



Pre-Designed Practice Plans

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How To Use This Resource

Welcome to the pre-designed practice plans section of the Youth Baseball Success System!

Below, you'll find a collection of step by step practice schedules you can take directly to the field. Each one of the drills referenced below comes from the Drill PDFs included with Bob Bennett's Video Coaching System.

The Drill PDFs will lay out the drills using photos and diagrams. The videos will explain everything with live demonstrations.

For each practice plan, we've provided a recommended age level and practice length. These are not written in stone! Many of these drills will work very well with multiple age levels, so feel free to pick and choose from multiple practice plans, or use the practice planning template on the last page to create your own.

Let's get started!

60 Minute Youth Baseball Practice For Ages 4-6

Time	Practice Block	Reference	Notes
5 mins	Run the bases • Practice running through first base • Play follow the leader around the basepaths		
5 mins	Stretching • Hamstrings, quads, groin back, shoulders, triceps	Baserunning pg 4	
30 mins	Stations • Hitting Station: Dry Run Hitting, Batting Tee Drill • Catching: Open Pocket Drill, Glove Drill • Throwing: Play catch, teach throwing fundamentals	Hitting pg 3, 6 Position Drills pg 11, 12	
15 mins	Run the bases and review • Have a relay race around the bases in teams • Let kids slide into home plate to finish		

60 Minute Youth Baseball Practice For Ages 4-6 (B)

Time	Practice Block	Reference	Notes
5 mins	Form Running Games • Run relay races with the players doing high knees, buttkickers, skipping		
5 mins	Stretching • Hamstrings, quads, groin back, shoulders, triceps		
30 mins	Stations • Hitting Station: Soft Toss, Batting Tee Drill • Fielding: Stance Drill • Throwing: Play catch, teach throwing fundamentals	Hitting pg 6 Infielding pg 4	
15 mins	Play a scrimmage or other instructional game • Play with 4-6 players – infield only • Allow players to try each position • Have a parent or coach play 1st base • The other players will run drills in the outfield		

60 Minute Youth Baseball Practice For Ages 7-9

Time	Practice Block	Reference	Notes
5 mins	Form Running • High knees, butt-kickers, grapevines, bounding, running backwards	Baserunning pg 3	
5 mins	Baserunning • Lead Drill	Baserunning pg 4	
5 mins	Stretching • Hamstrings, quads, groin back, shoulders, triceps		
10 mins	Throwing Drills • One Hop Throwing • One Knee Throwing	Outfielding pg 4	
30 mins	Hitting Stations (3 groups, 10 mins per station) • Hitting Station I: Bag Drill • Hitting Station II: Two Hand Ball Toss Drill • Hitting Station III: Pepper Drill	Hitting pg 5 Hitting pg 7 Hitting pg 8	
15 mins	Controlled game, game situation, or rules session		

75 Minute Youth Baseball Practice For Ages 7-9

Time	Practice Block	Reference	Notes
5 mins	Form Running • High knees, butt-kickers, grapevines, bounding	Baserunning pg 3	
10 mins	Baserunning • Sequence Drill	Baserunning pg 6	
5 mins	Stretching • Hamstrings, quads, groin back, shoulders, triceps		
30 mins	Fielding Stations (3 groups, 10 mins per station) • Lead Drill • Turn to the Ball Drill • Look Over the Shoulder Drill	Outfielding pg 6 Outfielding pg 7 Outfielding pg 8	
	Pitcher Fundamentals (break out separately) • Target Throwing Drill • Dry Run Pitching • Stick Drill	Pitching pg 3 Pitching pg 4 Pitching pg 6	
	Catcher Fundamentals (break out separately) • Catcher Stance Drill & Step to the Ball • Bunt Fielding Drill	Position Drills pg 3, 4 Position Drills pg 8	
30 mins	Hitting Stations (3 groups, 10 mins per station) • Target Hitting Drill • Pepper Drill • Dry Run Drill	Hitting pg 5 Hitting pg 7 Hitting pg 8	

