

Sample Practice Plan

10-15 Min: Stretch legs by jogging and Small group catch with focus on throwing techniques – “Count” game (kids start at one and count up each time they catch the ball)

Stations – Group work depending on how many teams and coaches you have

Batting:

1. Coach throws batting practice one day and then the next day he can utilize the tee for home with the coach assisting with stance and swing to kids in the field.
2. Second Coach to use hit stick for on deck batter while the rest of the kids field the balls and put in bucket

Fielding grounders:

1. Hit or roll ground balls to players. Show right glove position (down low, out in front)
2. Charge the ball, catch and cover with other hand and throw to coach or first base.
3. “Hustle” game

******Player positions are a great thing to review as the last item in practice at this age.**

Pop Flys:

1. Coach to throw balls in the air to each player in
 - a. Standing Position
 - b. Running Motion

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Position Work:

1. Hit balls to players and assist with
 - a. Positioning
 - b. Where to throw the ball
 - c. Who covers the base
 - d. Who backs up

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Scrimmage: Split teams up and run a controlled scrimmage if you would like

Final 5 minutes: Close with a whole-team activity like relay races or Glove Pepper(hand/eye coordination)

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Four Useful Practice Drills:

Bonk the Bucket: Put an empty bucket upright on home plate. Line up players in infield, hit ground balls and players throw at bucket. Coach helps kids with mechanics, body position, and so on during this drill.

Hustle (“Charge It”) Game: Line up players single file, or in two parallel lines if a parent is available as well. Mark a ‘start’ line for players (or they will creep up to you fast). Use balls, or a bat, to mark where they start.

Count Game: A simple catching or fielding game. Line up players in positions or arms-length apart and all facing a coach. Coach throws balls or hits grounders to each player in succession. Count # of consecutive catches or balls fielded, and see how high the team can get. Restart at 1 after anyone drops ball.

Ball Relays: Divide players evenly into two groups (say, 4 each). Position in two parallel lines, each player about 10-20’ apart. Place a ball at the foot of two players at one end of the lines. On coaches mark: Players pick up ball, throw to next player in their line, who throws to next player, ... to last player in line, who returns throw to player he/she received it from, who throws back to next player in line in reverse order, and so on back to starting player. Whichever line completes drill first wins. Kids like this game. Then switch 2 players between the lines to ‘even’ teams out, and repeat.

- Teach kids to pause and aim (point glove arm out) for accuracy before throwing ball
Start with kids close (10’ or so), spread out as they get better.
- This drill teaches: Throwing accuracy Focus and attention Catching / eye-hand coordination Turn-around time matters