

### Sample Practice Plan

Block	Drill	Description
0	<b>Early Bird Hitting 20 min. 5:40 – 6:00 p.m.</b>	One coach pitches whiffle balls to two groups of kids. Two pitches per kid. Fire double barrel – two to one player, two to the next, back to first player, etc... Don't coach, just let them hit. Order is determined by who arrives first and gives you a high five. They are 1, next is 2, etc ... balance of players shag balls in field until their turn to hit.
0	<b>Team Huddle 5 min. 6:00 – 6:05</b>	Name Tags. Introduction to coaches, etc... Discuss coaching philosophy, practice/game expectations.
1	<b>Warmup 10-15 min 6:05-6:20</b>	Warm Up from start to finish <ul style="list-style-type: none"> <li>• Warmup Jog – touch RF foul pole – jog (as a team) to LF foul pole (touch it), jog back to RF foul pole (touch it), and jog back in.</li> <li>• Exercise Line – High Knees, Butt Kids, Side shuffle, Karaoke – Jog into Exercise Circle</li> <li>• Circle Up - Exercise Circle (15-20/ea) each player leads one exercise – (1) jumping jacks, (2) windmills, (3) spider pushups – 1,2,5, (4) arm circles - big, (5) elbow pulls (5- second count), (6) elephant stretch, (7) mountain climb, (on the ground) – 10 in a row, (8) corkscrew “Hollywood”, (9) butterfly, (10) tbd, (11) tbd, (12) tbd – Players jog into gloves. [Coaches should line up player gloves on RF line. Once Circle up is complete, tell them to run to their gloves.]</li> <li>• Base Running - Use glove as base pad (e.g. 1st base). Review progression – relax, ready position, go. Explain, demonstrate, ask players to execute/repeat. Drill progression, jog, 2-3 half speed, 1 full. Skills to teach – stay low, cross over step, flick and pick, secondary lead. Player should get into “ready” position when pitcher starts windup.</li> </ul>
2	<b>Throwing / Catching 10 min. 6:20-6:30</b>	Playing catch – short distance @ 5 steps apart. Match players of equal ability. Stress when players are waiting for ball, they should have hands out and make good target
3	<b>Training Block 30 min. 6:30 – 7:00</b>	Break team into four (4) groups of three (3) players Group 1: tee; Group 2: soft toss; Group 3: whiffle balls; Group 4: Live hitting (coach seated behind L-screen). Two rounds of 10 swings live then rotate groups. Live hitting big hit challenge - 1 Point for Hard It Ball, 2 Points for Line Drive. Total Points across a Group Wins!
4	<b>Game Block Fielding – Box Drill 10-15 min 7:00 – 7:15</b>	Group 1 – 3B/SS – throw to coach btw Home & 1B. Group 2 – 2B/1B – throw to coach btw Home & 3B. Coaches backup throws, have extra baseballs in hand.
5	<b>Game Block King of the Diamond 10 min. 7:15 – 7:25</b>	Have one coach at home plate to hit, with another to catch, and one coach on 1st base. All players start on 1st base. First player steps out to 2B position, fields ball, and throws to 1B. If successful field and throw, they can go to SS. If not, they go to back of line. Goal is to get all players to 3B for successful throw to 1B. Each failed field or throw, and they go back to previous station
6	<b>Team Meeting</b>	Review “well done” and “opportunities.” Plant messages that they are proud of. Review date/time/location of next practice.