

# 120 MINUTE BASEBALL PRACTICE #1

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## STRETCHING

- **Trunk Rotations** – twist upper torso side to side
- **Leg Springs** – alternate stretching each leg forward
- **Arm Circles** – loosen up the shoulders
- **Forward Lunges** – players should go as low as they can

## DRILL #1

- Divide team into two groups – put one group at home, the other at second base.
- On the coach's signal, the players on second sprint towards third, and then home, first, and back to second to tag their next teammate.
- The runners from home do the same thing, but round the bases in the correct order.
- The teams will continue to do this, tagging the next player in line when they reach their team bag, until all players on a team have completed a circuit.



## DYNAMIC WARMUP

- **Lateral Shuffle** – don't cross the legs
- **High Knees** – knees should be coming up to the waist
- **Light Throwing** – stand in a 15 foot apart – position arms at 90 and throwing a target box

## BASERUNNING RELAY

## DRILL #2

- Divide team into 3 stations and rotate every 10 minutes.
- **Station 1 - Eye on the Spot:** Set up a tee that is about waist height for the player. Put a dime size dot on the backside of the ball, just above the halfway circumference of the ball. Place the ball with the spot facing toward the backstop.
- Batters focus on the spot and use proper mechanics to hit the ball into a fence or out.
- This drill is designed to get players to keep their eye on a certain spot on the ball, which increases concentration and focus.



## DRILL #3

- Divide team into 3 stations and rotate every 10 minutes.
- **Station 1 - Colored Ball Toss:** Coach sets up in soft toss position with two different colored baseballs. Coach tosses two balls to the batter and calls out the color that should be hit.
- Batter focuses in on the correct ball drops it into the fence or out.
- Add in fall tosses and change height and speed of the balls to further test the batter.



## DRILL #4

- Divide team into 3 stations and rotate every 10 minutes.
- **Station #1 - Contact and Freeze:** Batters line up with at least 5 feet of space in each direction. Coach stands in front of the batters.
- Coach calls out a certain pitch (for example, low and outside, inside high, down the middle, curve, slider, etc.) and batters immediately take the appropriate swing and freeze where they would make contact with the ball.
- Coach observes the swings and ending bat position and makes corrections.



## DRILL #5

## WATER BREAK

# High School Baseball Practice Plan

**Michael Rajnik**



## **High School Baseball Practice Plan:**

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