

PRACTICE PLAN

(Teach it, Try it, Game it)



0:00 to 0:05 Warm-up throwing

0:05 to 0:10 Dynamic stretches and light jog around outfield

0:10 to 1:00 Individual Stations - Divide into 4 Groups (3 kids per group is best)

Fielding station _____

Baserunning station _____

Hitting station _____

Pitching station _____

1:00 to 1:05 Water Break

1:05 to 1:40 Team Stations

Outfield drill _____

Infield drill _____

1:40 to 1:55 Game Situation _____

1:55 to 2:00 Team Meeting

Next Practice/Game _____