



Sample Practice 1 HR 35 Minutes

Equipment:

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

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
- Form Running (Cross-overs, shuffles, backwards, etc)

5 Minutes Water Break and review names

15 Minutes Throwing Progression & working on catching with two hands

- Sitting w/ legs crossed working on grip and release
 - Up of two knees, working on arm circle
 - Standing with two feet set
 - Right, left throw (for righties) at 25 feet
 - Extend throws to longer toss for more advanced players
 - Throwing relay drill in two lines throwing to coach
- To keep attention of kids challenge them to see how many catches they can make in a row*

10 Minutes Base running-Run through 1st base with a break down, making turn to second base

25 Minutes Two 12-minute Stations-Split group in half (with passing time)-Try to split group by ability if possible

1. Hitting off tee or soft toss
 - a. Instruct about stance, how to hold the bat, etc
 - b. Swings either into net/cage or into field with fielders
2. Fielding (in deep outfield)
 - a. Groundballs (roll then hit)
 - i. Get in front of ball
 - ii. Two hands
 - iii. Come up throwing
 - Circle Drill-player in a circle and roll ground balls to each other
 - Side to sides
 - Big Hops-charging balls
 - b. Pop-ups (softer balls or tennis balls here for less experienced players)
 - i. Get underneath ball by sprinting to spot
 - ii. Call it
 - iii. Two hands above the head
 - iv. Ready to throw after the catch
 - Straight on with underhand toss
 - Football Pass with over hand toss
 - Turn and catch
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15 Minutes Controlled Soft toss Scrimmage & Pitchers on the side

- Scrimmage:
 - Set positions for players and batting order (hit in groups of 3-4)
 - Play live situations
 - Stop for short instruction
- Pitchers (just pitchers with some experience pitching)
 - Pull one pitcher at a time to throw to coach or to a catcher outside of the scrimmage
 - 10-15 pitches from top pitchers to evaluate what