

Indoor Foundations Circuit

Indoor	90 min	any rainout, early season
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OBJECTIVE

The all-purpose indoor day — a three-space rotation touching hitting, throwing, and glove work. If you get only one gym day all season, run this one.

BENCHMARKS THIS PLAN FEEDS

- B1 — Catch at distance
- B2 — Throw with mechanics
- B3 — Field batted balls
- B4 — Repeatable swing

PREP — BEFORE PLAYERS ARRIVE

Equipment	baseballs, tennis balls, 2 tees, nets, tape (wall targets + floor lines), cones, gloves, machine if the facility has one.
Setup	Cage 1 = tee/mechanics. Cage 2 = live (machine or front toss). Third space = wall-target throwing + grounder lane, with taped rotation arrows.

PRACTICE TIMELINE

0:00-0:05	Dynamic warm-up (5 min) Run the routine, all 12 movements, down and back on each. Card's on its own sheet.
0:05-0:15	Throwing ladder, indoor (10 min) Pairs at 15–35 ft: one knee, then flat-footed, then stepping into the throw. The shuffle rungs need distance you don't have indoors, so the ladder stops at the step — the sequence is otherwise identical to outdoors so the habit sticks. — Drills: #214 Knee Drill · #167 Underhand Partner Toss & Catch · #226 Point & Throw
0:15-1:00	Three-space rotation (45 min · 3 × 15 min) Groups A/B/C. — Cage 1 — Tee/mechanics (self-run after teach): 18 swings — 6 middle, 6 inside, 6 outside. Balanced finish held each rep. — Cage 2 — Live (Coach 1): machine or front toss from a short box, 18 swings, contacts tracked. The load-early cue from OUT-03 applies indoors too. — Third space — Throwing + glove (Coach 2 + Helper): two 7-minute mini-stations: (a) wall targets from 20 ft, 12 throws, stepping back on streaks; (b) short-hop and grounder work on the floor, 15 reps each with a replace-step throw to a target cone. — Drills: #5 Contact Point Mapping (video) · #2 Top Hand Drill (video) · #195 Tee Work — Opposite Field
1:00-1:15	Team defense walk-through: force plays on the tape diamond (15 min) Whole team, taped indoor diamond, runners placed by hand. The 9U year is the year force plays stop being a first-base-only idea. Indoors, on a scaled diamond, is the best possible place to install that — every player can see and hear every rep. — Force at second: runner on first, ball on the ground, second base is live. Who covers depends on where it's hit — second baseman on balls to the left side, shortstop on balls to the right. Walk it eight times, alternating. — Force at third and home: runners on first and second makes third live; bases loaded makes home live. Walk both. Most of this roster has never been told the play at the plate can be a force. — The pre-pitch call: whole defense says where the play is before every rolled ball. Out loud, every rep. — Key points: Get to the bag early, stop, give a target. Arriving at a sprint means catching it going backwards. — Watch for: Players still defaulting to first base on everything. That's the habit they arrived with, not a mistake — name the new option.

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1:15-1:25

Game: "Indoor Innings" (10 min)

Third space, tape bases, front-toss hitting, walls live. Full-tempo mini-game.

1:25-1:30

Wrap-up (5 min)

Note which rotation leg produced the most misses per group — that skill leads the next indoor circuit.