



## Farm (7U/8U) Practice Plans

The purpose of this document is to provide coaches a template for a practice plan. This document is meant to be used with the Nell Player Curriculum published on the website. Below are four examples for different phases of the season. They provide context on the progression that should be used, but are only examples. The template can be found on the Nell Website under coaching resources.

Season Timing: Pre-Season				
Theme: Fundamentals				
Start Time	Duration	End Time	Category	Drill from Curriculum
12:00 PM	5.00	12:05 PM	Warmups	Stretching/Jogging
12:05 PM	10.00	12:15 PM	Base running	Running to First
12:15 PM	2.50	12:17 PM	Break	
			Pitching	Towel Snaps
12:17 PM	5.00	12:22 PM	Throwing	Teaching Point Simulation
12:22 PM	5.00	12:27 PM	Throwing	Follow Your Throw
12:27 PM	2.50	12:30 PM	Break	
12:30 PM	5.00	12:35 PM	Fielding	Teaching Point Simulation
12:35 PM	5.00	12:40 PM	Fielding	Soft Hands
12:40 PM	2.50	12:42 PM	Break	
12:42 PM	5.00	12:47 PM	Hitting	Teaching Point Simulation
12:47 PM	5.00	12:52 PM	Hitting	Tee Straight
12:52 PM	10.00	1:02 PM	Hitting	Front Toss

**Season Timing: Late Pre-Season****Theme: Fundamentals**

Start Time	Duration	End Time	Category	Drill from Curriculum
12:00 PM	5.00	12:05 PM	Warmups	Stretching/Jogging
12:05 PM	5.00	12:10 PM	Throwing	Teaching Point Simulation
12:10 PM	5.00	12:15 PM	Throwing	Follow Your Throw
12:15 PM	5.00	12:20 PM	Pitching	Teaching Point Simulation
12:20 PM	15.00	12:35 PM	Pitching	T Drill
12:35 PM	2.50	12:37 PM	Break	
12:37 PM	10.00	12:47 PM	Outfield	Outfield Hits
12:47 PM	5.00	12:52 PM	Fielding	Creep Up Through The Ball
12:52 PM	10.00	1:02 PM	Fielding	Hitting Ground Balls
1:02 PM	2.50	1:05 PM	Break	
1:05 PM	10.00	1:15 PM	Hitting	Tee Straight
1:15 PM	15.00	1:30 PM	Hitting	Live

**Season Timing: Regular Season****Theme: Situations**

Start Time	Duration	End Time	Category	Drill from Curriculum
12:00 PM	5.00	12:05 PM	Warmups	Stretching/Jogging
12:05 PM	7.50	12:12 PM	Running	Running to First
12:12 PM	7.50	12:20 PM	Catching	Cover Your Bag
12:20 PM	2.50	12:22 PM	Break	
12:22 PM	5.00	12:27 PM	Throwing/Fielding	Jab/Throw
12:27 PM	10.00	12:37 PM	Fielding	Hit Ground Balls
12:37 PM	15.00	12:52 PM	Pitching	T Drill
12:52 PM	2.50	12:55 PM	Break	
12:55 PM	10.00	1:05 PM	Hitting	Front Toss
1:05 PM	25.00	1:30 PM	Hitting	Live

**Season Timing: Round Robing/Playoffs****Theme: Live**

Start Time	Duration	End Time	Category	Drill from Curriculum
12:00 PM	5.00	12:05 PM	Warmups	Stretching/Jogging
12:05 PM	12.50	12:17 PM	Running	Taking the Extra Base/Listen to Base Coach/Good Turns
12:17 PM	7.50	12:25 PM	Catching	Cover Your Bag
12:25 PM	2.50	12:27 PM	Break	
12:27 PM	5.00	12:32 PM	Throwing/Fielding	Jab/Throw
12:32 PM	10.00	12:42 PM	Fielding	Hit Ground Balls

12:42 PM	15.00	12:57 PM	Pitching	T Drill
12:57 PM	2.50	1:00 PM	Break	
1:00 PM	10.00	1:10 PM	Hitting	Front Toss
1:10 PM	20.00	1:30 PM	Hitting	Live