

Practice 14 - Plan (1:30 Hour)

This practice plan is used for the remainder of the season for every practice.

:00 — :05 (5 Minutes) Introduction & Warmup

Welcome players

Warmup

:05 - :20 – (15 Minutes) Partner Throwing

(coaches place markers on field where players are to stand. Pair similar skilled players)

:20 — :30 (10 Minutes) Fly Ball Circle

Divide up the players with the coaches, players each have a baseball that they throw to the coach who then throws a shallow fly-ball.

Back of the line.

Reinforce the “W” – hands up, fingers pointed toward sky, thumbs create a “W”

BREAK

:35 — :55 (20 Minutes) Defensive Fielding – Ball – Base – Backup

Move to the hit **BALL**, if out of reach or missed, move to the nearest **BASE**, if occupied then move to a **BACKUP** position.

FREEZE DRILL: Divide players into 5 groups, 1B, 2B, 3B, SS & P

Coach at home rolls grounders to different locations, once the ball is picked up, coach yells FREEZE and reviews everyone’s location and where they need to be. Balls are not thrown.

:55 — 1:25 (30 Minutes) Hitting Stations

All players are required to wear their helmets, even when playing in the field. Assign players to each station and to each position in the field (infield first if not enough players). Players rotate after the batter in Station 4 hits their Homerun ball. Batter typically rotates to the pitcher position and helps pick up balls by the backstop.

- **Station 1 – Tees (2 Players, 2 Coaches)**
- **Station 2 - Power Through Drill (1 Player, 1 Coach)**
- Deflated soccer ball on Tee. Soft-toss with the deflated ball is also another extension of this drill.
- **Station 3 – Swing-Away Machine (Optional)**
- **Station 4 – Coach Pitch to Player (1 Batter, 1 Coach and remaining players in the field)**

1:25 – 1:30 (5 Minutes) Natti Ball / King of Diamond / Base Relay

Dismiss Conclusion

Review the “3Bs” and next event