Example Practice Time Management for 8U Recreational Team

Split team into two halves for some drills -- Groups A and B.

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| 3:30 – 3:40 | Arrive, suit up, throw with partner | Coach |
| 3:40 – 3:45 | Announcements:   * Work on a cheer, remember, they must be positive * Scrimmage in one week, next Friday, March 4, vs. Mike Mersch’s team at Krusi Park, Field #2 * Flush it\* (how to move beyond making a mistake, see below) | Matt |
| 3:45 – 3:50 | Dynamic Stretching:   * 30 – 40 yard “running”, etc | Mike |
| 3:50 – 3:55 | Break |  |
| 3:55 – 4:10 | Infield with Group A | Mike |
| Hitting with Group B | Tom |
| Individual Work:   * Pitching w/ both pitchers | Matt |
| 4:10 – 4:25 | Infield with Group B | Mike |
| Hitting with Group A | Tom |
| Individual Work:   * Pitching w/ Haley and Caitlin | Matt |
| 4:25 – 4:30 | Break |  |
| 4:30 – 4:55 | Situational Awareness   * Making outs   + Strike outs   + Put out at 1st Base   + Forces at other bases   + Tagging a runner   + Catching fly ball/pop-up | All |
| 4:55 – 5:00 | Relay | All |

\*One technique, adopted by many, is teaching players to “flush” their mistakes. Using a hand gesture that mimics flushing a toilet, a coach can signal from the sideline and players can signal to each other. “So the kid looks at the coach and the coach goes: ‘Flush it.’ The teammates are saying: ‘Hey, Flush it, we’ll get it back.’ And the kid plays better. Because if you’re not beating yourself up, you can focus on the next play.” After the game, the coach can talk to the player about what happened and why.