90 Minute Youth Baseball Practice For Ages 7-9

Time	Practice Block	Reference	Notes
5 mins	Form Running • High knees, butt-kickers, grapevines, bounding, running backwards	Baserunning pg 3	
5 mins	Baserunning • Turn to the Base Drill	Baserunning pg 5	
5 mins	Stretching • Hamstrings, quads, groin back, shoulders, triceps		
15 mins	Throwing Drills • 4 Seam Grip Throwing, • Stationary Throwing	Infielding pg 3 Outfielding pg 3	
35 mins	Stations (3 groups, ~12 mins per station) • Hitting Station: Dry Run Hitting, Batting Tee Drill • Fielding Station I: Charge the Ball Drill • Fielding Station II: Outfield Footwork Drill	Hitting pg 3, 6 Infielding pg 5 Outfielding pg 5	
15 mins	Team Drills • Scolinas Drill (extra players will play backup, then rotate in)	Infielding pg 9	
10 mins	Basic rules session or a fun drill (ie. Home run derby, practice sliding on the slip and slide)		

75 Minute Youth Baseball Practice For Ages 10-12

Time	Practice Block	Reference	Notes
5 mins	Form Running • High knees, butt-kickers, grapevines, bounding, running backwards	Baserunning pg 3	
5 mins	Stretching • Hamstrings, quads, groin back, shoulders, triceps		
25 mins	Fielding Stations (3 groups, ~8 mins per station) • Ground Ball Drill Progression • Fly Ball Footwork Drill • Outfield Agility Drill Pitcher Fundamentals (break out separately) • Dry Run Pitching • Towel Drill • One Hop Throwing Catcher Fundamentals (break out separately) • Catcher Stance Drill & Step to the Ball • Ball in the Dirt Drill	Position Drills pg 14 Position Drills pg 15 Position Drills pg 16 Pitching pg 4 Pitching pg 7 Pitching pg 11 Position Drills pg 3, 4 Position Drills pg 7	
30 mins	Hitting Stations (3 groups, 10 mins per station) • Bag Drill • Batting Tee Drill • Two Hand Soft Toss	Hitting pg 5 Hitting pg 6 Hitting pg 7	
10 mins	Controlled game, soft toss game or T-ball game, or game situations		

90 Minute Youth Baseball Practice For Ages 10-12

Time	Practice Block	Reference	Notes
5 mins	Form Running • High knees, butt-kickers, grapevines, bounding, running backwards	Baserunning pg 3	
10 mins	Baserunning • Turn to the Base Drill • Lead Drill	Baserunning pg 5 Baserunning pg 4	
5 mins	Stretching • Hamstrings, quads, groin back, shoulders, triceps		
30 mins	Fielding Stations (3 groups, 10 mins per station) • Barehand Catch Drill • Back of the Glove Drill • Short Hop Drill	Position Drills pg 9 Position Drills pg 10 Position Drills pg 13	
30 mins	Hitting Stations (3 groups, 10 mins per station) • Dry Run Hitting • Target Hitting Drill • Pepper Drill	Hitting pg 3 Hitting pg 6 Hitting pg 8	
10 mins	Controlled game, soft toss game or T-ball game, or game situations		

90 Minute Youth Baseball Practice For Ages 10-12 (B)

Time	Practice Block	Reference	Notes
5 mins	Form Running • High knees, butt-kickers, grapevines, bounding, running backwards	Baserunning pg 3	
5 mins	Stretching • Hamstrings, quads, groin back, shoulders, triceps		
20 mins	Baserunning • Turning for the Double Drill • Bent Leg Sliding Drill	Baserunning pg 5 Baserunning pg 4	
30 mins	Fielding Stations (3 groups, 10 mins per station) • Ground Ball Drill Progression • Fly Ball Footwork Drill • Outfield Agility Drill Pitcher Fundamentals (break out separately) • Dry Run Pitching • Towel Drill • Pivot Foot and Stride Foot Balance Drills	Position Drills pg 14 Position Drills pg 15 Position Drills pg 16 Pitching pg 4 Pitching pg 7 Position Drills pg 19-23	
30 mins	Hitting Stations (3 groups, 10 mins per station) • Bag Drill • Batting Tee Drill • Two Hand Soft Toss	Hitting pg 5 Hitting pg 6 Hitting pg 7	
10 mins	Controlled game, soft toss game or T-ball game, or game situations		

