

90 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 (10 Minutes)

Positional Daily Drills/Fungos (10 Minutes Total)

- Two groups, one working on daily positional drills, other taking fungo groundballs or fly balls, switch after 5 minutes

Water Break and Transition (5 Minutes)

3 Man Coach Pitch Scrimmage (55 Minutes)

- a. Break team up into groups of 3
- b. Have catchers evenly distributed among groups
- c. Each team will hit for a given amount of time (for example 3 groups of 3, each group hits for 15 minutes)
- d. Leave extra time for transition of teams catchers
- e. Remaining teams will play defense
- f. Group that scores most runs wins

