



Sample Practice

1 HR 35 Minutes

Equipment:

- Batting Tees (2)
- 3 Bases
- Bats
- Helmets
- Balls (Hard and soft, if needed)
- Catcher's Gear

10 Minutes Welcome

- Introduce Coaches
- Have players introduce themselves
- Goals for the season

10 Minutes Run and Stretch

- Jog Bases to warm up
- Circle up and stretch legs and arms
- Timed Runs on Steals from 1st-2nd

5 Minutes Water Break and review names, get positions players would like to try

15 Minutes Throwing Progression and working on catching with two hands

- Sitting w/ legs crossed working on grip and release
- Standing with two feet set, working on arm circle
- Right, left throw (for righties)
- Extend throws to longer toss for more advanced players
- Shorten up to 25 feet for quick throws @ 30 seconds a shot

To keep attention of kids challenge them to see how many catches they can make in a row

5 Minutes Water Break (coach sets rotation of positions)

10 Minutes Base running-Run through 1st base, Rounding 1st, going to 2nd-Can Time these runs too

5 Minutes Set Position Stations (catchers into gear and pitchers warm up)

15 Minutes Two Stations-Pitchers/Catchers and Position Players-set up a rotations so all P/C's get to throw

- Pitchers and Catchers-evaluation ability, little instruction
 - 15-20 Pitchers to catchers from mound
 - Catcher 2-3 throws to second in between pitchers
 - 1-2 pitchers and 1-2 catchers working at a time
- Positions Players-evaluate ability, little instruction-in the outfield
 - Ground Balls reps
 - Check technique-charging ball, two hands, good stance
 - Coming up throwing to target (coach or screen)-arm strength and accuracy
 - Pop-up Reps
 - Over the shoulders
 - Turn and go Drills
 - Communication Drills
 - Two lines of players 30 feet apart
 - Ball is throw/hit in the air or on the ground
 - Player should attack the ball, call for it and back each other up

20 Minutes Controlled Soft Toss Scrimmage

- Scrimmage:
 - Set positions for players and batting order (hit in groups of 3-4)
 - Play live situations
 - Stop for short instruction

This scrimmage will give the coach an opportunity to evaluate a player's swing, as well as see how all players react to game situations