

# PRACTICE SUGGESTIONS – 90 MIN

## 1. WARM UP (10 MIN)

### A. Dynamic Stretching

- i. High Knees
- ii. Butt Kicks
- iii. Hip Circles
- iv. Backwards Hip Circles
- v. Lunge w/ Twist
- vi. Skips for Height
- vii. Steal Start 75%
- viii. Steal Start 90-100%

### B. Throwing (10 MIN)

- i. One Knee (finish over front knee, glove to chest)
- ii. Flat Foot
- iii. Shuffle
- iv. Long Toss if needed

## 2. INFIELD/OUTFIELD (20 MIN) – PICK 2

### A. Infield

- i. Form fielding
  1. *“Come Get It”*
  2. *Hands out Front, Butt Down – roll GB*
  3. *“Triangle Drill” – Three infielders roll groundballs and footwork/handwork is coached*
- ii. Communication
  1. *Ground Ball to Right Side, Pitcher Get Over, First Base Communication*
  2. *Pop Up Comm.*
  3. *Ground Ball to Left Side*
- iii. Bunt Defenses
  1. *Runner on 1<sup>st</sup>*
  2. *Runner on 1<sup>st</sup> and Second*

iv. Round of Infield

v. 27 Outs

**B. Outfield**

i. Communication

1. *Ball in gap*

2. *Talk to outfielders "back", "in"*

3. *Go back/over the shoulder*

**C. Situations**

i. Runner on First

1. *Ball at outfielder*

2. *Ball in gap*

3. *Ball down line*

ii. Runner on 1 + 2

1. *Ball at outfielder*

2. *Ball in gap*

3. *Ball down line*

iii. Bases loaded

1. *Ball at outfielder*

2. *Ball in gap*

3. *Ball down line*

iv. Double Cuts

**3. HITTING (20-30 MIN) – PICK 2**

**A. Offensive Philosophy – age dependent**

i. Hitting with hands

ii. A to C

iii. "Squish Bug"

iv. Stay Tall

**B. Stations**

i. Tee

ii. Front Toss

iii. Live

**C. Goal is 60-75 Swings Per**

i. No more than rounds of 10

ii. Comes out to 6-7 Rounds of Ten Swings

#### 4. SITUATIONAL BASEBALL (10-20 MIN)

- A. Run through “live” game situations (age dependent)
  - i. Ask to consider where they are going BEFORE ball is hit
  - ii. Ex. Runner on 1<sup>st</sup> and 3<sup>rd</sup>, 1 out, 1<sup>st</sup> inning
    - 1. *Fielders should think “probably go to second or first,, early in the game.”*
  - iii. Good Chance for conditioning with baserunners
  - iv. Can use white board and literally run X’s and O’s for situations

#### 5. COACH PITCH SCRIMMAGE OR BASERUNNING (10-20 MIN)

- A. DEVELOPMENT OF HEALTHY CARDIO SYSTEMS IN SPORT
  - i. Over the shoulder catches
  - ii. Base Running – age dependent
    - 1. *Primary Leads*
    - 2. *Secondary Leads*
    - 3. *Past ball/Dirt Ball reads*
    - 4. *Run Through 1<sup>st</sup> base – Hard 90s*
    - 5. *Turns out of the Box*
    - 6. *Steal Breaks*

#### 6. PHILOSOPHY

- A. PRACTICES NEED TO BE FUN AT YOUNG AGES
- B. ENGAGEMENT/LIMITED DOWNTIME
- C. INSTILLING BASICS AT YOUNG AGES
  - i. We want to develop players that ***understand*** the game
    - 1. *Hitting Cutoff men*
    - 2. *Knowing Situations*
    - 3. *Pre pitch thinking – Where do I go if it is hit to me?*
    - 4. ***WANT THE BALL***
    - 5. ***MISTAKES WILL HAPPEN, WE CAN MOVE ON***
    - 6. ***TALK!***

#### 7. GAME SUGGESTIONS

- A. King of the Hill
  - i. Ground ball throw to first from short stop

## B. Relay Throws

- i. Line up from foul pole to foul pole
- ii. Glove Side turn – catch and throw
  1. *Ball drops, goes back to front*
- iii. Down and back 2x