



San Ramon Valley Little League

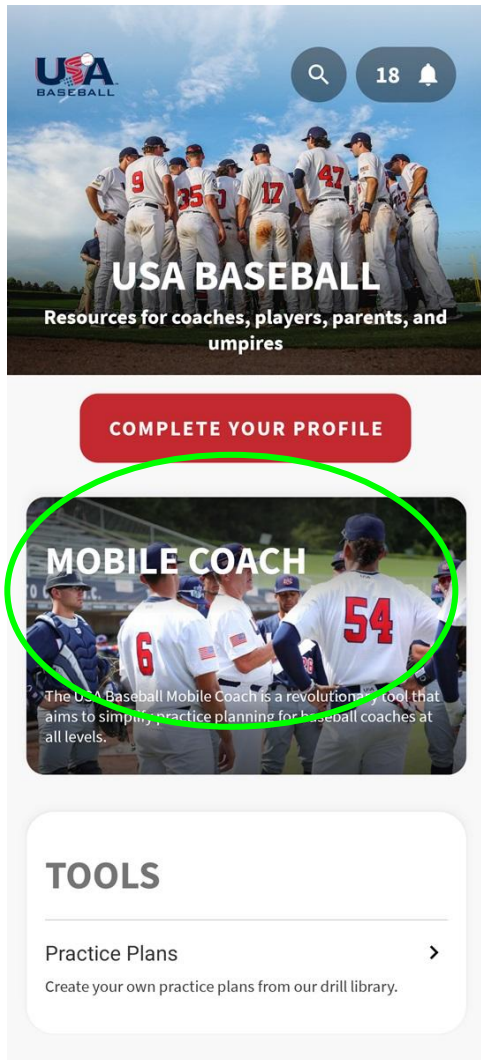
USA Baseball Practice Plans

The USA Baseball mobile app provides great baseball training resources. Through the app, you have access to drills (with descriptions and videos), pre-assembled training plans, and have the ability to create your own custom training plan using their library of activities.

To access the training plans:

1. **Download the USA Baseball mobile app.**





2. Access the App

Free registration is not required for the basic training materials, but is required to create custom training plans.

3. Access “Mobile Coach”

4. Find your desired resources

Drills: Specific practice drills, with videos and descriptions. Broken down by skill type (infield, outfield, catching, hitting etc.) and difficulty level.

Practice Plans: Over 30 pre-made practice plans, with different levels of skill, practice times, and goals.

