

IBL - February 2025

Practice Plan Tips & Drill Ideas

<p>Reflection questions and ideas to help you build your practice plan</p>	<ul style="list-style-type: none"> - In your last practice/game, what did your team do well? - In your last practice/game, what did your team struggle with? - What is the main goal you want to accomplish in your practice? <p>***This document gives you ideas on how to organize your practice plans. It also gives you specific drills you can use throughout the year.***</p>
<p><u>Routines and Repetition</u></p>	<ul style="list-style-type: none"> - Consistent Practice Format (1.5 - 2 hour long practice) <ul style="list-style-type: none"> ● Chalk Talk (5 minutes) ● Warm Up (5-10 minutes) ● Throwing Program (10-20 minutes) ● Individual and/or Team Skills & Drills (45-75 minutes) <ul style="list-style-type: none"> ○ Limit drills to 10-20 minutes ○ Max of 2-4 drills in an hour ○ Keeps the players engaged and focused while limiting transitions ● Team Drill or Challenge (5-10 minutes) ● Raise Ups (5 minutes)
<p><u>Chalk Talk</u> 5 minutes</p>	<ul style="list-style-type: none"> - Simple and straightforward - Goal: players know the focus for the day - Idea = 1-2 days a week, have a random question to answers to get to know your player's interests <ul style="list-style-type: none"> ● Examples <ul style="list-style-type: none"> ○ Favorite TV Show ○ Favorite Movie ○ Favorite Band/Artist/Singer
<p><u>Warm Up</u> 5 minutes</p>	<ul style="list-style-type: none"> - Dynamic Stretching <ul style="list-style-type: none"> ● 3 lines of equal amounts of players <ul style="list-style-type: none"> ○ Light jog ○ Butt Kickers ○ High Knees ○ Shuffle paired arm swings ○ Karaoke ○ Walking Lunge Twist ○ Heal to toe walk paired with arm circles ○ Frankenstein ○ Bear Walks ○ Crab Walks ○ Internal/external hip rotations ○ Sprints = Practice Stealing

Throwing Program

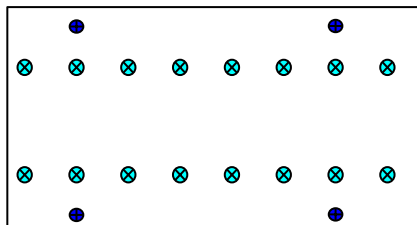
15 minutes

- Need to be able to play catch to win ball games
- One of the most important parts of the game
- Helpful Reminders to Players
 - Catch with 2 hands
 - Move your feet to catch in the center of your body
 - Always be actively moving and use your legs
 - You should never be stationary as you play catch
- Throwing Program
 - Wrist throws
 - Arm only
 - Full arm range follow through (50-60% of your max)
 - Remind them to catch with 2 hands
 - Will teach this more in the infield portion of the night
 - Rocker Throws (60-70% of your max)
 - Stretch Balance Throw (60-80% of your max)
 - Body awareness/practice pitching in your throwing program
 - Regular throw (70-90% of your max)
 - 1, 2 step while throwing
 - Active Feet
 - Crow Hops (90-100% of your max)
 - Long Toss (100% max effort)
 - When you are able to get outside, you should practice throwing as far as you can between 1-5 minutes every day
 - Increases arm strength to help you throw the ball faster
 - Work your way back in throwing on a line (90-100% of your max)

Team Drill

5 minutes

- Partner Quick Transition Competition (5 minutes)
 - Groups of 2
 - How many catches in a row can you get in 30 seconds?
 - Ball hits the ground, back to zero
 - Trying to get as many as you can before time runs out
 - Winning group does not have to do push-ups
 - 4-5 rounds



⊗ = Player

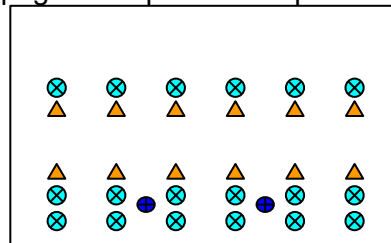
● = Coach

Individual Drill

10 minutes

- [Outfield Dailies - Link](#) (Daily Drills)

- Use the link to watch videos of how to perform each drill
- No Glove
 - Drop Step - Back Left
 - Drop Step- Back Right
 - Straight Back - Left Shoulder
 - Straight Back- Right Shoulder
 - Forward Left
 - Forward Right
- Glove
 - Drop Step - Back Left
 - Drop Step- Back Right
 - Straight Back - Left Shoulder
 - Straight Back- Right Shoulder
 - Forward Left
 - Forward Right
- Ground Ball - with glove
 - One Knee Drop - Runners not advancing; Keep ball in front
 - Charging Ground Ball - Do or Die Type Situations
- Diagram on next page to help with set up



