**Minors/Majors**

**Practice Plans #1** –(based on 60 minute practice).

**Week 1**

**Introductions**

10 minutes (Name, first time playing?, and favorite food)

**Warm up**

10 minutes– it is important to start each practice with a warm up. This provides the foundation for an organized practice and gets the players prepared to start the day.

(Base distance from foul line to second base.)

* Jog
* High knees
* Butt kickers
* Side shuffle L
* Side shuffle R
* Knee pulls
* Butt Kickers
* Open the gates
* Close the gate
* Karaoke
* Reach over (alternate). Arms above your head and slowly lean L and R
* Dives
* Kicks
* Jog

**Stretch**

* Arm across the chest (L)
* Arm across the chest (R)
* Arm behind the head (L)
* Arm behind the head (R)
* Flamingo stretch (R)
* Flamingo stretch (L)
* Lateral lung to the side (R)
* Lateral lung to the side (L)
* Legs spread apart and reach down to the middle
* Hamstring stretch reach your toes while standing (two feet together)
* Butterfly stretch

[**https://youtu.be/-t06qlaE0pU**](https://youtu.be/-t06qlaE0pU)

**Water break**

**Station Drills** (3 groups rotate 5-10 minutes)

1. Warm up their arms throwing (Remind how to catch a ball.)

(Safety: never throw to someone who is not looking at you)

Throwing a ball

<https://www.youtube.com/watch?v=URcUxaCEpYU&t=30s>

1. Fielding -

Infield Grounder Drills Form one line just behind shortstop position rolls right to the fielder. Have one player at a time step up into the SS position. Roll grounders to the player and have them field the ball and run to you and put the ball in the bucket. (Emphasis the importance of proper stance, keeping gloves on the ground, and moving towards the ball.

Side to Side Grounder Drills Same as Basic but roll the balls left and right of the player to make him move to get in front of the ball. (Emphasis the importance of moving to get in front of the ball instead of reaching out with the glove.)

1. Hitting
   1. Tee - hitting into a net
   2. Wiffle ball toss
   3. Front toss

**End of practice**