**120 Minute Practice Plan (8 to 12 year olds)**

**Dynamic warm up routine (10 Minutes)**

1. Hip mobility exercises
2. Core strength exercises
3. Agility exercises
4. Other fun exercises

**Throwing Program w/ Long Toss Extension (14 Minutes)**

**Positional Daily Drills (10 Minutes)**

**Water Break (3 Minutes)**

**Defense: two groups, rotate everyone after 10 min (20 Minutes total)**

1. Infield – Fungo groundballs
2. Outfield – Fungo flyballs

**30 Minute Hitting Rotations**

Hitting Drill Routines (batting cages and/or on field) – Utilize all coaches and volunteers to create multiple stations of tee and/or soft toss to get as many swings as possible in 30 minutes. Have each station be a different drill or focus and rotate all players through each station.

**Water Break (3 Minutes)**

**Situational Practice w/ Coaching on Team Concepts (40 Minutes)**

* Coaching points:
  + 1. Positional responsibilities
    2. Baserunning
    3. Backup responsibilities
    4. Cut offs and Relays
    5. Any other team concepts you want to focus on
* Options:

1. Coach Fungos
2. Live Baserunners
3. Live Hitters (can be done off of coach pitch, tee or soft toss)
4. Positional rotation (Can be done w/ 10 players [9 w/ coach on defense] or more)
5. 3 Man Scrimmage, Coach Pitched (Must have full group of 12 or have coaches play defense w/ less players)