**Pre-Season Practice Plans**

Below is a possible practice plan for the first 10 practices of the season. They can be modified many different ways. Also, you do not need a baseball field to do the first 4 practices. Any open area or parking lot would be fine. I have all players do every position early in the year so they get an idea of what happens at each position. Even if a player does not play catcher, they can practice it at a young age.

Explanation of Stations:

Grounders and 1st Base can be 2 different stations run by one coach. Roll or hit grounders to 2nd, 3rd, or Short and throw to first. When you rotate, players that were getting grounders go to 1st base and 1st baseman go to the next station. You can also do it as 2 separate stations if you have enough coaches.

Hitting: You can do many different things at this station. If you do not have a lot of room, whiffle balls are great or just playing “pepper” for bat control is good. Bunting is also important to teach at this station one of the days.

Catchers and Pitchers: One coach can run both of these stations. Have pitchers throw to the catchers. If the pitchers are not throwing a lot because it’s early in the season have the pitchers stretch after they have thrown and have the catchers work on blocking drills until the station is over.

Outfield: Many things can be worked on at this station. Footwork, etc. A tennis racket and tennis balls are great to help them catch fly balls.

Things to emphasize at each practice:

* Hustling. Players should always run on and off the field. They should also run to each station.
* Communication. Have the players help each other. Please encourage them to ask questions.
* Hard work. You only get better if you put the time in at practice. Do things right.

Equipment: Baseballs

Whiffle Balls

Bases

Catchers Masks (2)

Tennis Racket

Tennis Balls

4 coaches at each practice would be best

**Practice #1**

1. Introductions and Expectations 0:00-0:10
2. Stretch 0:10-0:15
3. Throw (Wrist, Skateboard, figure 8, long toss) 0:15-0:25
4. Stations (rotate after 7-8 minutes) 0:25-1:15
   1. Grounders
   2. 1st base
   3. Catchers
   4. Pitchers
   5. Outfield
   6. Hitting
5. Covering First 1:15-1:25
6. Pass Balls/Covering Home 1:25-1:35
7. Catchers Throws/Tags 1:35-1:45

**Practice #2**

1. Stretch 0:00-0:10
2. Throw (Wrist, Skateboard, figure 8, long toss) 0:10-0:20
3. Stations 0:20-1:10
   1. Grounders
   2. 1st base
   3. Catchers
   4. Pitchers
   5. Outfield
   6. Hitting
4. Stealing/Base running 1:10-1:25
5. Covering First 1:25-1:30
6. Pass Balls/Covering Home 1:35-1:40
7. Catchers Throws/Tags 1:40-1:45

**Practice #3**

1. Stretch 0:00-0:10
2. Throw (Wrist, Skateboard, figure 8, long toss) 0:10-0:20
3. Rundowns 0:20-0:30
4. Stations 0:30-1:20
   1. Grounders
   2. 1st base
   3. Catchers
   4. Pitchers
   5. Outfield
   6. Hitting
5. Team Defense/Relays 1:20-1:45

**Practice #4**

1. Stretch 0:00-0:10
2. Throw (Wrist, Skateboard, figure 8, long toss) 0:10-0:20
3. Rundowns 0:20-0:25
4. Covering First 0:25-0:30
5. Pass Balls/Covering Home 0:30-0:35
6. Catchers Throws/Tags 0:35-0:40
7. Stealing/Base running 0:40-0:45
8. Team Defense/Relays 0:45-1:00
9. Stations 1:00-1:45
   1. Grounders
   2. 1st base
   3. Catchers
   4. Pitchers
   5. Outfield
   6. Hitting

**Practice #5**

1. Stretch 0:00-0:10
2. Throw (Wrist, Skateboard, figure 8, long toss) 0:10-0:20
3. Rundowns 0:20-0:25
4. Coach Pitch Scrimmage

**Practice #6**

1. Stretch 0:00-0:10
2. Throw (Wrist, Skateboard, figure 8, long toss) 0:10-0:20
3. Rundowns 0:20-0:25
4. Coach Pitch Scrimmage

**Practice #7**

1. Stretch 0:00-0:10
2. Throw (Wrist, Skateboard, figure 8, long toss) 0:10-0:20
3. Rundowns 0:20-0:25
4. Covering First 0:25-0:30
5. Pass Balls/Covering Home 0:30-0:35
6. Catchers Throws/Tags 0:35-0:40
7. Stealing/Base running 0:40-0:45
8. Team Defense/Relays 0:45-1:00
9. Stations (rotate after 30 minutes)
   1. Live Hitters (2 pitchers, 2 hitters, 2 catchers) 1:00-1:30
   2. Hitting, Grounders, Fly Balls (other 6) 1:30-2:00

**Practice #8**

1. Stretch 0:00-0:10
2. Throw (Wrist, Skateboard, figure 8, long toss) 0:10-0:20
3. Rundowns 0:20-0:25
4. Covering First 0:25-0:30
5. Pass Balls/Covering Home 0:30-0:35
6. Catchers Throws/Tags 0:35-0:40
7. Stealing/Base running 0:40-0:45
8. Team Defense/Relays 0:45-1:00
9. Stations
   1. Live Hitters (2 pitchers, 2 hitters, 2 catchers) 1:00-1:30
   2. Hitting, Grounders, Fly Balls (other 6) 1:30-2:00

**Practice #9 and #10**

1. Pre-Game (Stretch, Throw, Hit, Grounders)
2. Player Pitch Scrimmage