

**Baseball Practice Outline**  
(Based on a 2 hour practice)

5 min **I. Stretching & light jogging (daily)**

10 min **II. Throwing & receiving drills (aside from daily throwing, mix & match drills)**

Normal catch, long toss, throwing on run, quick catch at short distance (daily)

Practice receiving bad throws with feet apart & knees bent - always anticipate a bad throw

Practice different tags - sweep tags, double tags, footwork on force outs

Discuss verbiage on relay throws - "relay relay", "cut 2 cut 2", "cut 3 cut 3", "hold hold"

Practice relays & different types of tags in lines of 3-4 players while using verbiage

15 min **III. Individual drills by position (mix & match various drills each day)**

Individual drills by position most drills for infielders & outfielders done at short distance

Catchers-Receiving drills, blocking drills, footwork for throw downs, catching pop-ups behind & around plate, footwork for fielding bunts, positioning instruction at plate for receiving throws from infield, etc...

Infielders-Regular grounders, forehand grounders, backhand grounders, slow rollers with throws on run, short hop drills, double play turns by position, 1<sup>st</sup> baseman picks, etc...

Outfielders-Regular fly ball drills, fly balls between two outfielders while practicing communication and back-up, catching balls on the run, teaching outfielders not to float while tracking flies, teaching how to catch fly ball and prepare for throw, practice catching balls against fence, fielding regular grounders, fielding "do or die" grounders.

Pitchers-Form throwing without balls, flat ground work, working out of stretch, preparing to field a grounder after pitch, pickoffs etc...

25 min **IV. Defensive team drills-typically no runners (mix & match various drills each day)**

Outfield fly balls off fungo with throws to infielders at bases

Fly ball drills between infield & outfield - work on communication between players

Fly ball drill with tennis balls & infielders only (great to do on windy days since balls move more in the wind)

Infield grounders off fungo with or without throws and with or without runners

Double play turns off fungo

Practice infielders cutting off the run at 3<sup>rd</sup> with and without runners

Practice overthrows with outfielders backing up bases and with runners advancing

Run downs - Can usually work 2 groups at once between different bases

Bunt defenses with or without live bunters

1<sup>st</sup> & 3<sup>rd</sup> defenses with or without runners

Infield/Outfield

Pitchers throw bull-pen sessions 1-2 players at a time (or can be done after practice)

30 min **V. Offensive drills (mix & match various drills each day)**

Group hitting / #1-live hitting on field, #2-shagging, #3-stations in cage or along fence

Station hitting in cages - with hardballs or wiffles

Tee stations - Inside pitch, outside pitch, walk-through drill, etc...

Soft toss stations – side toss, front toss in cages, etc...

Live hitting off coach in cage

Bunting station

Station hitting on the field in groups of 3-4 with hardballs or wiffles

Group #1 near 3<sup>rd</sup> base hitting balls toward outfield off a tee

Group #2 near 2<sup>nd</sup> base hitting balls toward outfield off a tee or from side toss

Group #3 near 1<sup>st</sup> base hitting balls toward outfield from coach side toss

Group #4 at home plate working on bunts off coach pitch

25 min **VI. Team drills (mix & match various drills each day / start with runners on base / encourage runners to be aggressive to allow for defensive plays)**

Situations with coach hitting balls involving runners & infield defense only

Situations with coach hitting balls involving full defense & runners

Situations with players hitting off tee or short toss involving full defense & runners

Scrimmage with or without live pitching

Work-up

5 min **VII. Base running (mix & match various drills each day)**

Home-1<sup>st</sup> / Get thru bag, break down feet & look to fence for overthrow

Home-1<sup>st</sup> / Same drill with runners reading overthrow and breaking to 2<sup>nd</sup>

Practicing primary & secondary leads off each base

Practice footwork & dives to get back to base on pick-offs with & without pitchers

Practice advancing on passed balls - do not lose momentum of secondary lead

Teach straight steals & delayed steals from each base with & without pitchers

Get straight steal times with lead for each runner from 1<sup>st</sup>-2<sup>nd</sup>, 2<sup>nd</sup>-3<sup>rd</sup>, & 3<sup>rd</sup>-Home

Runners at 2<sup>nd</sup> base read balls off bat at plate (coach hit) & determine whether to advance

2<sup>nd</sup>-Home / Practice reading different coach signals at 3<sup>rd</sup> base while rounding 3<sup>rd</sup>

3<sup>rd</sup>-Home / Simultaneously runners practice stealing home on passed ball, catchers work

on recovering passed ball and making throw to plate, pitchers works on getting to plate & receiving throw on 3<sup>rd</sup> base side of plate

Teach all sliding drills - straight, hook, pop-up & head first (great for wet grass days)

5 min **VIII. Team discussion**

Discussion regarding expectations - hustle, positive attitude & desire to learn

Discussions regarding not reacting to calls by umpire

Comments on daily practice issues

Discussion regarding individual and team goals

Discussion regarding making good choices, being a good teammate, competing, etc...

Coach meeting to discuss issues & get input for upcoming practices

**Notes:**

1. Move from simple to advanced drills as the season progresses.

2. Players should move around from day to day during individual drills since most play multiple positions.

3. Sessions IV & V can be combined with half the team on the field & other half in batting cages.

4. Try to practice every scenario that will come up in a game – relays, overthrows, etc...

