



Minors-Majors Sample Practice 2

Play catch when arrive – 10 minutes

Close enough to catch every ball, making good throws

Pop Fly Drill no Glove – 10 minutes

Player in ready position, coach throws over left or right shoulder

Tell Player which side you're throwing to and lead them like a football pass

- Stress opening up with first step to create a good angle to ball

Phase 2

Stress hustling to "the spot" and finding the ball

Rapid Fire Drill (2 Stations with real balls) – 10 minutes

Line up players – One player jumps out between cones

Coach throws to player who catches ball in front of him and throws back to coach

Next player jumps out (Quick tempo)

Focus on ready position, quick feet, receiving ball in front and body control

5-6 of each. Catch, One-Hopper, Grounder

Left/Right Drill (2 Stations) – 10 minutes

Ready position – Coach rolls ball to one side, get in front of ball and field it.

Make a good throw back to coach, go to end of line

Cross-Fire Drill- 15 minutes

One line at SS throwing to 1st Base, Another line at 2nd Base throwing to 3rd

Get glove down, make good throws

Relay race – Real Balls – 10 minutes

Make Good, medium hard throws

Hitting Stations- 30 minutes

Station 1 Rotation –Balls at Home Plate/Tire Drill

Station 2 Rotation –Balls in Outfield

Station 3 Rotation – Hitting off "T" to left side/Towel Drill

Summary about next game

*Always end your practice on time.