



Sample Rookie Practice 90 Minutes

Play catch when arrive –10 minutes

Close enough to catch every ball, making good throws

Run to and past first base (twice)

Run to second base

Run from 1st to Home

Butt Kickers (Led by coaches)

Windmill circles with arms to loosen shoulders (20 each direction) – Led by player

Grab the candy (2 sets of @15 seconds) –Led by player

Rapid Fire Drill

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

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

Pop Fly Drill

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

- Stress hustling to "the spot" and finding the ball

Game-Like Situations

Players rotate positions

Take turns batting with live tennis balls from coach pitching

Base runners, etc.

*Always end your practice on time.