

**BASEBALL PRACTICE PLAN:** BEFORE GAME and/or (BEFORE PRACTICE)

**1-RUNNING/STRETCHING WARM UP – 10 MINUTES DAILY DOZEN & STRETCHING**

**2-THROWING WARMUP 10-15 MINUTES WORK ON BALANCING FROM A STRETCH POSITION...HOLD FOR 3 SECONDS AND THEN 5 SEC. THROW WITH A PURPOSE.**

**3-WIFFLE BALLS**

FROM 2 STATIONS DOWN THE FOUL LINE 10-12 MINUTES...1 HITTER, 1 PLAYER ON DECK AND 4 RETRIEVING WIFFLE BALLS AT EACH STATION 15-20 SWINGS OR MORE 1-2 MINUTES. (YOU CAN DO THIS WHEN THE OTHER TEAM IS TAKING INFIELD)

**4-GROUND BALLS TO INFIELDRS...10 MINUTES...FORM LINE FROM 3<sup>RD</sup> OR 1<sup>ST</sup> BASE, DEPENDING ON DUGOUT...PLAYERS WORK ON FORM YOU DON'T NEED TO BE FLASHY, GET FOOTWORK DOWN AND MOVE TO THE BALL ON A SLOW GOUNDER OR A BALL HIT DIRECTLY AT YOU...**

**5-FLY BALL DRILL TO OUTFIELDERS 10 MINUTES...**

HIT FLY BALLS TO OUTFIELDERS IN CENTER FIELD...PLAYERS EITHER THROW TO CUTOFF AND RELAY OR THROW ALL THE WAY TO 3<sup>RD</sup> BASE OR FIRST BASE IF ON THE FIRST BASE DUGOUT. COACHES HAVE 6 PLAYERS IN THE CENTER FIELD AND 6 AS A CUTOFF MIDDLE FIELDRS...HIT 2 FLY BALLS TO THE OUTFIELDER AND 1 GROUND BALL TO THE OUTFIELDER. COACHES MAKE THE CALL WHERE THE BALL GOES, EITHER CUT OR DON'T CUT...PLAYERS ROTATE-RUN TO NEXT STATION AND GET AT THE END OF THE LINE AFTER 3 HITS/3 THROWS...FOR EXAMPLE (AFTER FIELDING 2 FLY BALLS AND 1 GROUND BALL THE OUTFIELDER WOULD RUN TO THE INFIELDRS STATION THAT HE WAS THROWING TO AND GET IN LINE. THE INFIELDRS WOULD ROTATE TO CATCHER AND THE CATCHER WOULD RUN AROUND OUTERMOST PART OF THE BASE AND GET IN LINE IN THE OUTFIELD LINE.

**6-CATCHERS AND PITCHERS SHOULD NOW BE THROWING IN A WARMUP...(IF IT'S A GAME)**

12,13,14,15 YEAR OLDS

IF PRACTICE THEN ALL PLAYERS WORK ON PICK OFFS TO FIRST 5 THROWS AND 5 THROWS TO SECOND BASE...ROTATE SO EACH PLAYER HAS A CHANCE TO CATCH PICKOFFS AT 1<sup>ST</sup> AND 2<sup>ND</sup> AND PITCHER.

**7-IF PRACTICE, 1 COACH WORK ON INFIELDRS SITUATIONS. ALSO, DURING THIS HAVE 1 PLAYER AT A TIME ROTATE TO PITCHING COACH FOR 15-20 THROWS KEEP THIS GOING UNTIL ALL PLAYERS HAVE PITCHED. BATTING PRACTICE WOULD FOLLOW THIS.**

**8-HITTING...ROTATE EACH PLAYER TO HIT 10-15 PITCHES LIVE. USE BASEBALLS WITH INFIELD AND OUTFIELDERS...MAKE SURE KIDS ROTATE AND THROW MAJORITY OF THROWS FROM OUTFIELD INTO 2<sup>ND</sup> BASE.. HAVE PLAYERS ROTATE FROM LEFT TO CENTER T RIGHT TO 1<sup>ST</sup>, 2<sup>ND</sup>, 3<sup>RD</sup>, P,C, AFTER PLAYER CATCHES THEY WILL ROTATE TO ON DECK AND THEN HIT. (YOU MAY WANT TO KEEP THE CATCHER WITH HIS CATCHERS GEAR ON AND HAVE THE CATCHER GO TO 3 OR 4 BATTERS UNTIL A SECOND CATCHER IS READY TO GO. ALSO DURING THIS DRILL YOU MAY WANT TO JUST USE 3 CATCHERS AND 3 PITCHERS AND THEN THE NEXT PRACTICE USE 3 DIFFERENT CATCHERS AND 3 DIFFERENT PITCHERS.**

***AFTER PRACTICE :***

HAVE PLAYERS PUT GEAR AWAY AND CLEAN UP DUGOUT, PUT TARPS OUT AND PUT BASES AWAY.

TALK ABOUT POSITIVE THINGS IN GAME / PRACTICE AND ALSO WHAT THINGS NEED TO IMPROVE