



Sample Practice **1 HR 55 Minutes**

Equipment:

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

10 Minutes

Run and Stretch

- Form Running (high knees, cross over's, shuffles, etc)
- Circle up and stretch legs and arms
- Relay races

20 Minutes

Situational Running

- Teach Tag ups from 3rd
 - Tag up drill of throwing ball from one coach to another and player tag up
- 2-man drill (have all kids score 2-3 runs)-Instruct on proper base-running techniques
 - Two players take off from home, 1st goes to 1st and 2nd goes to 2nd
 - Two new players step up and do the same as above, while man on 2nd goes home and man on 1st goes to 3rd (man on 3rd tags up on next set of players)

5 Minutes

Water Break

20 Minutes

Throwing Progression and working on catching with two hands

- Two feet set facing partners (check grips and circle of arm again)
- Standing-right, left, throw (for righties) to each other-Stretch to 60 feet
- Challenge: Distance, race or most consecutive throws
- Relay Drill 3-4 players in a row

5 Minutes

Water Break

15 Minutes

Base running-Sliding

- Controlled fall into a figure-4 position with the legs
- Start with just falling, then walking into slide, then jog to run slide
- Do in outfield grass to avoid injury
- Player should land on backside and side of calf to catch self-hands and knees should never hit the ground

20 Minutes

Infield situations and Pitchers/Catchers

Set up rotations of 5 IF position, Pitcher and catcher throwing on side, and runners

- Infielders fielding in situations with live base runners
- Rotate 1-2 Pitchers throwing to a catcher on the side-15-20 Pitches with instruction

20 Minutes

Controlled Scrimmage with live pitchers and catchers (set up positions before the game)

- 3-4 players hitting, rest are fielders
- Start with 2-1 count to speed up game
- Max 20 pitches per pitcher