

PRACTICE SCHEDULE

(ages 7 thru 14)

- 5 minutes **Stretch** Emphasis on “Stance” position
(Try to stretch before your practice time begins to save time)
- 15 minutes **Throwing Drills** (all players together)
Ex.- 30-60-90
Or 3 man
Or Pop Throw
Or Relay
- 15 minutes **Triangle Drill** at various positions and Fly Ball Drill
(one group)
- 25 minutes **Hitting** (two maybe three groups) Rotate each group every 8 minutes
Explanation: for the on field batting practice each player gets 6-8 swings then quickly switch until the time limit is up
- group 1 on field taking batting practice
- group 2 shagging balls for batting practice (players in outfield)
- group 3 in cage hitting or a Tee station against a side fence
- 25 minutes **Situation Play** (one group with 9 players at positions)
Make sure to create game like situations with the coach hitting the ball.
Put base runners on the bases
- 5 minutes **Base Running** (ex. home to first or home to second; time them with a stop watch, they love it)

IMPORTANT- Although the above practice is not the only practice you could have it is certainly an ideal usage of time. Most youth league practices must utilize their time wisely which in most cases is limited to 90 minutes before being required to give up the field. Always remember that in baseball the major areas are Hitting, Fielding, Throwing and Base Running which the above practice covers. This practice will also allow for emphasis on fundamentals. It is also important to remember that every player should be active for most of the practice with little to no standing around. This usually translates into limited discipline problems and the players will always have FUN! Sometimes its important to have groups but try to end a practice with something team oriented.

In conclusion, there are three positions that require special attention; pitching, catchers and first base. Ten minutes before practice or ten minutes after practice with first basemen and catchers can be extremely helpful. You can work with these players without needing to be on the field, simply tossing them balls and allow them to use the proper footwork. For pitching, I would recommend the same or maybe a special session (with pitchers ONLY) on a Sunday afternoon after Church in your backyard. Don't be concerned with not having a mound; just work on the mechanics throwing to an adult. You want to consider purchasing our Pitching Book for Coaches which has a variety of drills and can be found on our website: simplythebestsports.com