



BASEBALL PRACTICE PLAN

Warm-up (10 minutes)	Good stretching habits should be formed early in a player's career. Make sure to have players stretch shoulders, back and leg muscles. Don't be afraid to work in some strengthening exercises into the older player's routine. During stretching is a good time to let the team know the plan for the day's practice. A team jog is a good way to finish the warm up.
Form throwing (10 - 15 minutes)	Whether you have them start on one knee, and work up to a regular standing throw - or start with the standing throwing motion - playing catch is one of the more important things you'll have the players do at practice. Most throwing warm-ups are not supervised carefully and are therefore mindless. Have the players develop proper throwing and catching <u>mechanics</u> . Proper habits developed now will last a lifetime and really pay off down the road.
Base running basics (10 minutes)	Now is a great time to teach proper base running, while also developing conditioning and getting the players ready for the rest of practice. You could split the players into two groups (one coach with each). Have half of the kids go from home to first and work on running through the bag, then rounding the bag. The other group could work on scoring from second base. Once each player has done four or five trips, rotate stations.
Fielding (10 minutes)	Break into groups of groundballs and fly balls. Coaches can hit (or throw) the balls to the players. Make sure to teach proper techniques (footwork, glove placement, using two hands, etc.). Rotate stations.
Game situation: Where's the play? (10 - 15 minutes)	Time here will depend on the age you are coaching. The more inexperienced the more time you will need to spend on baseball basics. But even high school and college teams will benefit from situational drills. This work can win -- or lose -- many games during the season. Rotate groups of three runners with fielders. This is also a great conditioning drill for the base runners.
Hitting (20 - 25 minutes)	Again, break players into groups. The age groups and how many coaches you have will determine how many stations you can have. The more the better, as this means more swings in the given time frame. Obviously with <u>six-year olds</u> you cannot leave them alone doing <u>see</u> work, but with older kids you can. You can use many different stations with tee work, soft toss and live hitting. The goal is <u>get 60-75 swings total each in 20 minutes</u> .

Elite Baseball Practice Plans

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