



Bellmawr Baseball Practice #1: 10-12 YO

Time	Category	Drills	Drills	Notes for Coaches
Before				<i>Set up equipment and practice layout. Important to have this done before players show up.</i>
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 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>This sets 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)	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 in present moment 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: Dry – use legs and throw Live – use legs and throw Cocking position – dry, live 3 step drop – dry, live Catching the ball (incrediballs) 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! Also require players to receive throw properly – ready position, move feet, catch ball two hands near center of their bodies.</i>
7 min	Baserunning	(How to run) Home to 1st (How to run) Home to 2nd		<i>Focus on technique and learning what to do in various situations.</i>
	Now players in two groups	INFIELDERS	OUTFIELDERS	

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15 min	Individual Defensive Skill Work	Individual Infield Drills – Ground Balls Teach proper fielding position Drills: In fielding pos – roll Teach ready position, prep move Drill: From ready position – roll	Individual Outfield Drills Teach: Proper technique to catch fly ball Drills: 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>
10 min	More Individual Defensive Skill Work	More Ground Balls Teach Left, Right Drills: 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: Dry – fielding position Roll GB – nobody on base: field, no throws Roll GB – runner(s) on base: field, no throws	<i>Can switch groups (if you want all players to learn infield and outfield skills) Or not switch and continue Inf/Of drills in two groups</i>
15 min	Hitting (2 groups)	Overhand Toss (or Front Toss) Hitting Drills: Feet Wide/Head Down Hit Away	Tee Work or Dry Cuts Drills: 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.</i>
15 min	Switch Groups	Switch groups	Switch groups	
10 min	Fun Competition	Throwing Relay Race		<i>An effective way to conclude practice 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.		