

Practice Plan

Key factors to running an efficient, organized practice to maximize effectiveness

Overall Philosophy

Pre-season/ In-season

- Establish a routine or “process” (Capt.s Practice)
- Post practice daily
- Keep it moving..no down time
- Try not to “beat a dead horse”
- Live –vs- controlled drills

Pre-season

3 ½ hours

Stretch (15 min.)

Base running (15 min.)

- Running through bag
- Round bag (turns)
- Leads -vs-RHP
- Leads -vs-LHP
- Ball in dirt
- Going 1st to 3rd
- 3 station react
- 0 out tag
- 1 out tag
- Stealing 3rd/leads at 2nd
- Leads at 3rd

Pre-season....cont.

Throwing Program (15 min.)

Individual " D " (20 min.)

Infield

Groundball rotation
Double plays
Tag plays
Double cut/relay footwork
Short hops/long hops
Backhands
Slow rollers

Outfield

fence drill
footwork
sun balls
communication
cutting balls off
double cuts
relays

Pre-season cont...

Individual "D" (20 min...cont.)

catchers

Blocks

Framing

Bunt footwork

Strike 3 mechanics

Throwing to all bases

Wild pitch feeds to plate

pitchers

throwing

flat grounds

pick moves

PFP's

tags at plate

Pre-season....cont.

Team "D" (20 min.)

- ◉ Bunt D
- ◉ Pop-up communication
- ◉ Cuts and relays
- ◉ 1st and 3rd "D"
- ◉ Picks and rundowns

Pre-season....cont.

Cage work/Bull-pens (20 min.)

5 stations

4 station BP (40 min.). Bullpens,
pitchers condition, shag

- 1. Bunt station*
- 2. Hitting 3-4 rounds 5*
- 3. Live GBs/OF work*
- 4. Live GB's/OF work*

Pre-season...cont.

Live D situational (coach pitch) (30 min.)

- Base running/hitting
- defense

Pre-season Pitcher's Squad Game (4 hours)

- Stretch (15 min.)
- Base running (15 min.)
- Throwing program (15 min.)
- Individual/Team "D" (20 min.)
- Cage (20 min.)
- 4 station BP (40 min.)

*Pitcher's squad game (1 ½ to 2 hours)

Rules

- Base runners steal in 1st 2 pitches/go back if out
- Bunts "O" and "D"
- H and Rs
- 1st and 3rd "D" and "O"

**if short on pitching-finish with live "D" coach pitch

In-season

2 ½ to 2 ¾ hours

- Stretch (15 min)
- Base running (15 min)
- Throwing program (10 min)
- Individuals (15 min)
- Team "D" (20 min)
- Cages (20 min)
- 4 station BP/hitting game/situational hitting
 - *bullpens, pitchers condition
- Live situational or go home (30 min)

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