

Sample Practice Plan – Ages 12 and under

- 10 minutes** Baserunning (“Big League” baserunning)
- 20 minutes** Stretch and throw
- Warm-up throw with a purpose (good technique and throw to a target every time)
 - Go over practice plan/goals in detail
- 45 – 60 min** Stations – small groups, 15 minutes per station and rotate
- Batting practice – drills (tee work, soft toss, front toss on field)
 - Could be just one station or two depending upon # of kids and what you have available for BP (cages, on field, extra adult helpers, # of baseballs)
 - Fielding/throwing station (pick a skill or two to work on at each practice – don’t overload)
 - Flyballs/throwing station (pick a skill or two to work on at each practice – don’t overload)
- 10 minutes** Baserunning

As always, common sense must prevail. For ages 5-8, a practice lasting an hour is typically the limit of their attention span. Times should be shortened accordingly. Players should only stay longer if they ask to. Players ages 8-10 may be able to stay the full time and 11- and 12-year-olds might be able to last for even longer. Use this framework as a guideline and customize practices to fit your needs.

Sample Practice Plan – Ages 13 and up

- 20 minutes** Stretch, run, throw (warm-up throw with a purpose – proper technique)
- 20 minutes** Groundballs and flyballs – use buckets and systems to minimize throws and maximize reps
- Not taking infield
 - Two infield fungo stations
 - One outfield fungo station
- 20 minutes** Team fundamentals
- Bunt defenses
 - First and third defenses
 - Cutoffs and relays
 - Pickoffs and rundowns
- 20 minutes** Baserunning or another team fundamental
- 60 minutes** Team batting practice – four stations, 15 minutes each
- Stations can be rotated daily – always include free hitting
 - Pitchers can throw on the side
 - On third day of three-day series of practices this can be an intra-squad game

Once in-season, coaches should prioritize which issues need to be addressed during team fundamental sessions. Please note that the infield fungo station does not mean taking a full infield. Batting practice provides opportunities for pitchers to throw on the side and do their running.