

PRACTICE PLAN

What is needed to host an effective practice:

- A structured practice plan
- Communication with parents & coaches prior to practice
- All participants arriving on time

Warmups: Create a structured approach to warmup versus players and/or parents throwing anywhere across the field. For older age division teams, this is a good time to implement stretching and agility drills (sample listed at bottom of document). Do this every practice and every game.



After warmups: Have a brief huddle by the dugout to identify what will occur in the practice today. This engages parents to help if needed. This is also a good time for a quick water break.

Then: Start your practice with a team activity. That engages all participants as part of a team. Could be infield grounders to a couple of locations, full field fielding practice, etc. During full fielding practice, base runners can be used to simulate game situations for the fielders (utilize runners starting at home plate as the batter and/or runners on bases). Coaches, be sure to call out how many outs for your fielders to know the exact situation that is being simulated.



Next: Then break out into stations for ~25-30 minutes with three stations for every 4 players rotating every 8-10 minutes. Grounders, Flyballs, Batting Cage, Tee, hitting plastic balls in the outfield, baserunning, etc.

Finish: End your practice with a fun contest activity such as relay races around the bases (each player runs completely around the bases to next person), relay throws from outfield to home, etc.

In your practices: Cover this at your last practice before games start for what will occur before a game.

- Arriving on time (coach determines what is on time)
- Where to meet before the game

In your practices: Cover this twice before games start to prepare your team for what will occur in a game

- Teams have a written batting order that has the order of who bats when

- Identify where to stand in an on-deck circle (backside of the batter where right or whether left) and the purpose of the on-deck circle
- Share that players need to watch & listen to coaches on the bases (1B, 3B)

Sample Warmup for Practices and/or Games:

- Dynamic Stretches:
 - Arm Circles
 - Leg Swings
 - Walking Knee Hugs/Pulls
 - Walking Lunge with Rotation
- Agility Drills:
 - High Knees
 - Butt Kicks
 - Side Shuffle
 - Carioca
 - Shuffle Shuffle to Sprint (simulating secondary lead)
 - Sprint(s) (distance – 1B to 2B or 3B to 2B depending on which foul line being used)