



Sample Practice **1 HR 35 Minutes**

5 Minutes - Stack Gloves and Do Exercises

- Snake Run or Pole Run
- High 5 Circle
- Jumping Jacks
- Toe Touches
- Spider Push Ups
- Big Arm Circles
- Arm Pulls
- Elephant Stretch
- Elephant Stretch to the Side
- Stork Stand
- Mountain Climbing

15 Minutes -Review throwing mechanics

- Demonstrate proper grip, show proper throwing technique – “L” shape (or make a muscle), Elbow Higher than Shoulder.
- Demonstrate glove leg and power leg, (have them call them out)
- Have them put power leg against bucket. -“Load ‘em Up”, “Stretch it Back”, “Cut it Loose”
- Hit the targets on the fence

Full Two Step Throw.

- Pull both feet behind bucket. “Bucket Step, Step and Throw”
- Two step throw without bucket

20 Minutes Infield

- Glove Leg Slightly ahead of Power leg
- Hands out front, Hand like an alligator
- Routine
 - Relaxed (hands on knees)
 - Ready Hands out front Glove leg slightly ahead.
 - Little Motor
 - Reset

Ground ball Shuttle (2 Stations – No Gloves!)

Kids in lines (2nd Base, 3rd Base)
Coaches roll balls softly to kids, they throw back to coach, go to end of line.
Rotate Stations every few minutes.
Eventually give ground balls to left and right
Make them get in ready position before rolling them the ball.

5 Minutes Hitting Demo (with home plates and line drawn in dirt) – Parent set-up

- Knuckles (Knocking Knuckles Line Up)
- Feet & Shoulders Straight to Plate
- Bat on Shoulder
- Legs Bent. Belly button in front of toes
- Elbows Down
- Raise bat from shoulder (3-4 inches in front of arm pit. Bat points at plate)
- Squish the Bug

25 Minutes Hit Saf-T-Balls (Practice running to 1st without looking.)

Fielders try to throw the batter out.

Try to find 3 1st basemen

20 Minutes Bubba Baseball

5 Minutes Wrap Up –