



## Sample Practice — 90 Minutes

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>
4 min	<b>Greet Players</b>	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	<b>Dynamic Warm Up</b> (all players together)	<b>Individual Practice Plans #1–#5</b> (included in this packet) shows specific drills that can be done for this, and all, time slots.		<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	<b>Throwing Drills</b> (all players together)	<b>Also, see list of Hitting, Throwing, Infield, etc. Drills for more ideas to use at practice.</b>		<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	<b>Baserunning</b>			<i>Baserunning is an important part of offensive and maximizing run production. All players, regardless of speed, can be effective baserunners. So focus on technique and learning what to do in various situations.</i>
	<b>Now players in two groups</b>	<b>INFIELDERS</b>	<b>OUTFIELDERS</b>	

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14 min	<b>Individual Defensive Skill Work</b>			<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>
12 min	<b>More Individual Defensive Skill Work</b>			<i>Options: Can switch groups (so that all players learn both infield and outfield skills) Do not switch and continue Inf/Of drills in two groups Use this time for Pitchers and Catchers to do Individual Defensive Skill work or actual pitching and catching.</i>
20 min	<b>Team Defense</b> (all players together)			<i>Here is where you put individual skills into larger context. All players work in one group. Focus on players applying the individual skills they've learned into a team drill.</i>
15 min	<b>Hitting</b> (2 groups)			<i>Any drill that can be done as Overhand Toss, Front Toss, or Side Toss can also be done Dry. 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	<b>Switch Hitting Groups</b>	Switch groups	Switch groups	
20 min	<b>Full Team Offense / Defense</b> (all players together)			<i>Players in two teams (or three teams of four, etc.). Working on offense (hitting, baserunning) as well as defensive skills. Stop action as needed for teaching points – both things that were done well and those that need correction.</i>
8 min	<b>Fun Competition</b> (if time)			<i>An effective way to conclude practice is a competitive activity that is also fun.</i>

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2 min	<b>Conclude; Debrief, Announcements</b>	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.		<b>Note:</b> there are <b>129</b> minutes of practice time in this Sample Practice Plan. You <b>do not</b> need to do every element for each practice. For example, you may not do Full Team Offense/Defense on a given day or limit Individual Defensive Skill Work to 15 minutes total. Adjust so that you can work on what team needs most on that day.