

MAXIMUM USE OF PRACTICE (HARD WORK FOCUS "BUT FUN").

I. GENERAL CONCEPT

(TYPICAL PRACTICE: *SATURDAY* 10:00-11:30 AM)

A 10:00-10:10 AM= STRETCH, TALK, JOG, BASE RUNNING

B. 10:10-10:15 AM= PLAYING CATCH, FUNDAMENTALS, FUN COMPETITION\ DRILLS

C. 10:15-11:15 AM

1. HITTING

a.) 4 PLAYERS, DIFFERENT JOBS

b.) ON DECK WITH PURPOSE

c.) BATTING WITH PURPOSE

2. FIELDING

4 FIELDERS PLAYING THE HITTER.

3. BASE RUNNING

a.) 4 PLAYERS

b.) SEPARATE AREA

4. OUTFIELD OR INFIEW WORK

a.) FUNDAMENTALS

b.} .CUT - OFFS

c.} DRILLS, ETC.

d.} 4 PLAYERS

e.) SEPARATE AREA

D. 11:15-11:30 AM: SOME TYPE OF GAME OF HUSTLE DRILL WORKING HARD, FAST, BUT FUN.

E. 11:30 AM= QUICK BASE RUNNING DRILL

EXAMPLE (CATCH YOUR LEAD OFF BATTER) (GO TWICE)

F. OFF FIELD MEETING

1. EQUIPMENT (ALL)

2. REVIEW PAST 11/2 HOURS

3. SET STAGE FOR NEXT TEAM ACTIVITY

INSTRUCTIONAL SCHEDULES AND PRACTICE PLANS

N3

A good seasonal plan teaches fundamental skills and progresses to more advanced skills. For instance, you would want to teach the batting grip before you teach how to swing the bat.

Similarly, you would not want to teach your players positional coverage and responsibilities before you teach them how to wear and use their gloves properly.

4-Week Instructional Schedule for Youth Baseball Ages 9-12

Goal: To help players learn and practice the individual and team skills needed to play a regulation game after 4 weeks.

T(10): Teach and practice the skill initially for 10 min.

*: These skills are practiced during the drills.

P(10): Review and practice the skill for 10 min.

Skills	Week 1		Week 2		Week 3		Week 4		Time in Minutes
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	
Throwing/Catching									
Throwing motion	T(10)	*							10
Catching throws	T(10)	*							10
Skip and throw				T(10)	*				10
Drills		P(10)			P(15)				25
Fielding									
Ground balls	T(10)	*	*		*	*	*	*	10
Fly balls		T(10)	*		*	*	*	*	10
Basket catch					T(15)	*	*	*	15
Drills			P(10)		P(20)	P(20)	P(15)	P(10)	75
Batting									
Swinging	T(10)	*		*	*		*		10
Stunting			T(10)	*			*		10
Drills		P(10)		P(10)	P(20)		P(15)		55
Baserunning									
First base		T(10)				*			10
Rounding bases			T(10)			*			10
Leaving/Tag-ups				T(10)		*			10
Sliding							T(15)	*	15
Drills						P(20)		P(10)	30
Positional Skills									
Coverage areas	T(10)		*				*		10
Force/Tag-outs			*	T(10)			*		10
Backing up		T(10)					*		10
Drills			P(10)				P(15)	P(10)	35
Team Defense									
Relays/Cut-offs			T(10)				*		10
Bunt coverage					T(10)		*		10
Drills							P(15)		15
Game Play									
Baseball rules	T(10)								10
Playing a game		T(10)							10
Playing strategy				T(10)					10
Practice games						P(40)		P(30)	70
Pitching			T(10)	P(10)	P(20)	P(20)		P(10)	70
Catching									
Catching pitches			T(10)	P(10)	P(10)	P(10)		*	40
Blocking pitches						T(10)	*	*	10
Drills					P(10)		P(10)	P(10)	30

Practice Plan 1

Age: 9-12

Total time: 80 minutes

Instructional Goals

Teach the fundamental skills of throwing, catching, fielding, and batting. Introduce players to playing positions and baseball rules.

