## BENCHMARKS THIS PLAN FEEDS

- B1 — Catch confidently
- B2 — Throw with a step
- B3 — Field routine batted balls
- B4 — Swing with balance

## PREP — BEFORE PLAYERS ARRIVE

|           |                                                                                                                                                                                                                                                                 |
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| Equipment | tennis balls, wiffles, 2–3 tees, nets, tape (targets + lines), cones, gloves.                                                                                                                                                                                   |
| Setup     | Cage 1 = tee/mechanics. Cage 2 = coach toss (or machine if the facility has one). Third space = two floor stations (wall targets + grounder lane) with taped rotation arrows. Tape 2-ft square targets on the third-space wall at kid-chest height, every 6 ft. |
| Safety    | all swinging stations face walls/nets, entry from behind only; no real baseballs indoors, ever, at 8U.                                                                                                                                                          |

## PRACTICE TIMELINE

|           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
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| 0:00-0:05 | <b>Warm-up + rules (5 min)</b><br>Center court: dynamic routine adapted indoors (high knees baseline-to-baseline, shuffles, arm circles), then walk the rotation arrows once as a group so the circuit runs itself later.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| 0:05-0:15 | <b>Catch school (10 min)</b><br>Whole team, pairs on tape lines 10 ft apart. <b>Catch &amp; Squeeze</b> (tennis balls) barehand → glove progression (thumbs up top, pinkies down low). Last 4 minutes: <b>Glove Position Check</b> — coach calls "high! low! left! right!" and pairs mirror with correct glove presentation before tossing.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 0:15-1:00 | <b>Three-space rotation (45 min · 3 × 15 min)</b><br>Groups A/B/C. <ul style="list-style-type: none"> <li>– <b>Cage 1 — Tee/mechanics (self-run after teach): Stance &amp; Balance Check</b> → <b>1-2-3 Contact Drill</b>, 15 swings each, finish-freeze judged. Last 3 swings: eyes-closed tee contact — it proves the swing lives in the body, not the eyes.</li> <li>– <b>Cage 2 — Live cage (Coach 1):</b> coach toss (or machine) — 15 swings each, contacts counted aloud toward the 7-of-10 B5 standard. One cue per hitter.</li> <li>– <b>Third space — Two stations, ~7.5 min each (Coach 2 + Helper):</b> (a) <b>Point &amp; Throw</b> tennis balls at taped wall squares from 15 ft, stepping back on streaks of 3; (b) <b>Two-Knee Ground Ball</b> → <b>Alligator Ground Balls</b> on the floor (true bounces = confidence), 12+ reps each, finishing with <b>Lateral Cone Shuffle</b> into the fielding triangle.</li> </ul> |

## Indoor Foundations Circuit

1:00-1:15

**Team defense walk-through: the tape diamond** (15 min)

Whole team on the taped indoor diamond. The rotation built individual skills. This block gives them somewhere to put those skills. Tape or cone a scaled infield on the gym floor — bases 40 feet apart is plenty — and set a full defense on it.

- Name every position out loud, then play "go to your spot": call a position, everybody runs to it and freezes. Six or seven rounds, fast.
- Teach the one answer: ball on the ground, throw it to first. Roll a tennis ball to one fielder at a time and let them execute it. Indoors this is easier to see and hear than it will ever be outside.
- Add the backups: outfielders are just players standing behind the infield indoors — give them the same backup assignments they'll have outdoors so the habit transfers.
- Key points: Ready position before every roll. Glove down first. Catch it before you think about throwing it.
- Watch for: Players who can't find their position without help. Note them — they need this walk-through again next indoor session.

1:15-1:25

**Game: "Gym Ball"** (10 min)

Whole team in the third space: wiffle mini-game off coach toss using tape-line bases; walls are live (play caroms).

1:25-1:30

**Wrap-up** (5 min)

Re-touch list: note which corner produced the most misses per group — that skill leads the next indoor circuit.