

Sample A Practice **70 Minutes**

5 Minutes - Stack Gloves and Do Exercises

- Snake Run or Pole Run
- High 5 Circle
- Jumping Jacks
- Toe Touches
- Spider Push Ups
- Big Arm Circles
- Arm Pulls
- Elephant Stretch
- Elephant Stretch to the Side
- Stork Stand
- Mountain Climbing

15 Minutes -Review throwing mechanics

- Demonstrate proper grip, show proper throwing technique – “L” shape (or make a muscle), Elbow Higher than Shoulder.
- Demonstrate glove leg and power leg, (have them call them out)
- Have them put power leg against bucket. -“Load ‘em Up”, “Stretch it Back”, “Cut it Loose”
- Hit the targets on the fence

Full Two Step Throw.

- Pull both feet behind bucket. “Bucket Step, Step and Throw”
- Two step throw without bucket

20 Minutes Infield

- Glove Leg Slightly ahead of Power leg
- Hands out front, Hand like an alligator
- Routine
 - Relaxed (hands on knees)
 - Ready Hands out front Glove leg slightly ahead.
 - Little Motor
 - Reset

Ground ball Shuttle (2 Stations – No Gloves!)

- Kids in lines (2nd Base, 3rd Base)
- Coaches roll balls softly to kids, they throw back to coach, go to end of line.
- Rotate Stations every few minutes.
- Eventually give ground balls to left and right
- Make them get in ready position before rolling them the ball.

Sample A Practice
90 Minutes

4:50 – 5:00

Play catch when arrive – Close enough to catch every ball, making good throws

5:00 – 5:10

Run to and past first base (twice)

Run to second base

Run from 1st to Home

Butt Kickers (Led by coaches)

Windmill circles with arms to loosen shoulders (20 each direction) – Led by player

Grab the candy (2 sets of @15 seconds) –Led by player

5:10 – 5:20 - Rapid Fire Drill (2 Stations, No Gloves w/ Tennis Balls)

Line up players – One player jumps out between cones

Coach throws to player who catches ball in front of him and throws back to coach

Next player jumps out (Quick tempo)

Focus on ready position, quick feet, receiving ball in front and body control

5-6 of each. Catch, One-Hopper, Grounder

5:20 - 5:30 Left/Right Drill (2 Stations, No Gloves w/Tennis Balls)

Ready position – Coach rolls ball to one side, get in front of ball and field it.

Make a good throw back to coach, go to end of line

5:35 – 5:45 Pop Fly Drill no Glove (w/ Tennis Balls)

Player in ready position, coach throws over left or right shoulder

Tell Player which side you're throwing to and lead them like a football pass

- Stress opening up with first step to create a good angle to ball
- Stress hustling to “the spot” and finding the ball

5:45 – 5:55 Relay race – Tennis Balls, No Gloves

5:55 – 6:30 - Game-Like Situations w/ Tennis Balls

Players rotate positions

Take turns batting with live tennis balls from coach pitching

Base runners, etc.