

Baseball Practice Plan Guide

Date: Insert Date **Time:** Time Frame of Practice

500	Warm Up			
15min	1. Baserunning - Home to 1st, Rounding 1st, Home to 2nd, 2nd to Home, etc. 2. Stretching 3. Jogging 4. Dynamic Warm Up - High Knees, High Kicks, Butt Kicks, Lunges, etc.			
515	Throwing			
15 min	1. Short Flip 2. Full Range One Knee 3. Stand Up 180 degree 4. Regular Catch - Slowly increase distance 5. Long Toss 6. Functional Catch 7. Quick Catch			
530	Hitting Drills - Multiple Groups			
30 min	1. Tee Work 2. Soft Toss 3. Batting Practice	Tee Drill Basics Soft Toss Drill	Inner Half Drill Soft Toss Inside Pitch	Opposite Field Drill Soft Toss Outside Pitch
600	Defensive Drills - Multiple Groups			
30 min	1. Infield Drills 2. Outfield Drills 3. Pitching Drills 4. Catching Drills	Glove Side Fundamentals Fundamentals Fundamentals Down Angle Receiving	Backhand Cone Drill Chair Drill Block Progression	Footwork Drill Zig Zag Drills Wall Lean Drill Block and Recover
630	Team Situations - Drills			
30 min	1. Bunt Defenses 2. Game Situations 3. 1st & 3rd Defense 4. Team Infield Cutoffs 5. Fly Ball Communication			
	Fun Games			
	1. Bucket Game 2. Soft Toss Scrimmage 3. Baserunning Relay Race 4. Throwing Relay Race 5. Ground Ball Competition 6. Throwing Games			
	Notes:			
	1. This is meant to be a basic practice layout. You can spend more or less time in each area of the practice depending on what is needed. You may only have 90 minute practices. 2. The links are just examples of things that fit into the area of practice. There are many more examples of drills found on MBA website and throughout the internet.			
	3. Ending practices with a game will keep practices fun for the kids. 4. Having 3 or 4 groups during hitting and defense drill work keeps the kids moving and less standing around time.			