

DATE: _____

PRACTICE PLAN



01 WARMUP

15 Minutes

Field Setup

- Bases and Chalk Lines
- Setup batting cage

Dynamic Stretching & Warmup

- Follow the leader
- Leadoff and Steals

Team Meeting

- Discuss last game and practice plan
- Sign Reading Practice

Throwing Program

- 120 ft. max
- Start w/ Picks
- Finish w/ Quick Toss

04 HITTING STATIONS

30 Minutes

1. Tee-Work (Cage)

- In, middle, away
- Walk Through Tees
- High Tee Drill
- 1 player re-teeing

3. Live Hitting (On-Field)

- **Round 1:** Bunts & Opposite Field
- **Round 2:** Situations
- **Round 3:** Swing Away
- **Round 4:** Swing Away

2. Live Hitting (Cage)

- Live At-Bats

02 POSITIONAL DEFENSE

20 Minutes

Infielders

- 2 Coach Fungos
- Double Play Turns
- Flyball Communication

Pitchers/Catchers

- Live bullpens
- Basic Blocking Drills
- Sign Giving Drill

Outfielders:

- Flyball Fungos
- Cutoff Man Throws
- Flyball Communication

05 SIMULATED GAME

30 Minutes

Split into 4 Offensive Teams (everyone else on defense)

- Each team hits once
- Practice specific situations as needed
- Keep score and promote competition amongst teams

03 TEAM DEFENSE SITUATIONS

15 Minutes

Runner on First

- Double Plays
- Balls to outfield
- Double Cut Relays
- Bunt Defense

Runner 1st & 2nd

- Infield Double Plays
- Balls to outfield (3rd or home)
- Bunt Defense

Runner on 2nd

- Play at home (hit cutoff)
- Infield Watch Runner

Runners 1st & 3rd

- Bunt Defense
- Infield In

06 BASERUNNING AND CONDITIONING

10 Minutes

- All the Way through 1st Base
- 1st Base (Fungo Reads)
- 2nd Base (Fungo Reads)
- 3rd Base (Fungo Reads)
- Dirt Ball Reads
- Base Running Relay Race