Equipment

Balls, bats, 1 set of bases, helmets
For the coach: Player roster, practice plans, first-aid kit

Drills

Throwing—Ball Grip Drill; Throwing Action Drill
Catching—Throwing and catching
Fielding—Fielding Position Drill; Fielding Ground Balls Drill
Batting—Simulating Swings Drill; Hitting Off a Tee Drill
Baseball Rules—Playing Rules Drill

<i>Component/Time</i>	<i>Activity/Drills</i>	<i>Organization</i>	<i>Coaching Points</i>
Introduction 5 min	Introduce yourself and other coaches. Check the roster. Talk about how you will coach the team.	Bring the players together.	Be enthusiastic. Let them know you care about learning skills and about having fun.
Warm-up 5 min (10 min)	Easy stretching, jogging, throwing	Stretch in a group circle. Jog as a group. Pair up for throws and stand apart a moderate distance.	Lead and demonstrate stretches from inside the circle. Stretch slowly; do not bounce. Jog easily; do not race. Do not throw fast.
Teach/Practice 10 min (20 min)	Throwing Motion Ball Grip Drill Throwing Action Drill	Teach in a group. Pair up players for drills.	Emphasize the grip, arm swing, stride, and follow-through. Throw accurately.
Teach/Practice 10 min (30 min)	Catch Throws Throw and catch	Teach in a group. Pair up for drill.	Present how to wear and use the glove. Watch the ball; trap the ball.
Teach/Practice 10 min (40 min)	Fielding Fielding Position Drill Fielding Ground Balls	Teach in a group. Practice fielding position individually. Pair up for fielding ground balls.	Emphasize proper leg and hand position. Move to the ball; watch the ball; trap the ball.
Teach/Practice 10 min (50 min)	Batting Simulating Swings Drill Hitting Off a Tee Drill	Teach in a group. Pair up for drills. Players alternate swinging and watching for correct form. Spread apart and hit off a tee into fence or net.	Present proper grip, stance, stride, arm swing, and follow-through. Watch the ball.
Teach/Practice 10 min (60 min)	Positional Coverage Areas Move players through positions	Teach in a group. Rotate players through each position on the field.	Stress knowing the playing areas and the responsibilities of each position.
Teach 10 min (70 min)	Baseball Game Rules Playing Rules Drill	Conduct question-and-answer session as a group. Involve your players in the presentation.	Explain the rules simply and clearly. Let your players show you their answers.
Teach/Cool-down 5 min (75 min)	Easy throwing, jogging, stretching	Pair up for throws. Jog as a group. Stretch in a group circle. Lead stretches from inside the circle.	Throw easy, not fast. Jog easily; do not race. Stretch slowly; do not bounce.
Evaluation 5 min (80 min)	Review today's practice	Bring the players together.	Be positive and constructive; review the skills. Mention time and place for next practice.

Practice Plan 2

Age: 9-12

Total time: 80 minutes

Instructional Goals

Review and practice throwing, catching and batting. Teach fielding fly balls, running to first base, back-up positions, and how to play a game.

Equipment

Balls, bats, batting tees, 2 sets of bases
For the coach: Player roster, practice plans, first-aid kit

Drills

Throwing/Catching—Throw and Catch; Throw and Step Back Drill
Batting—Hitting Off a Tee Drill or Simulating Swings Drill; Hitting Easy Pitches Drill
Fielding—Judging Fly Balls Drill
Baserunning—Running Past First Base Drill; Leaving the Batter's Box Drill
Backing-up—Backing-up Drill

