

Sample Practice #2

Time	Category	Drills	Drills	Notes for Coaches
5 min	Greet players	Greet players with positive energy. Example: Ask them how they are doing (“great!”) and/or to talk about a positive thing that they have experienced in the past 24 hours.	Also can do “3-Minute Drill”: 1) Drop Mental Bricks 2) Three Deep Breaths 3) Visualize 4) Positive Self-Talk 5) Get Big Then give players a brief overview of practice plan and goals	<i>Coaches must set the tone for practice. When players see that coaches are positive, excited, prepared, present, and happy to see them, players will respond with positivity and excitement of their own.</i>
3 min	Dynamic Warm Up (all players together)	<ul style="list-style-type: none"> ● High knees ● Butt kicks ● Shuffle, shuffle, turn ● Spiderman ● Carioka ● Arm stretches 		<i>Coaches engage with players during Dynamic Warm-Up. Talk to them, remind them to be present and to focus on the exercise. Set a positive, upbeat tone.</i>
8 min	Throwing Drills (all players together)	Teach: Grip, stance, point shoulder and hip, use legs Drills: 1) Dry – use legs and throw 2) Live –use legs and throw 3) cocking position – dry, live 4) 3 step drop – dry, live Catching the ball - How to wear glove - Fingers up, down, etc. - 2 hands - Move feet to center the ball Drills: 1) dry -catch up, down, L, R 2) live		<i>Have players focus on correct technique and doing the drill properly. This is not “warm-up”; this is throwing practice!</i> <i>We say “throw the ball with your legs”. Use feet to drive legs toward target.</i> <i>Also require players to receive throw properly – ready position, move feet, catch ball two hands near center of their bodies.</i> <i>Note: Cocking Position (or Power Position) happens when lead foot hits ground. Throwing hand holds ball back and at least head high. Bicep/forearm at 90 degrees. Glove arm up and extended. Feet wide; no step. Rotate and throw.</i> <i>“3-step drop”: player faces partner like a QB in shotgun. “Drops back 3 steps R-L-R for righty), then drives forward (R-L-throw). This drill is to make players have very active feet and legs.</i>
7 min	Baserunning	(How to run) Home to 1 st (How to run) Home to 2 nd		<i>Home to 1st: break hard out of box, run straight line toward 1b; hit near edge of base; run straight through bag; look to right for overthrow.</i>

				<i>Home to 2nd: ball is in outfield, so batter/runner thinks "double". Run outside base line, lean left at 1st base and touch inside corner (either foot) and turn hard toward 2b. Only stop if outfielder handles ball and makes good throw to 2b.</i>
	Players in 2 groups	INFIELDERS	OUTFIELDERS	
15 min	Individual Defensive Skill Work	Individual Infield Drills – Ground Balls Teach proper fielding position Drills: <ul style="list-style-type: none"> In fielding pos – roll Teach ready position, prep move Drill: <ul style="list-style-type: none"> From ready position - roll 	Individual Outfield Drills Teach: Proper technique to catch fly ball Drills: <ol style="list-style-type: none"> Coach stands next to player, throws pop up; ensure player catches ball with fingers upward Coach 10' from player; toss pop up; ensure proper technique 	<i>Introduce drill quickly; use all available coaches to break players into smaller groups. Give players feedback on every rep; tell/show them what they are doing correctly and what they need to improve upon.</i> Fielding Position: feet wider than shoulders, 10 toes point straight ahead. Hips, butt down; back flat like table top; weight on balls of feet. Glove well out in front (so can see ball) at midpoint between feet. Bare hand above glove (alligator jaws). Head down so coach who rolls ball can see only button on your hat.
10 min	More Individual Defensive Skill Work	More Ground Balls Teach Left, Right Drills: <ol style="list-style-type: none"> Dry – crossover (FH = Forehand, BH-Backhand) In fielding position- FH - roll In ready position, FH roll In fielding position – BH –roll In ready position, BH - roll 	Ground Balls – 2 types (nobody on base, runner(s) on base) Drills: <ol style="list-style-type: none"> Dry – fielding position Roll GB – nobody on base: field, no throws Roll GB – runner(s) on base: field, no throws 	<i>Crossover is explosive step with "trail leg", the one further away from direction you are going. On crossover, turn hips and shoulders in that direction. Practice dry and then with rolled ball.</i> <i>Outfield Ground Balls: with no runners on base, field base hit exactly the same as an infielder. With runner on base, charge ball hard, then get under control; lower hips and glove. Field ball out front and outside throwing foot. Then "kick" back leg through to get powerful throw.</i>
15 min	Hitting (2 groups)	Overhand Toss (or Front Toss) Hitting Drills: <ul style="list-style-type: none"> Feet Wide/Head Down Hit Away 	Tee Work or Dry Cuts Drills: <ul style="list-style-type: none"> Pre-Pitch Routines Rapid Fire Cuts (Dry) Tee: LF, CF, RF 	<i>Have players do pre-pitch routine to start every drill and do their yellow light release as necessary. Give players frequent feedback and instruction. Focus on technique rather than results. See list of Hitting Drills for description of how to do these drills.</i>
15 min	Switch Groups	Switch groups	Switch groups	
10 min	Fun Competition	Throwing Relay Race	<i>An effective way to conclude practice</i>	<i>is a competitive activity that is also fun.</i>
2 min	Conclude; Debrief, Announcements	Briefly Discuss how practice went. Ask players to rate themselves (on 1-5 scale) on Effort, Attitude, and Fun (goal is always 5-5-5)	Make announcements for next practice, game, etc.	