



SB & BB PRACTICES

PRACTICE PLANS

FAIL TO PLAN

PLAN TO FAIL

HAVE A PLAN

PRACTICE PLAN



- 10 Warm up
- 10 Batting fundamentals circle
- 5 Throwing fundamentals
- 5 Long toss
- 10 One round of hitting/timing
- 10 Pitch from stretch/deliver & pick offs
- 10 Cutoffs RF to 3rd
- 10 One round of bunts & slaps
- 10 Run down fundamentals
- 10 Infield/outfield
- 10 One round of hitting/timing

PRACTICE PLAN



Warm up/Run/walk
Hitting circle/fundamentals
Throw/field fundamentals
Warm arms Long toss
(Hitting 10 swings + timing)
(Over the top toss)
Cutoffs to plate)
(Hitting 5 swings 2 bunts 3 slaps + timing)
Hold runners/Squeeze plays
Live P/C/INF/OF swing defense make the play
Infield (if time)
Outfield (if time)

PRACTICE PLAN



- 10 WARM UP
- 5 THROW
- 5 FIELD
- 5 BAT CIRCLE
- 10 LEADOFF/STEAL
- 5 CATCHER THROWS
- 15 RUNDOWNS
- 15 DBL PLAY SS/2ND OUTFIELD
LF/3RD
- 15 BUNTING/MAKE PLAYS
- 30 HITTING/SOFT TOSS FRONT

PRACTICE PLAN



WARM UP 10 MINS
FUNDAMENTALS
 BATTING 10
 THROWING 10
 FIELDING 10
PITCHERS/CATCHERS 15
 MOUND/3RD
INFIELD 15
 SS/2B/1B
OUTFIELD 15
 OVER PLAY/GO BACK
 CUTOFFS
BATTING/SHORT TOSS 20
INFIELD/OUTFIELD 10
RUNNING 5 TIMED

COACH'S RESPONSIBILITY:

ROLE MODEL

FOR SOME YOU MAY BE THEIR ONLY (FATHER) FIGURE
(MOTHER)

WHAT TO TEACH:

FUNDAMENTALS
TEAM/FAMILY
SPORTSMANSHIP
HEALTH/PHYSICAL
HEALTH/DRUGS
OTHER

TEACHABLE MOMENTS:

SCHEDULE
SPONTANEOUS

