



## Swanson's Professional Baseball Instruction, LLC Farm Team Practice Plan

The following is a guideline for a **1-hour and 40-minute practice** session, along with **20 additional minutes if needed for "Coaches Choice"** with a team of 11-12 and two-three coaches. You may need to add/subtract in certain areas based on number of coaches/players in attendance. Most important is to avoid "down time" where kids are standing around, such as often happens during BP.

### 120 Total Minutes

#### **3 minutes; Agenda**

Meet with players and briefly outline the practice plan. Let them know which coaches will run each station; This is a "quick" conversation as the players "want" to get started!!

#### **8 minutes: Stretch, Dynamic Stretch, and Sprints**

- Team jog to CF wall and back to foul line.
- Line team up into 4 lines of 3, and both coaches lead Day #1 stretch (neck circles, arm circles, arm reaches, wrist/forearm/elbow stretch, bend & hang, standing quad stretch, calf stretches).
- Dynamic Stretch; 4 lines of 3 (down & back at 10yds): High Knees, Side Shuffles, Karaoke's, Opposite Arms/Opposite Knees, & Long Stride Back Peddles
- Sprints (from OF foul line out to 60 feet): Always do this as if they are on base; work their cross-over (2) and secondary (2) just as if they would in a game. Perform 4 sprints, and remind them to get into a "Forward Lean" and pump arms quickly.
- Also, remind them just ONE shuffle when in secondary due to not being able to take a lead.

### **12 minutes: Throw & Catch Program (TP)**

- This is one of the most important (if not most important) areas that must be done correctly; in order to save time place team into 2 groups of 6 (on OF line).
- **5 minutes**; Give each group a ball bucket and have them continuously take turns throwing to a coach...with a FOUR SEAM GRIP to create consistent Backspin!!
- As they continue to get their arms loose the coach continues to back up, eventually at a distance where the player can reach you on a LINE. If they One-Hop or Two-Hop you this is okay; just keep it on a line or at a 30 degree arc.
- Remind each player to set up in a Side-Straddle and use a Side-Shuffle with every throw as this will teach them how to use their body and not rely on just their arm
- (this should be done before every practice and/or game)
- **5 minutes**; Give each coach a ball bucket and have each kid line up and take turns receiving the ball (from coach), continuously repeating consistent mechanics. Feed the ball to the middle, right, and left of the player so that he can develop the ability to catch all three feeds. Add in the feed low a coaches discretion.
- Keep in mind the importance of the ballplayer developing the ability to catch and throw before partnering up to play catch.
- EVERY THROW & CATCH MATTERS!!

### **32 minutes: IF/OF Stations (approx. 14 mins per w/water break in between)**

#### **Break up team into 2 groups of 6**

**Outfield (One position per practice):** coach hits fungo's (or rolls balls) where IF dirt meets OF grass.

Perform the following:

- Balls hit directly at them w/no runner on base
- Balls hit directly at them w/runner on 1B
- Fly Balls: instead of hitting, coach will set up approx. 10 feet in front of outfielder and throw fly balls over OF's head. Work to their left, right, and directly overhead.
- Pop-up Priority; break players up into 2 groups of 3 (one in Left Center & one in Right Center), and throw fly ball in middle with both attempting to go after it, but let them know that one group will call it, "I Got It", "I Got It", "I Got It"!! The other OF immediately gets approx. 15-20 feet behind as the back-up.

\* Keep in mind player will not (although can) actually make throws, but still work through the motion\*

\*\* You certainly may not have time to work in all 6 of the above, therefore choose 2-3 and add at next practice\*\*

**Infield (3B/1B, SS/1B, 2B/1B, 3B/2B, SS/2B, 2B/SS, & 1B/2B) (place players into 3 groups of 2)**

Perform the following:

- Coach sets up on knee on IF grass even with mound and in-line with Home Plate.
- Firmly roll balls directly at, to left, and to right of infielder.
- Remind them to get in Ready Position when your arm goes back.
- They will not make throws, but have them fake it EVERY TIME, and get feet into proper position to make throw.
- After each player gets 10-15 balls each you can then work Live Plays, making throws.
- Place 2 kids at each position (3B, SS, & 1B)
- 3B & SS can make throws to 1B
- 1B can make throws to 2B (SS taking throw)

**36 minutes: REACTION DRILL (approx. 10 minutes per w/water break in between)**

**Break team up into three groups of four**

**Station #1: BP on field**

- Coach Firm Front Tosses
- Each Batter gets 4 rounds
- Round #1: 2 sac bunts and 4 swings
- Round #2: 2 'Get 'em overs (2nd to 3rd), & 2 'Get 'em in's'(3rd to Home)
- Round #3: 4 Swings with 2-0 Count; Drive ball up middle!!
- Round #4: 4 swings; RUN OUT LAST SWING

**Station #2: Infield REPS**

- Second group of FOUR heads to IF and gets LIVE READS off bat
- 1B, 2B, SS, 3B
- Remind group that this is to be taken seriously as it will benefit them greatly!

**Station #3: BP w/other coach in Batting Cage**

- Tee Work or Small Wiffle Ball REPS!
- 8 swings per
- Adjust Tee each round; Middle, Low, & High
- Set up Two Tee's and work Inside/Outside Drill

## **Extra Minutes: “Coaches Choice” NOT MANDATORY**

### **Examples:**

- **Base Running!!**
- Competition (6-Inning Game; 6 vs. 6, Fly Ball, Ground Ball, Etc...)
- Home to 2B/2B to Home; 6 vs. 6
- Fly Ball Competition; Quarterbacks, Drop Step & Go...
- Ground Ball Competition; Backhands, Slow Rollers...
- Defense; Infield Up (Corners off line & Middles away from middle)

### **4 minutes: Review**

- Discuss what was covered with team

All of the above can be used at your discretion. Some of the info may be a bit too in-depth for some of the kids, but this does not all have to be given to them at each practice. Add in some of the info to fit your style of coaching and team needs.

It may seem to be a lot of work in a short amount of time. You can get it all done if the all on board stick with the plan and keep the kids hustling. You also have the extra-minute cushion at the end if needed.

If you can end every practice with a Competitive Game this also good for Team Unity and Learning how to Compete!!

Through building a consistent routine the information will eventually sink in, and benefit the kids moving forward.

As you know it is important to be patient and keep it fun!!

Hope this helps!

Swanny