

BASEBALL

Sample Practice Plan

Here's a great practice plan with some good examples of drills you can run to keep everyone moving through multiple stations. Take this plan and use it yourself, or treat this plan as a template and drop in your own drills and stations. For every practice, you should come prepared with a plan like this one. Organization is a big key to coaching young players effectively.

This plan is designed for players in the 10-12 age group.

<u>DURATION</u>	<u>DESCRIPTION</u>
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5 minutes	Dynamic Warm-Up
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Skipping, high-knee skipping, high-knee jogging, bounding, backward running, jogging.

5 minutes	Stretching
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Hamstrings, quads, groin, back, shoulders, triceps.

10 minutes	Throwing and Catching
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One-knee Drill (4 min) - Players work on arm action while throwing with their throwing-side knee planted on the ground.

Power Position Drill (4 min) - Players stride into their throw and plant their front foot where it lands, pointing towards their target. Holding that position, players work on good trunk rotation in their throwing motion.

Regular Catch or 21 (2 min) - Focus playing catch on delivering the ball to the chest or head. Playing the game "21" is a race to see which player can deliver the most accurate throws - one point is awarded for a throw to the chest, two points for a throw to the head, and no points for anything outside that area. First player to 21 points wins.

20 minutes	Team Fundamentals
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First-and-third offense and defense - Put your infielders in their positions and have everyone else run the bases. Work on both offensive and defensive plays in the first-and-third situation.

30 minutes	Stations (3 groups, 10 minutes at each station)
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Hitting - tee work and soft toss.

Backhand Drill - players roll groundballs to each other, focusing on using the backhand with the proper form (wide base, butt down, glove out in front).

Communication Drill - Players go to outfield positions. A machine or coach throws fly balls into the gaps. Players must use proper communication to make sure the fly balls are caught without confusion.

5 minutes	Big League Baserunning
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Players begin lined up at home plate, then progress through a series of running situations: (1) running from home through first base on a single; (2) lead off first, shuffle, crossover and run first to third, then jog home; (3) players line up at home again and then run out a double; (4) simulate scoring from second on a base hit; (5) finally, run out a triple or a home run.