90 Minute Youth Baseball Practice For Ages 10-12 (C)

Time	Practice Block	Reference	Notes
5 mins	Form Running High knees, butt-kickers, grapevines, bounding, running backwards	Baserunning pg 3	
5 mins	Stretching Hamstrings, quads, groin back, shoulders, triceps		
40 mins	Game Situation Fielding Go through all 7 drills, rotating players in as needed. Inactive players should do soft toss or batting tee drills while they wait. - Pitchers and First Basemen - Pitchers, First Basemen and Second Basemen - Pitchers, First Basemen, Second Basemen and Shortstops - Pitchers, Third Basemen, Catchers, and First Basemen - Pitchers, Shortstops, Third Basemen, and Outfielders - Pitchers and Catchers	Game Situation Defense pg 4-10	
30 mins	Hitting Stations (3 groups, 10 mins per station) - Dry Run Hitting - Target Hitting Drill - Pepper Drill	Hitting pg 3 Hitting pg 6 Hitting pg 8	
10 mins	Controlled game, soft toss game or T-ball game, or game situations		

90 Minute Youth Baseball Practice For Ages 13-16

Time	Practice Block	Reference	Notes
5 mins	Form Running • High knees, butt-kickers, grapevines, bounding, running backwards	Baserunning pg 3	
5 mins	Stretching • Hamstrings, quads, groin back, shoulders, triceps		
30 mins	Outfield Fundamentals (break out separately) • Ground Ball Drill Progression • Fly Ball Footwork Drill • Outfield Agility Drill Infield Fundamentals (break out separately) • Barehand Catch Drill • Back of the Glove Drill • Short Hop Drill Catcher Fundamentals (break out separately) • Catcher Stance Drill & Step to the Ball • Bunt Fielding Drill Pitcher Fundamentals (break out separately) • Dry Run Pitching • Towel Drill • Pivot Foot and Stride Foot Balance Drills	Position Drills pg 14 Position Drills pg 15 Position Drills pg 16 Position Drills pg 9 Position Drills pg 10 Position Drills pg 13 Position Drills pg 3, 4 Position Drills pg 8 Position Drills pg 19-23	
30 mins	Hitting Stations (3 groups, 10 mins per station) • Bag Drill • Batting Tee Drill • Two Hand Soft Toss	Hitting pg 5 Hitting pg 6 Hitting pg 7	
15 mins	Controlled scrimmage		

120 Minute Youth Baseball Practice For Ages 13-16

Time	Practice Block	Reference	Notes
5 mins	Form Running • High knees, butt-kickers, grapevines, bounding, running backwards	Baserunning pg 3	
5 mins	Stretching • Hamstrings, quads, groin back, shoulders, triceps		
15 mins	Baserunning • Turning for the Double Drill • Bent Leg Sliding Drill	Baserunning pg 5 Baserunning pg 4	
60 mins	Game Situation Fielding Go through all 7 drills, rotating players in as needed. Inactive players should do soft toss or batting tee drills while they wait. • Pitchers and First Basemen • Pitchers, First Basemen and Second Basemen • Pitchers, First Basemen, Second Basemen and Shortstops • Pitchers, Third Basemen, Catchers, and First Basemen • Pitchers, Shortstops, Third Basemen, and Outfielders • Pitchers and Catchers	Game Situation Defense pg 4-10	
30 mins	Hitting Stations (3 groups, 10 mins per station) • Bag Drill • Batting Tee Drill • Two Hand Soft Toss	Hitting pg 5 Hitting pg 6 Hitting pg 7	
5 mins	Team Drills • Scolinas Drill (extra players will play backup, then rotate in)	Infielding pg 9	

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