



Rookie-Minors Sample Practice #1 90 Minutes

Play catch when arrive –5 minutes

Close enough to catch every ball, making good throws

Warm-up – 10 minutes

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 (2 Stations)-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

Pop Fly Drill -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
- Stress hustling to "the spot" and finding the ball

Relay race -5 minutes

Game-Like Situations – 45 minutes

Players rotate positions

Take turns batting (coach pitching)

Base runners, etc.

*Always end your practice on time.