Component/Time	Activity/Drills	Organization	Coaching Points
Introduction 5 min	Review the coaches' and players' names. Check the roster. Review your coaching philosophy.	Bring the players together.	Be enthusiastic. Let them know you care about learning skills and about having fun.
Review/Warm-up 5 min (10 min)	Easy stretching, jogging, throwing	Stretch in a group circle. Jog as a group. Pair up for throws and stand apart a moderate distance.	Lead and demonstrate stretches from inside the circle. Stretch slowly; do not bounce. Jog easily; do not race. Throw easy, not fast.
Review/Practice 10 min (20 min)	Throwing/Catching Throw and Catch Throw and Step Back Drill	Review throwing and catching fundamentals as a group. Pair up for drills.	Throwing—Proper grip, stride, follow-through. Catching—Glove control; watch and trap the ball.
Review/Practice 10 min (30 min)	Batting Hitting Off a Tee Drill, or Simulating Swings Drill Hit Easy Pitches Drill	Review as a group. Pair up for drills. If tees are not available, divide team in half. Practice swings and let players hit easy pitches.	Proper grip; swing level; watch the ball; stride forward and follow through.
Teach 10 min (40 min)	Fielding Fly Balls Judging Fly Balls Drill	Teach as a group. Divide team in half for drill.	Watch the ball; move to the ball; trap the ball.
Teach 10 min (50 min)	Baserunning Leaving the Batter's Box Drill Running Past First Base Drill	Teach as a group. Divide team in half for drill. Practice Leaving the Box Drill first; then run past first base.	Run slowly at first, then faster. Touch the front edge of the base. Run beyond the base. Do not leap upon the base.
Teach 10 min (60 min)	Backing-up Backing-up Drill	Teach as a group. Divide team in half for drill.	Stand about 20 ft behind the fielder. Get in the ready position. Watch the ball.
Teach 10 min (70 min)	Playing a Game Explain how a game proceeds	Explain as a group. Use the discussion in <i>Baseball Coaching Guide</i> .	Involve your players with the discussion.
Review/ Cool-down 5 min (75 min)	Easy throwing, jogging, stretching	Pair up for throwing. Jog as a group. Stretch in a group circle.	Throw easy, not fast. Jog easily; do not race. Stretch slowly; do not bounce.
Evaluation 5 min (80 min)	Review today's practice	Bring the players together.	Correct skills positively. Compliment effort and hustle. Mention time and place for next practice.

Practice Plan 3

Age: 9-12

Total time: 70 minutes

Instructional Goals

Review and practice fielding skills and backing up.
Teach bunting, rounding bases, relaying/cutting off
throws, pitching mechanics, and catching pitches.

Equipment

Balls, bats, 2 sets of bases, helmets
For the coach: Player roster, practice plans, first-aid kit

Drills

Fielding—Fielding Ground Balls Drill; Judging Fly
Balls Drill
Backing up—Short Base Drill; Backing-up Drill
Bunting—Bunt Drill
Relays/Cut-offs—Cut-off and Relay Drill
Pitching/Catching—Throwing and catching pitches
Baserunning—Rounding the Bases Drill

