

NELL

Minors (9U/10U) Practice Plans

The purpose of this document is to provide coaches a template for a practice plan. This document is meant to be used with the Nell Player Curriculum published on the website. Below are four examples for different phases of the season. They provide context on the progression that should be used, but are only examples. The template can be found on the Nell Website under coaching resources.

Season Timing: Pre-Season				
Theme: Fundamentals				
Start Time	Duration	End Time	Category	Drill from Curriculum
6:00 PM	5.00	6:05 PM	Warmups	Stretching/Jogging
6:05 PM	10.00	6:15 PM	Base running	Running to First
6:15 PM	2.50	6:17 PM	Break	
6:17 PM	5.00	6:22 PM	Pitching	Towel Snaps
6:22 PM	7.50	6:30 PM	Pitching	One Knee Throws
6:30 PM	7.50	6:37 PM	Throwing	Throwing Progression (See Videos)
6:37 PM	7.50	6:45 PM	Catching	Catching Drills
6:45 PM	2.50	6:47 PM	Break	
6:47 PM	5.00	6:52 PM	Hitting	Teaching Point Simulation
6:52 PM	5.00	6:57 PM	Hitting	Tee Cross Overs
6:57 PM	5.00	7:02 PM	Hitting	Tee Straight
7:02 PM	13.00	7:15 PM	Hitting	Front Toss

Season Timing: Late Pre-Season**Theme: Fundamentals**

Start Time	Duration	End Time	Category	Drill from Curriculum
6:00 PM	5.00	6:05 PM	Warmups	Stretching/Jogging
6:05 PM	10.00	6:15 PM	Base running	Stealing
6:15 PM	2.50	6:17 PM	Break	
6:17 PM	5.00	6:22 PM	Pitching	One Knee Throws
6:22 PM	7.50	6:30 PM	Throwing	Throwing Progression (See Videos)
6:30 PM	10.00	6:40 PM	Pitching	T Drill
6:40 PM	7.50	6:47 PM	Fielding	Work Arounds
6:47 PM	2.50	6:50 PM	Break	
6:50 PM	5.00	6:55 PM	Hitting	Cross Overs
6:55 PM	5.00	7:00 PM	Hitting	Front Toss
7:00 PM	15.00	7:15 PM	Hitting	Live

Season Timing: Regular Season**Theme: Situations**

Start Time	Duration	End Time	Category	Drill from Curriculum
6:00 PM	5.00	6:05 PM	Warmups	Stretching/Jogging
6:05 PM	7.50	6:12 PM	Throwing	Throwing Progression (See Videos)
6:12 PM	10.00	6:22 PM	Outfield	
6:22 PM	10.00	6:32 PM	Base running	Fly Balls/Tag Ups
6:32 PM	2.50	6:35 PM	Break	
6:35 PM	7.50	6:42 PM	Fielding	Work Arounds
6:42 PM	10.00	6:52 PM	Fielding Situations	i.e. man at first one out
6:52 PM	2.50	6:55 PM	Break	
6:55 PM	5.00	7:00 PM	Hitting	Front Toss Cross Overs
7:00 PM	5.00	7:05 PM	Hitting	Front Toss
7:05 PM	7.50	7:12 PM	Hitting	Live Bunting
7:12 PM	18.00	7:30 PM	Hitting	Live

Season Timing: Round Robin/Playoffs**Theme: Live Baseball**

Start Time	Duration	End Time	Category	Drill from Curriculum
6:00 PM	5.00	6:05 PM	Warmups	Stretching/Jogging
6:05 PM	5.00	6:10 PM	Hitting	Front Toss Cross Overs
6:10 PM	10.00	6:20 PM	Hitting	Front Toss Regular
6:20 PM	15.00	6:35 PM	Hitting	Live
6:35 PM	10.00	6:45 PM	Base running	Stealing Home
6:45 PM	7.50	6:52 PM	Throwing	Throwing Progression (See Videos)
6:52 PM	15.00	7:07 PM	Infield/Outfield	3-5 plays per player
7:07 PM	8.00	7:15 PM	Hitting	Live Off Pitcher