

Practice Plan

Early Work: 10 minutes before to 5 minutes after start time.

Ground Balls Fill Buckets	Fly Balls Fill Buckets	Wiffle Ball Hitting	Multi Tee Hitting
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Warm Up: 10 minutes Player and Coach Groupings: 2 groups of 6 players

LEGS	Active Warm Up	Baserunning	Steal Breaks
THROW AND CATCH	21	Line Ball Catch	Rundown Catch
	Step to Target Catch	Quick Catch	Around the Horn
	Groundball Transfer Catch	Flyball Transfer Catch	Catcher Throw Down
	Relay Catch	Long Toss	

Team Drills: 10-15 minutes

Player and Coach Groupings: Full Team with 2-4 coaches

Moving On Up	Infield/Outfield	OF vs 2 Bases	Double Fungo Infield
Double Fungo Outfield	OF Number Catch	Popup Bad Runners	

Individual Defense: 20 minutes

Player and Coach Groupings: 3 groups of 4 players

Infield Drills

Double Play Feeds	Short Hops	Three Ball Approach
Pancake Gloves	Count the Bounces	Backhand Footwork
Big Hop Drill	Hockey Goalie	Fast Slow Fast
Hit the Hole	Flyball Range Back	

Outfield Drills

Run-n-Catch	Hips Cone Catch	No Look Communication
Triangle Communication	Barehand Tennis Balls	No Look Breaks

Batting Practice: 30-45 minutes

Player and Coach Groupings: 4-6 groups of 2-3 players

Wiffle Balls	Batting Cage	Tee Bownet	Soft Toss Bownet	Bunt Station
Live Arm BP	Heavy Plyos	Run Bases	Shag 3B/SS/LF	Shag 1B/2B/RF

Scrimmage: 15 minutes

Player and Coach Groupings: 2-3 teams

4 vs 4 vs 4	Coach Pitch Scrimmage	
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Conditioning:

Base Race	Cone Running	
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End of Practice Notes

Practice Plan Explanation

Early Work: Designed to get players extra fielding or swings before practice begins while players arrive. Players generally get to practice in about a 20 minute period of time. If the first players just go out and play catch, they may play catch for 30 minutes or get off track and start doing things you won't want them doing. One coach can run early work while the other sets up things for practice time.

Warm Up: Keeping leg warm ups baseball related with steal breaks or general baserunning helps save time during practice. Playing catch needs to mimic game speed type throwing and catching as much as possible. Choose 2 of the catch drills each practice and encourage players to move their feet to catch and throw.

Team Drills: A team drill must have at least 4 players involved in a singular play to keep players engaged. This way players are involved in every few reps the team takes. Click the link to see various Team Drills that can be run with a few coaches.

Infield/Outfield Drills: These are individual skill drills and work really well in three groups of four players. Click on each link for a video and description of what the drill focus is.

Batting Practice: Keeping 4 players swinging at a time is important. Three groups of four or four groups of three hitters works great. If you have the coaches, six groups of two works best if players can do a station independently.

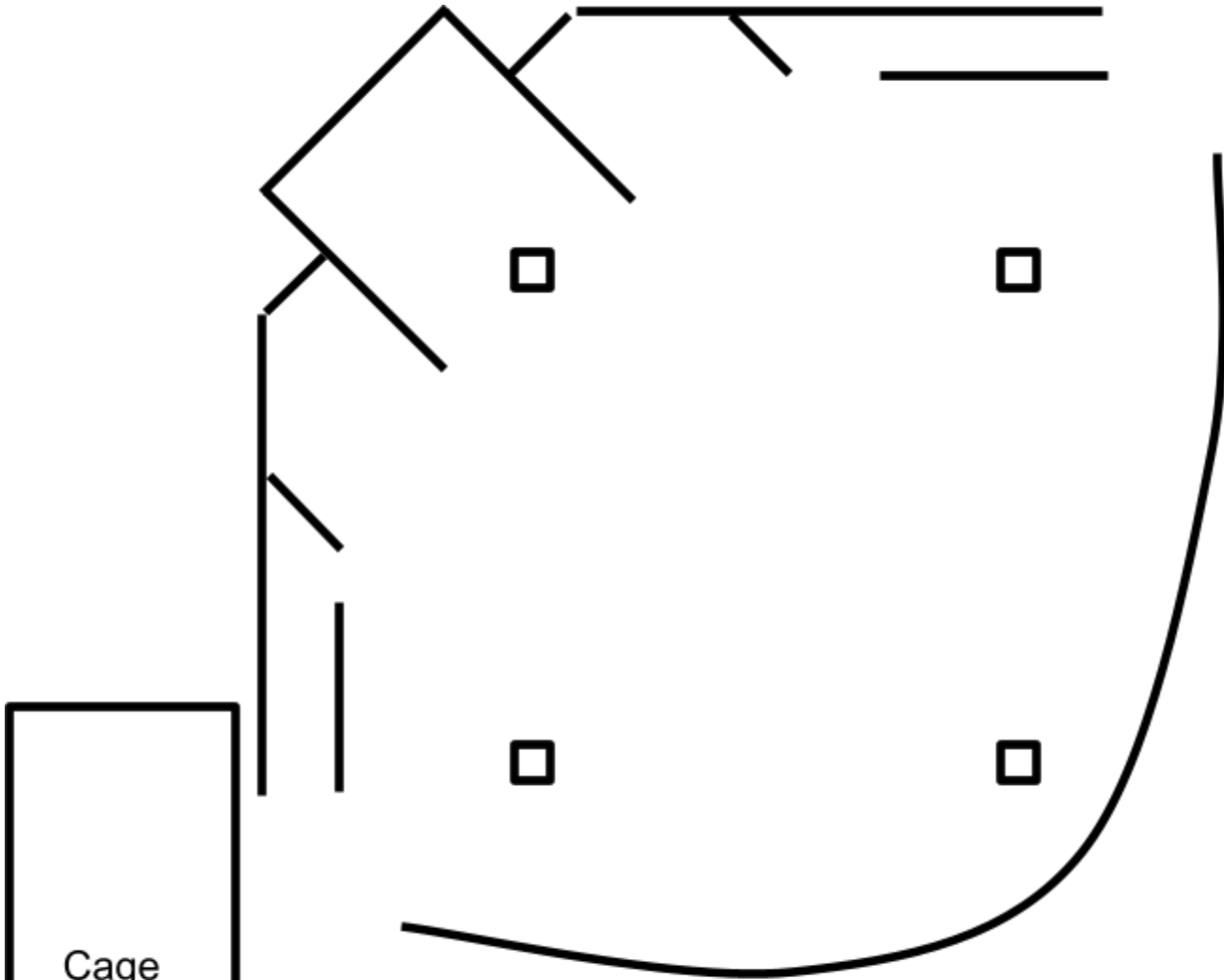
Scrimmages:

4 vs 4 vs 4: Hitting Team vs Infield Team vs Outfield/Pitcher/Catcher Team

Coach Pitch Scrimmage: Hit 5 balls and run on the last pitch will get more swings.

Player and Coach Groupings: Having a plan for who is doing what drill with what players is important. Allowing players to choose groups or keeping groups the same can be hurtful towards team chemistry in the long run. Sometimes organizing players by skill level works well so coaches can modify the drill slightly for various groups.

Field Setup



Cage

Practice Equipment:

- Baseballs
- Empty Buckets
- Pitchers Mound
- L-Screen
- Bownet/Tee/Balls
- Pancake Gloves
- Cones
- Wiffle Balls
- Specialty Baseballs