

# Basic Practice Schedule

**(10 min) Begin each practice with** - Team Announcements & Warm up  
Lap Stretch – i.e., Upper & Lower Body Form Run (Agility) – high knees, power skips, foot shuffle.

**(10 min) Playing Catch** – 5 minutes of throwing while moving back 20' every 10 throws  
– 3 minutes of long toss – 2 minutes of quick-hands

**(20 min) Fielding/Situational** - Controlled fielding of groundballs and fly-balls (break your team up into stations). Learn to call the ball; correct positioning on catching a fly ball; correct footwork on fielding a ground ball; run downs; Finish with situational baseball that includes everyone in their position –

*Structure work/stations so that you minimize the amount of time any one player is standing around waiting for his/her turn. Having multiple coaches (parents) involved can be a big help with this.*

**(5 min) WATER BREAK**

**(35 min) Hitting** – Approach, Timing, Mechanics. Tee work; soft-toss; live BP -  
*Structure work/stations so that you minimize the amount of time any one player is standing around waiting for his/her turn. Having multiple coaches (parents) involved can be a big help with this.*

***Tip: If the team is struggling with a particular drill and continues to struggle, move on to something else and come back to that drill later in the practice or another day. Otherwise, frustrations will grow and you will lose players' attention.***

**(10 min) Closing practice** – Teach the kids what each position number is along with attributes of each position (the ss is the general of the INF; the CF is the general of the OF, explain what the 5/6 hole means, or, the 3/4 hole - etc)

#1 Pitcher, #2 Catcher, #3 First Baseman, #4 Second Baseman, #5 Third Baseman, #6 Shortstop, #7 Leftfielder, #8 Centerfielder, #9 Rightfielder

**(10-15 min) TAKE CARE OF THE FIELDS!!!!!!!** – Teach the kids this is their field, take care of it, respect it... teach them how to drag; pick up bases; rake (within safety limits of age group). This is important.

**This schedule would take you between 90 and 120 minutes**