Component/Time	Activity/Drills	Organization	Coaching Points
Warm-up 5 min	Easy stretching, jogging, throwing	Stretch in a group circle. Jog as a group. Pair up for throws. Choose 2 players to lead warm-up.	Discuss practice and check roster during warm-up. Keep the warm-up easy.
Review/Practice 10 min (15 min)	Fielding Fielding Ground Balls Drill Judging Fly Balls Drill	Review fielding fly balls as a group. Divide team in half for drills.	Proper ready position. Watch the ball; move to the ball; trap the ball.
Teach 10 min (25 min)	Bunting Bunt Drill	Teach bunting as a group. Pair up players for drills.	Be sure to demonstrate from several angles. Square around; hold bat firm; try to catch the ball.
Teach 10 min (35 min)	Rounding the Bases Rounding the Bases Drill	Teach as a group. Divide team in half for drills.	Run only half the distance. Swing wide; turn into the base; and touch the inside corner.
Review/Practice 10 min (45 min)	Positional Skills Short Base Drill Backing-up Drill	Review coverage areas and backing-up as a group. Divide into small groups for drills.	Have players field 2 positions. Back up 10 ft behind fielder; watch the ball.
Teach 10 min (55 min)	Relays/Cut-offs Cut-off and Relay Drill	Teach as a large group. Divide into groups of 3-5 for drills.	Throw accurately, not fast. Watch the ball; trap the ball.
Teach 10 min (65 min)	Pitching/Catching Throwing and catching pitches	Teach as a group. Teach catching position first. Teach pitching mechanics second. Pair up for pitching/catching practice.	Pitching—Shift weight back, then forward; push off, throw, follow through. Slow wind-up, fast delivery. Catch—Keep back straight, feet spread apart, watch the ball.
Cool-down/ Evaluation 5 min (70 min)	Easy throwing, jogging, stretching	Choose 2 players to lead the cool-down. Pair up for throws. Jog as a group. Stretch in a group circle.	Keep the cool-down easy; review practice during cool-down. Be constructive; mention time and place for next practice.

Practice Plan 4

Age: 9-12

Total time: 70 minutes

Instructional Goals

Review and practice hitting/bunting, pitching, and catching. Teach the skip and throw, leaving and tagging up bases, making force-outs and tag-outs, and baseball playing strategy.

Equipment

Balls, bats, 2 sets of bases, helmets

For the coach: Player roster, practice plans, first-aid kit

Drills

Hitting/Bunting—Batting Practice

Pitching/Catching—Throwing and catching pitches

Skip and Throw—Step and Throw Drill

Baserunning—Leaving Bases Drill

Force-outs/Tag-outs—Force-out/Tag-out Drill

Playing Strategy—Playing Strategy Drill

Component/Time	Activity/Drills	Organization	Coaching Points
Warm-up 5 min	Easy stretching, jogging, throwing	Warm-up as a group. Choose 2 players to lead exercises.	Warm up easily.
Teach/Practice 10 min (15 min)	The Skip and Throw Step and Throw Drill	Teach in a group. Pair up players for the drill.	Use a short, low skip. Push off the back foot. Throw accurately, not fast.
Practice 10 min (25 min)	Batting Batting practice	Divide the team in half. Each half bats on separate diamonds. Players should swing and bunt.	Batting—Watch the ball; stride into the ball; swing level. Bunting—Turn square to the ball; hold the bat firmly; try to catch the ball with the bat.
Teach/Practice 10 min (35 min)	Leaving/Tagging Up Leaving Bases Drill	Teach in a group. Divide the team in half for drills.	Do not leave before the pitcher releases the ball. Push off the base.
Teach/Practice 10 min (45 min)	Force-outs/Tag-outs Force-out/Tag-out Drill	Teach in a group. Divide the team in half for drills.	Force-outs—Move to the base; touch the base; catch the ball. Tag-outs—Stand behind the base; catch the ball; place the glove in front of the runner.
Teach/Practice 10 min (55 min)	Playing Strategy Playing Strategy Drill	Teach and drill as a group. Actively include players.	Involve players in the discussion. Stress the priority of each rule.
Review/Practice 10 min (65 min)	Pitching/Catching Hit the Mitt Drill	Review pitching and catching fundamentals as a team. Pair up for the drills. While one player pitches, the other catches.	Pitching—Stride straight ahead; swing arm straight back and forward; snap the wrist and step through. Catching—Provide a target; watch the ball; trap the ball.
Cool-down/ Evaluation 5 min (70 min)	Easy throwing, jogging, stretching	Choose 2 players to lead the cool-down. Review the practice during the cool-down.	Cool down easily. Positively correct errors; compliment effort. Mention time and place for next practice.