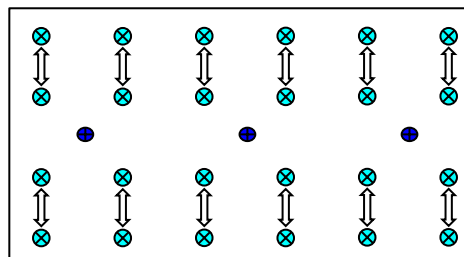
- ▲ = Cone
- ⊗ = Player
- = Coach

Individual Drill

10 minutes

- [Infield Dailies - Link](#) (Daily Drills)

- Use the link to watch videos of how to perform each drill
- No Glove on your knees
 - Work through the ball (do not let the ball play you)
 - Short Hops
 - On you
 - Glove side
 - Backhand
- Glove on your feet
 - Work through the ball (do not let the ball play you)
 - Short Hops
 - On you
 - Glove side
 - Backhand
 - Longer Ground Balls
 - Move your feet forward
 - Get around the ball to throw to proper base
 - Get short hop or high hop



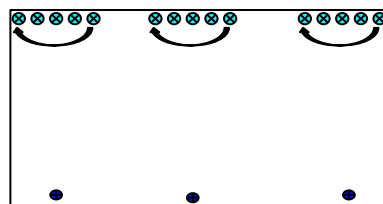
⊗ = Player
● = Coach

Individual Drill

10 minutes

- Ground Ball Reps (5 minutes)

- 2-3 evenly distributed groups
- Make the play and throw it to a coach/player
- Hit the ball to both sides of the body
- Vary the speed and bounce of the ground ball



⊗ = Player
● = Coach

Individual Drill

5-10 minutes

- Baserunning

- Home to First
 - Run through the base (ground ball in the infield)
 - Round and look
- Home to Second
 - Rounding the base
 - Banana Hook to line yourself up to 2nd (straight line)
 - Use cones

- Mini Boot Camp and/or Static Stretching

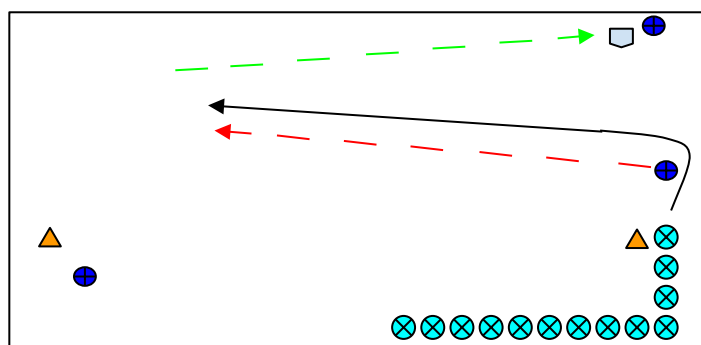
- Do based on timing and how tired they are from the running competition
- All coaches on deck to help lead/give advice on this
 - We will create this on the fly based on what time it is

Team Drill

10 minutes

- Slingshot

- Have kids line up using the diagram below
- Coach says “go” and first player in line has to slingshot around the coach and sprint as fast as they can in front of them
- Coach = give a leading throw to simulate a flyball
- Player = pick up the ball while running and try to catch it
 - If you catch it, immediately break down and throw to coach in the corner of the gym
 - USE CROW HOP WE JUST PRACTICED
 - If you do not catch it, the play is not done. Sprint to the ball, pick it up, and throw it to the coach in the corner
 - USE CROW HOP WE JUST PRACTICED
 - Start a new line at the other side of the gym and wait patiently for the remaining players to go through the line
 - This drill should be quick
 - Next person in line should be ready to go right away



- ▲ = Cone
- ⊗ = Player
- = Coach
- ⬠ = Home Plate
- = Coach Flyball
- = IBL Throw to Home

Team Challenge

5-10 minutes

- Inside the Park Home Run Challenge

- 2 Teams: One team starts at home and the other starts at 2nd
- Run all the way around the bases
- Need to high five the next person
- First team will all players around the bases first wins

Team Challenge

5-10 minutes

- Ground Ball Challenge (5 minutes)

- 2-3 evenly divided groups
- Each member takes turns getting 1 ground ball at a time
- Must successfully catch the ground ball cleanly and make a good throw for it to count
- Whether you succeed or not, go to the back of the line so the next player is able to go
- First team to successfully make the play and throw 10 times is the winner

Raise Ups

5 minutes

- Coaches/players share something they noticed a teammate did really well
 - 1-2 coaches share one total Raise Up each
 - 1-3 players share one total Raise Up each
- Intentionally shout out different players from day to day
- Creates a positive culture leading to players wanting to be at baseball