



Bellmawr Baseball Practice #2: 9-12yo

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. Set tone for being present, positive, ready to improve and have fun.	"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)	Lunges High Skips (for height) Power Skips (for distance) 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)	Review: Grip, stance, point shoulder and hip, use legs Drills: 10 toes Figure 8 3 step drop Double crow hop Review Catching the ball: 2 hands Move feet to center ball		<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	Review and quick reps: Home to 1st; Home to 2nd Teach: runner on base – stance, how to move on each pitch Drill: Runners on each base; coach pitch to catcher (coach); runners move (lead) as ball crosses plate		<i>Focus on technique and learning what to do in various situations.</i>

Time	Category	Drills	Drills	Notes for Coaches
	Now players in two groups	INFIELDERS	OUTFIELDERS	
15 min	Individual Defensive Skill Work	Individual Infield Drills – Ground Balls Review fielding position Drill: In fielding pos – roll Teach ready position, prep move Drill: From ready position – roll Cone Drill	Individual Outfield Drills Review: proper technique to catch fly ball Drills: Coach 10' from player; pop up Outfield Drills Series	<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 Review: Crossover for ball to L, R Drills: Dry – crossover In ready position, FH roll In ready position, BH – roll	Ground Balls Review technique for nobody on base, runner 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: 1-2-3-4 Warm up, hit	Soft Toss Drills: Review and Practice Pre-Pitch Routines Step Drill Hop Back Load Drill	<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. See list of Hitting Drills for description of how to do these particular drills.</i>
15 min	Switch Groups	Switch groups	Switch groups	
10 min	Fun Competition	Throwing Contest (choose a target, throw, keep score, etc.)		<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. 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)	