

## Sample Practice Plan:

**Quote of the day:** “Those who ignore history are doomed to repeat it” ie...learn from your mistakes

5:00 Opening comments and recognitions

→ “TODAY is Execution at the plate”

5:10 Warm up/stretch routine and agilities- cone drills, ladders, etc...

5:25 **Throwing program** – don’t be robots – position specific

5:40 **Defensive stations**

→ **Catcher station**- blocking and receiving drills -Parent 1

→ **Infield station**- routine ground ball work, double play feeds -Coach 1

→ **Outfield station**- routine grounders at/R/L, routine pop ups -Coach 2

6:10 **Team Defense**

→ Pop up priorities- consistent verbiage (I got it, Mine, etc – pick one!)

→ Run downs- use outfielders as runners if needed.

6:25 Hydration break

6:30 **Hitting work**- 12 minute stations – Parent 1 on the clock

<b>BP - LIVE</b>	<b>SHAG</b>	<b>CAGE</b>	<b>GROUP 4</b>
Smth	Jones	Johnson	*PITCHER BULLPENS
Tollberg	Schilling	Lockwood	
Garcia	Rodriguez	Turgeon	
Meccage	Brazier	Ferraro	
<b>FRONT TOSS</b>	<b>OF Fly Balls</b>	<b>Tee Work/side toss</b>	<b>Bullpens</b>
Coach 1	Parent 1	Parent 2	Coach 2

7:10 Base running skill of the day – home to first beat ball out

7:20 Closing comments - Rule of the day – when to tag up/force out & “WHAT DID WE LEARN TODAY?”

7:30 Clean up – PLAYERS CLEAN UP!

## **Practice Progressions**

### **Throwing skills:**

#### *Basic mechanics*

- grip
- arm circle
- lead arm
- footwork
- putting it together
- accuracy work
- position specific throwing

### **Catching skills:**

- how to put on equipment
- basic set up and stance
- receiving/framing
- block balls C/R/L
- footwork to throw
- glove to hand exchange
- throwing to bases
- fielding bunts correctly
- how to line up cutoffs
- plays at the plate

### **Infielding skills:**

- pre pitch prep
- routes to routine balls
- fielding position

- glove to hand work
- footwork to throw
- routes to balls C/L/R
- backhand plays
- forehand plays
- double play feeds
- double play pivots
- slow rollers
- cut off and relays
- holding runners on
- infield in
- pop ups

### **Outfielding skills:**

- pre pitch prep
- routes to routine grounders
- routes to grounders C/R/L
- groundball fielding position
- do or die grounders
- routes to routine flies
- routes to flies C/R/L
- balls over head
- bloopers
- hitting cut off
- bent knee slides

- backing up

- communication skills

### **Pitching skills:**

- fastball grip 4 or 2 seam
  - delivery from stretch (baseball)
  - balance point (baseball)
  - hand break
  - stride
  - finish
  - follow through
  - change up grips and arm action
  - wind up delivery
  - pfp
- ### **Team skills:**
- cut off and relays
  - pop up priorities
  - rundowns
  - bunt defenses
  - 1<sup>st</sup> and 3<sup>rd</sup> defenses
  - pick off plays (baseball)