



Bellmawr Baseball Practice #5: 9-12yo — Big Team Defense/Offense Day (95 minutes)

Time	Category	Drills	Drills	Notes for Coaches
Before	Less individual drills, more full team drills			Set up equipment and practice layout. Important to have this done before players show up.
2 min	Greet Players	Greet players with positive energy. Set tone for being present, positive, ready to improve and have fun.	Ask players to state one thing they are looking forward to for this practice and/or one thing they want to improve upon. Then give players a brief overview of practice plan and goals.	Coaches set 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.
3 min	Dynamic Warm Up (all players together)	Do two quick exercises, then try drill at right. High Knees Butt Kicks then →	Players partner up. Player One lies face down on ground with head pointing toward "goal line". Player Two stands several feet back. On coach's call, Player One gets to feet and tries to reach goal line before Player Two can tag him.	It is good to vary warm-up. This is a way to get warm while having some competitive fun. Award a point to player who "escapes" or a point to player who makes tag. Switch roles each time.
8 min	Throwing Drills (all players together)	Drills: Hop Back Drill Boxer Drill Long Toss (increase from 45 to 60 to 90 feet)	Long Toss: for players to gain arm strength and to practice longer throws they make in games	Hop Back Drill: player starts in balanced position with lead shoulder pointing at target. Then hops backward onto back leg to load up and throw. Boxer Drill: Player starts with lead shoulder at target. "Hops" forward and back, front foot back foot to get rhythm to throw.
	Team Defense – All players together			
12 min	Steal Defense / Offense			Put pitcher on mound, catcher, middle infielder(s). All other players are runners at 1st base who practice getting jump to steal 2nd. Catchers work on throws; middle infielders work on tags. Then do same for steal of 3rd.

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12 min	Cutoffs and Relays	Full Defense. Coach fungoes balls to OF who make throws to 2nd, 3rd, home, using whatever cutoff and relay system you choose (for example, some coaches have the pitcher take all relays to home, some use shortstop).		Can also do UMAINE DRILL: Full defense, no baserunners. Catcher starts with ball, rolls bunt toward pitcher while coach calls "1". Pitcher makes play to 1st baseman as coach calls "2"; 1st baseman throws to shortstop covering 2nd as coach calls "center field"; shortstop throws base hit to center field as coach calls "3" and center fielder/infielders execute relay to 3rd; coach calls "4" and 3rd baseman throws home to catcher. Can vary calls in any manner you wish.
12 min	1st and 3rd Defense / Offense		Begin by briefly explaining purpose of 1st and 3rd play (e.g., on offense, trying to score a run, get runners to 2nd and 3rd, etc. On defense, trying to throw out runner at 2nd; trying to prevent run from scoring). Whatever you choose is fine; just make sure players know exactly what plan is.	Full infield defense, including pitcher and catcher. All other players are runners at 1st or 3rd. Practice whatever system you choose for offense/defense. For example, catcher can throw through to 2nd base, fire ball back to pitcher, fake to 2nd and throw to 3rd. Must practice all options frequently. We can't expect players to execute these plays in games unless they have done so successfully, multiple times, in practice.
10 min	Pop Up and Fly Ball Priorities		Explain your system for fly ball priority, for example: center fielder can call off LF, RF. All outfielders can call off infielders. In infield, SS over 3b and 2b; 2b over 1b; P over C – but you can choose whatever you wish, depending on your personnel.	Full defense with outfielders shallow. Fungo (or tennis racquet) pop-ups and fly balls between outfielders or between infielder and outfielder. Can use two fungo hitters: one to left side (LF, SS, 3b, P); one to right side (RF, 2b, 1b, P). Center fielder can be in either group.
20 min	Overhand Toss Scrimmage		Probably won't have enough for two teams, so can do three teams of four players: Teams A and B in field, Team C at bat. Then rotate.	Simulate a game where players work on hitting, defense, baserunning – all the skills they have been practicing. Coach can toss from behind screen to get more strikes and keep at bats/scrimmage moving.
15 min		PITCHERS Pitchers need to practice pitching, so do bullpen of 30 pitches	CATCHERS Catch bullpen	
1 min	Conclude; Debrief, Announcements	Briefly discuss how practice went. Make announcements for next practice, game, etc.	Ask players to rate themselves (on 1–5 scale) on Effort, Attitude, and Fun (goal is always 5-5-5)	