

120 Minute Practice Plan (8 to 12 year olds)

Dynamic warm up routine (10 Minutes)

- a. Hip mobility exercises
- b. Core strength exercises
- c. Agility exercises
- d. 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)

- a. Infield – Fungo groundballs
- b. 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)