

DATE: _____

90 MIN PRACTICE PLAN



01 WARMUP

15 MIN

Coach Led Stretching

- Hold each stretch for 10 seconds
- Dynamic Warmups with Movement
 - High Knees
 - Butt Kicks
 - Side Shuffles

Partner Throwing Warm Up

- Shuffle partners each practice
- Focus accurate throws to chest
- Max 60 ft

04 HITTING PRACTICE

20 MIN

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:** Swing Away
- **Round 3:** Swing Away
- **Round 4:** Swing Away

2. Live Hitting (Cage)

- Live At-Bats

02 POSITION DEFENSIVE DRILLS

15 MIN

Ground Balls

- Fundamentals w no ball
- Coach rolled grounders
- Ground balls off bat
- Ground balls from Shortstop w throw to 1st Base (players alternate between shortstop and 1st base)

Fly Balls

- Two hand form practice w no ball and coming through baseball
- Coach thrown flyballs (sprint to cones)
- Flyballs off bat

05 FUN COMPETITION/GAME

20 MIN

Fun Games to Play:

- Grass Game (Each player gets one swing to hit a ball that lands past the infield into the outfield grass. Last player remaining wins)
- Zombie Game (Variation of the grass game where players that get out play defense. If they catch a ball in the air, they get “revived” and get to hit again)
- Beat The Ball
- Baserunning Relay Race
- Simulated Game with Coach Pitch

03 TEAM DEFENSIVE DRILLS

15 MIN

Team Defense

- Rotate players around different positions with remaining players as baserunners
- Hit ball to various positions and simulate game like scenarios
- Focus on plays that incorporate multiple players and playing catch

06 SNACKS AND DEBRIEF

5 MIN

- **Players socialize and eat snacks**
- **Coaches chat with player’s parents**