Practice Plan 5

Age: 9-12

Total time: 70 minutes

Instructional Goals

Review and practice the skip and throw, batting, fielding, pitching, and catching. Teach the basket catch and bunt coverage. Players select 2 positions for playing games.

Equipment

Balls, bats, 2 sets of bases, 2 sets of catching equipment, helmets

For the coach: Player roster, practice plans, first-aid kit

Drills

Skip and Throw—Skip and Throw Drill; Throw and Step Back Drill

Batting/Fielding—Batting/Fielding Drill

Pitching and Catching—Hit the Mitt Drill

Basket Catch—Basket Catch Drill

Bunt Coverage—Bunt Reaction Drill

Component/Time	Activity/Drills	Organization	Coaching Points
Warm-up 5 min	Easy stretching, jogging, throwing	Choose two players to lead the warm-up. Warm up as a group.	Warm up easily. Discuss today's practice.
Practice 15 min (20 min)	Skip and Throw Drill Throw and Step Back Drill	Pair up players a moderate distance. Combine these drills. Use the skip and throw. Step back after each catch; step forward after each miss.	Throw short and easy fly balls. Progress to more difficult flies. Watch the ball; trap the ball.
Teach 15 min (35 min)	The Basket Catch Basket Catch Drill	Teach as a group. Divide team in half for drills. Each half practices on a separate field.	Positively correct skills. Encourage good positional play.
Practice 20 min (55 min)	Batting/Fielding Batting/Fielding Drill	Divide the team in half; each half practices on separate diamonds. Each player chooses 2 positions. Pitchers and catchers move to next drill.	Throw pitches the batter can hit. Stress correct batting and fielding skills.
	Pitching/Catching Hit the Mitt Drill Shift Drill	While other players field and bat, the pitchers and catchers work together. Teach catchers to shift and block low pitches.	Show catchers how to wear the equipment. Stress accuracy and catching pitches.
Teach/Practice 10 min (65 min)	Bunt Coverage Bunt Reaction Drill	Teach as a group. Divide team in half for the drills.	Charge the ball; call for the ball; back up players and bases.
Cool-down/ Evaluation 5 min (70 min)	Easy throwing, jogging, stretching	Choose 2 players to lead the cool-down as a group. Review the practice during the cool-down.	Cool down easily. Review skills that need improvement. Mention time and place for next practice.

Practice Plan 6

Age: 9-12

Total time: 70 minutes

Instructional Goals

Practice baseball playing skills in a practice game. Review the skills of fielding, baserunning, and pitching. Teach catchers to block pitches.

Drills

Fielding and Baserunning—Game Situation Drill
Pitching—Hit the Mitt Drill
Catching—Shift Drill

Equipment

Balls, bats, 2 sets of bases, helmets, 2 sets of catching equipment

For the coach: Player roster, practice plans, first-aid kit

<i>Component/Time</i>	<i>Activity/Drills</i>	<i>Organization</i>	<i>Coaching Points</i>
Warm-up 5 min	Easy stretching, jogging, throwing	Choose 2 players to lead the warm-up. Warm up as a group.	Warm up easily. Discuss today's practice during the warm-up.
Practice 20 min (25 min)	Fielding and Baserunning Game Simulation Drill	Practice as a team, except for pitchers and catchers. Rotate players as fielders and runners.	Watch for good fielding technique. Correct poor baserunning technique.
	Pitching and Catching Hit the Mitt Drill Shift Drill	While other players field and run, pitchers and catchers practice together on another diamond.	Stress accuracy of the pitches, and catching the ball.
Practice 40 min (65 min)	Practice Game Practice Game Drill	Divide the team in half. Let each player field 2 positions. An inning ends when each player has batted.	Provide constructive advice for playing the game. Correct skills. Let them have fun.
Cool-down/ Evaluation 5 min (70 min)	Easy throwing, jogging, stretching	Choose 2 players to lead the exercises. Cool down as a group. Review the practice.	Tell them what to work on to play a game. Mention time and place of next practice.

