

What are the steps to a successful practice?

By Al Herback and Al Price

Fun Practice Plan Checklist:

- Have a plan
- Get to the field 20-30 minutes before the start time so you can spend individual time with players that arrive early
- Start the practice on time with a short meeting and share your plan with the team
- Run before you stretch
- Warm-up before every practice
- Introduce a new skill in a progression oriented way
- Incorporate the “Throwing and Catching Long-Toss Drill” into every practice
- Break down into small manageable groups...more repetitions per player
- Teach one skill a practice and do it in 15 minutes or less
- Review the skill you taught in the previous practice
- Use high activity drills to provide the repetitions players need to improve their skills
- Keep hitting practice to 25 minutes or less in every practice
- Build in fun games and competitions into every practice
- Use stations to keep the lines short and the activity high
- Close your practice with a fun competition that involves everyone on the team
- Finish with a team meeting to review of the skill taught and provide positive feedback to the players
- Finish the practice on time