

SAMPLE OF A PRACTICE PLAN

SHORT TEAM MEETING

WARM-UP—STRETCHING , JUMPING JACK,
RUN BASES

THROWING AND CATCHING (10 MINS)—DEMONSTRATE THE GRIP
SHOW CORRECT BODY POSITION
PRACTICE OVERHAND THROWS

FIELDING (10 MINS)—HOW TO STAND FOR GROUND BALLS
GLOVE POSITION
CATCH BALL AND COVER WITH OTHER HAND
PROPER POSITIONING
THROWING TO A SPECIFIC BASE

DEFENSE (10 MINS)—HIT BALLS TO TEAM AND LET THEM THROW TO
1ST BASE

RUNNING (5 MINS)—PRACTICE RUNNING TO FIRST BASE
NO RETURN LINE

BATTING (20 MINS)—LET KIDS THROW TO BATTER

CLOSING MEETING (5 MINS)—PRAISE TEAM FOR HARD WORK AND
EFFORT
SHOW ONE DRILL TO PRACTICE AT HOME
END WITH TEAM CHEER

MAKE FOUR STATIONS AND DIVIDE THE TEAM UP INTO 4 TEAMS

STATION 1. BATTING – COACH PITCHS – HIT JUST TO CONNECT

STATION 2. HIT BALLS TO PLAYERS AND LET THEM THROW TO 1ST BASE
OR BASE THAT IS CALLED OUT

STATION 3. FIELDING—HOW TO CATCH BALLS – GROUNDERS – PROPER
POSITIONING

STATION 4. THROWING AND CATCHING – CORRECT BODY POSITION