Practice Plan 7

Age: 9-12

Total time: 70 minutes

Instructional Goals

Practice fielding skills, batting positional skills, and team defense. Teach the skill of sliding.

Equipment

Balls, bats, 2 sets of bases, catching equipment, materials to practice sliding

For the coach: Player roster, practice plans, first-aid kit

Drills

Fielding/Batting—Batting/Fielding Drill

Team Defense/Positional Skills—Relay and Cut-Off Drill; Individual Skills Drill

Baserunning—Practice sliding

<i>Component/Time</i>	<i>Activity/Drills</i>	<i>Organization</i>	<i>Coaching Points</i>
Warm-up 5 min	Easy stretching, jogging, throwing	Choose 2 players to lead the warm-up. Warm up as a group. Discuss today's practice.	Warm up easily.
Practice 15 min (20 min)	Fielding/Batting Batting/Fielding Drill	Practice as a group. Have each player practice 2 positions. Rotate batters and fielders.	Watch for positional play, backing up, and making outs. Correct batting and fielding mechanics.
Practice 15 min (35 min)	Positional Skills Individual Position Drill	Divide the team in half. Each group practices on separate diamonds. Each player practices 2 positions.	Correct positional play from the practice game.
Practice 15 min (50 min)	Team Defense Relay and Cut-off Drill Bunt Reaction Drill	Divide the team in half. Each group practices on separate diamonds.	Use the skip and throw for relays. Charge and call for bunts.
Teach 15 min (65 min)	Sliding Practice sliding	Teach and practice as a group. Wet down grass or plastic. (This is a fun drill.)	Bend the back leg; sit down on the thigh and rear; keep the hands held up.
Cool-down/ Evaluation 5 min (70 min)	Usual cool-down if players are dry; if wet, dry off and end practice.	Cool down as a group. Review today's practice.	Mention time and place for next practice.

Practice Plan 8

Age: 9-12

Total time: 70 minutes

Instructional Goals

Practice fielding, catching, and sliding, and prepare for a practice game by working on positional skills. Play a practice game.

Equipment

Balls, bats, 4 helmets, 2 sets of bases, 2 sets of catching equipment

For the coach: Player roster, practice plans, first-aid kit

Drills

Fielding—Outfield Ground Ball-Fly Ball Drill; Infield Teamwork Drill

Pitching/Catching—Pitching and catching practice

Baserunning—Sliding practice

Positional Skills—Individual Position Drill

<i>Component/Time</i>	<i>Activity/Drills</i>	<i>Organization</i>	<i>Coaching Points</i>
Warm-up 5 min	Easy stretching, jogging, throwing	Choose 2 players to lead the warm-up. Discuss today's practice.	Warm up easily.
Practice 10 min (15 min)	Fielding Outfield Ground Ball-Fly Ball Drill Infield Teamwork Drill	Divide the infielders and outfielders. Move outfielders to the outfield; move infielders to their positions. Pitchers and catchers practice together.	Outfield—Keep the ball in front; trap the ball. Infield—Move to the ball; back up; cover positional areas.
Practice 10 min (25 min)	Baserunning Sliding practice	Divide the team in 3 groups. Rotate groups to second, third, and home. Practice sliding at each base.	Keep the hands up; bend back leg and sit down on rear.
Practice 10 min (35 min)	Positional Skills Individual Position Drill	Bring the team together. Position 2 players at each position.	Emphasize positional coverage and hustle.
Practice 30 min (65 min)	Practice Game Drill	Divide the team into 2 groups. Each inning is over when each player has batted.	Let players have fun. Provide advice for team play. Correct skill mechanics.
Cool-down/ Evaluation 5 min (70 min)	Easy throwing, jogging, stretching	Choose 2 players to lead the cool-down. Review today's practice.	Cool down easily. Mention skills to work on before the first game. Mention time and place of first game.