

Practice Plan for Coach Pitch Coaches

Tips

1. Have a plan for every practice and expect that the unexpected will happen.

Below will be a few resources to help you find drills and fun games for practice.

2. Set out the equipment that you will need before practice.

3. Make sure that every kid is always doing something. Don't be afraid to ask the parents to help out.

4. End practice with a fun game.

5. When talking to players, kneel so that you are eye level with them.

6. Don't display negative criticism, hostility, abuse, or anger.

Stretches

Use the first 5-10 minutes of every practice to warm up.

● Arms/Neck

○ Roll arms around in a 'windmill type' action. First rotate the right arm forward 10 times, then switch to the left arm. This can be done using both arms at the same time. Then, change to rotating arms backwards using the same sequence.

○ Move head up and down holding each position for 8-10 seconds. Move head from side to side holding each position for 8-10 seconds.

● Quadriceps

○ Stand straight. Bend one leg and hold your ankle or the top of your foot. Pull your bent leg until your heel is close to your bottom. Use a wall or a teammate to balance. Hold for 10 seconds. Switch legs.

- Hamstrings

- In a sitting position with your left leg straight, place the sole of your right foot against the inside of your left thigh. Bend your trunk toward your extended leg, keeping your knee straight and foot in a relaxed position. Hold for 10 seconds. Switch legs.

- Groin (Butterfly stretch)

- In a sitting position with your back straight, bend your knees and place the bottoms of your feet together. Pull your feet towards your groin. Place your elbows on your knees and gently push the knees toward the floor. Hold for 10 seconds, rest, and repeat.

- Calves

- In a sitting position with legs straight, place the right heel on top of left toes. Pull right toes towards body with hands. Hold for 10 seconds. Switch legs.

Practice Structure

A typical **90-minute coach pitch practice** can be divided into the following segments:

1. Warm-up and Stretching (10 minutes)

- Dynamic stretches: arm circles, leg swings, torso twists
- Light cardio: jogging, jumping jacks.
- Basic static stretches: hamstrings, quads, calves
This prepares players physically and mentally for practice while reducing injury risk.

2. Throwing and Catching Drills (15 minutes)

- Teach proper grip (four-seam for control) and throwing mechanics (step toward target, follow-through)
- Partner throwing: players kneel facing each other to isolate arm action.
- Two-hand catching technique and giving with the ball.
- Use tennis balls for beginners to improve hand-eye coordination and confidence.

3. Coach Pitch Batting Practice (15 minutes)

- Focus on stance, grip, and weight distribution.
- Line drills and target practice to reinforce swing mechanics.
- Encourage early arrival for extra swings to build repetition and skill.
- Use a portable net if available for safety and efficiency.

4. Fielding Drills (15 minutes)

- Ground balls, fly balls, and position-specific work.
- Emphasize proper glove positioning and footwork.
- Include team drills to practice communication and situational awareness.

5. Cool-down (5 minutes)

- Light stretching to reduce muscle soreness and reinforce good habits.

Additional Tips for Effective Practices

- **Engage all players:** Keep kids active and minimize waiting time
- **Parental involvement:** During practices, parents can assist as coaches to reinforce skills
- **Equipment organization:** Buckets for each player, labeled with names, help manage drills efficiently.
- **Pitching approach:** Coaches should throw straight, controlled pitches rather than slow “rainbows” to make hitting easier and more consistent.
- **Scrimmage:** End practice with a controlled, instructional scrimmage to apply skills in a game-like setting
- **Positive reinforcement:** Focus on building confidence, teamwork, and enjoyment rather than elite performance.

Practice Plans/ Drills

Little League Coach Pitch Curriculum

littleleague.org/downloads/coach-pitch-12-week-program/

The Ultimate Resource for the Coaching Youth Basketball

[The Ultimate Resource For Coaching Youth Baseball](#)

Coaching 9-12 Year Olds

[9to12_coachingdrills.pdf](#)