

Practice Plan, 90 Min – Example #2

5:20 - 5:30	Whiffle Ball Batting (as kids arrive)		
5:30 – 5:40	Skill Building Warm-up		
	1. Cover the Base with Your Eyes"	<Coach A>	<Parent A help with missed throws>
	2. Pitcher 1-6 Play using Underhand Toss	<Coach B>	
	3. Pitcher:1-5 Play using Underhand Toss	<Coach C>	
5:40 – 5:45	Batting & Throwing Drills		
5:45 – 6:00	Playing Catch Practice		
	1. Pitching Practice	<Parents A & B help with overthrows>	
	2. Position Player Throwing – “Move feet to catch and throw”		
	3. Replaying Balls – “Pick both sides of the ball”		
6:00 – 6:05	Water Break (Coaches prep for next practice segment)		
6:05 – 6:30	Team Skills and Drills/Batting* - Rotation:		
	Group 1: Whiffle Ball Batting	<Coach A>	
	Group 2: 20’ Ground Balls (backhand) / 6-4 Play	<Parent A>	
	Group 3: Toss Drills Angling Back - fly balls	<Coach B>	
	Group 4: Base Running: Touches and Turns / Running Through First Base	<Coach C>	
6:30 – 6:55	Scrimmage*		
	<Coach A>	Pitch	Manage Pitcher, and Corner Infielders
	<Coach B>		Manage Catcher, Batter and Base Runners
	<Coach C>		Manage Shortstop, Second Baseman and Center Fielder
	<Parent A>		Manage Left Fielder
	<Parent B>		Manage Right Fielder
6:55 – 7:00	Wrap-up		

* Establish a routine where players get in the habit of bringing their water bottles to spot on the field, at the start of Batting Practice/Scrimmage, so water will be easily accessible and practice is not disrupted by players needing to run off to get a drink. Also it is important to keep them hydrated so they can per-form at their best and stay focused on the task at hand.