



Rookie-Minors Practice 2 90 Minutes - Undercover

Play catch when arrive –10 minutes

Close enough to catch every ball, making good throws

Run to and PAST first base (twice) –10 minutes

Run to second base and stop on 2nd base – Coach as base coach

Emphasize running “AS FAST AS YOU CAN and STAY ON BASE!!!”

Rapid Fire Drill (2 Stations) –15 minutes

To warm up, Explain when they do something wrong

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)

Throw, Grounder, One hopper, Pop Fly (3 or 4 of each randomly)

Get in front of it. Keep glove low. Don't let ball under glove!!!

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

Practice Throwing to First Base – (First Basemen rotate at 1st base)-20 minutes

Half Kids at Position/Half kids at RF position to back-up each throw

Coach hit grounders to the kids who throw to 1st base. Coach Plays First Assistant if available work with 1st basemen and Right Fielders

- Throw from 2nd base position (3 Times each) Good, hard throws. No Rainbows.
- Throw from SS position
- Throw from 3rd base position
- Throw from Pitcher position (both sides of mound)
(Coaches note who cannot make the throw from left side of infield)

Relay Race – 3 teams – 10 minutes

Hitting Stations – 10 minues

Wiffles, Soft Toss, Two T Station

Rotate Hitting Stations- 20 minutes

Wrap-up. Discuss bats, positions, batting order changes-5 minutes

*Always end your practice on time.