



SOUTH OKANAGAN MINOR BASEBALL ASSOCIATION

Providing a Positive Baseball Experience for the Youth of the South Okanagan

7U Practice Plan Template (60 min)

Created: March 2024

PRIOR: Take a safety walk around the field to make sure it is a safe environment for all players

Attendance & Explain Plan

10 MIN: Warmup

- » dynamic movements
- » static stretching
- » Active game

5-10 MIN: Play Catch

- » Partner or parent/coach
- » Focused on proper throwing & catching technique

5-10 MIN: Review Skills

- » Players go through proper movements without baseballs
- » Parents/coaches help correct technique
- » Try thinking of goofy/silly names or ideas for technique cues (e.g., alligator trap)

20-25 MIN: Stations (throwing, catching, baserunning, hitting, pitching)

- » Work on skills that were demonstrated in the skill review part of practice
- » Incorporate baseballs and use progressions as skills develop
- » Can combine stations to work on multiple skills at once

10-15 MIN: Fun game

- » Knock it off
- » Clear the yard
- » California kickball
- » Beat the ball (MOJO)
- » The name game (MOJO)
- » Over Under (MOJO)
- » Selfies (MOJO)
- » Bullseye (MOJO)