

Sample Practice Plan

- 5:00 Introduction
- 5:05 Practice Review
 - Goals
 - Review of previous homework
 - Technical / Tactical Development (Drill for Skill) and how does it apply in a game.
- 5:15 Warm-up
 - Stretch
 - Baserunning
 - Lead-offs (if applicable)
- 5:35 Throwing
 - Partner Catch
 - Single Knee Throws
 - Drill – Line throwing (draw a line)
- 5:50 Station hitting (8min stations)
 - Tee work / baseballs (1 coach) / rotation drill 4 players (outfield rf)
 - Side Toss / baseballs (1 coach) 4 players (outfield lf)
 - Front toss wiffle balls (Mat) 4 players (infield home plate)
- 6:15 Break
- 6:20 Home Work
 - Shadow throws (from outfield, from infield)
 - Throw (4 times between now and next practice)

Sample Practice Plan

- 5:00 Previous Home work review
 - Practice Plan Review
- 5:05 Warm-up
 - Stretch
- 5:10 Throwing
 - Partner Catch
 - Grip / Target / Catch in a position to throw / Feet, hands, head to target.
 - Get the feet moving (as an infielder, as an outfielder, walk throughs)
- 5:20 Outfield Play
 - Catch in a position to throw, crow hop (to gather energy / control), throw through the cutoff
 - Drop step drill
 - Z-drill
- 5:45 Break
- 5:50 Infield Play
 - Catch in a position to throw (going through your target if at all possible)
 - Roll ground balls (two lines, two coaches / group)
 - Mass Infield
 - Grounders with hat in mouth
 - 5-3
 - 6-3
 - 4-3
 - 3-4
 - 6-4
 - 4-6
- 6:25 Home Work
 - 1 hand / 2 hand dry swings.
 - Throw (4 times between now and next practice

Sample Practice Plan

- 5:00 Introduction
- 5:05 Player Introduction
 - Name
 - Favorite Team
 - Favorite Player
- 5:15 Goals
 - Technical / Tactical Development (Drill for Skill) and how does it apply in a game.
 - Player Enjoyment
- 5:20 Team Expectations
 - See Attached
- 5:30 Parent Questions
- 5:35 Warm-up
 - Stretch
 - Baserunning
 - Ball in Infield
 - Sure Single
 - Possible (Double, Triple, HR)
 - Lead-offs (if applicable)
- 5:45 Throwing
 - Partner Catch
 - Single knee throws (throwing position check)
 - Grip / Target / Catch in a position to throw / Feel, hands, head to target.
- 5:55 Infield
 - Mass Infield
 - 5-3
 - 6-3
 - 4-3
 - 3-5
- 6:20 Home Work
 - Rotation Drill (15 times each night).
 - Knee Throws
 - Throw (4 times between now and next practice

