

**This is a sample document and is for guideline purposes only.
Individual coaches will need to customize for their individual teams,
age levels etc.**

May 1, 2017, 1:00 PM – 3:00 PM @ Lennox Park

In Season Practice

Players – Thomas (TB), Austin (AB), Ryan (RD), Dylan (DD), Tristan (TF), Kyle (KF), Keenan (KH), Collin (CK), Nate (NM), Aaron (AS), Max, Mitch (MS), Jake (JZ)

Coaches – Jeff (JF), Steve (SM), Terry (TM)

Pre-Practice Meeting (5 min. all players)

- Goal/Objective is to have fun while reviewing various skills
- We're going to work on outfield cut-offs/base running, IF/OF defense and finish with bunting/hitting/pitching work
- Reminders are 100% effort and focus on execution
- Coaches will assign which area to head to before each drill

Warm-up and Stretch (15 min. all players)

Light jog from foul pole to foul pole to get the body warm

Rotator Cuff

- Circles, small, medium, large, backward/forward 5 each arm
- Swings, hand at arm pit, swing arm, backward/forward 5 each arm

Quads/Hips

- Take 1 step, grab right foot, pull towards bum, hold 3 sec, release and switch legs, 5 each leg
- High knees – walk, alternate legs with knee lifting straight up to chest, 5 each leg

Lower/Upper Back

- Scorpion – lay on stomach, arms extended, shoulder height, slowly bring 1 leg over top of back toward opposite hand, slowly return, alternate each side, 5 each leg

- Bear Hugs – interlock arms so hands grasp back of opposite shoulder, hold for 5 sec, 5 times
- Side Bends – bend to 1 side, bring arm over top of head, hold for 5 sec, 5 each arm

Hamstrings

- Feet shoulder width apart, bend at waist so fingertips touch ground at toes, middle foot, heel, 5 times
- Frankenstein – standing take 1 step, kick leg straight up to opposite hand which is at shoulder height, 5 each leg
- Lunges – forward with 1 leg, keep body straight, return to starting position, 5 each leg

Sprints

- Players on LF line and sprint 90 – 100 feet then walk back
- 4 reps

KEYS: Stretching, getting loose, chatter amongst players

Throwing Program (10 min. all players)

On LF line behind 3B break players into pairs

- 30 feet apart so players get loose; focus on proper mechanics (4 seam grip, glove pointed at target, follow through, bend at waist)
- Players provide shoulder high, glove side target using glove
- Progress in intensity and distance (to 120 feet) as players get loose
- Encourage chatter with players
- Coaches walk amongst players keeping things loose

KEYS: Strong accurate throws, build arm strength, team chatter

WATER BREAK (5 min.)

Team Defense/Base Running: Cut-offs to 3B, HP (15 min. all players)

JF explains drill, importance (defensively to minimize runners advancing/scoring, offensively to apply pressure/force errors), assignments for players/coaches, answer ?'s

JF hits balls to OF as hits and fly balls, SM @ 3B as coach instructing runners, TM @ 1B instructing runners

1st - RF (AS, RD), CF (TB), LF (JZ, Max), 1B (NM), 3B (TF), C (DD), P (KF, MS) runners (AB, CK, KH)

2nd - RF (TB, CK), CF (AS), LF (KH, RD), 1B (KF), 3B (MS), C (Max), P (AB, NM) runners (DD, JZ, TF)

Runners are at 2B, HP and take off when ball hit. Runners need to pick up coach who will "hold up" or "send to next base/HP". Rotate from 2B, HP, 2B

Base hit

- Runner at 2B tries to score, batter tries for a 2B based on OF throw, feet first slides in to 2B/HP
- LF throws home, 3B cuts if needed, C calls "cut/let go", relays home
- CF throws home, 1B cuts if needed, C calls "cut/let go", relays home
- RF throws home, 1B cuts if needed, C calls "cut/let go", relays home
- Cut off man is at mound (right for RF, closer to 2B for CF, left for LF)
- If no play at HP, then get runner advancing to 2B
- P backs up C when runner on 2B, backs up 3B when runner on 1B

Fly ball out

- Runner at 3B tags up and tries to score, runner at 1B tries to go to 2B, feet first slides into 2B/HP
- OF Catch with 2 hands above shoulders, 2 feet behind the ball so moving forward at catch, throw head high at cut off man
- C calls "cut/let go", relays home
- Cut off man is at mound (right for RF, closer to 2B for CF, left for LF)
- If no play at HP, then get runner advancing to 2B
- P backs up C when runner on 3B, backs up 3B when runner on 2B

KEYS for OF: Low accurate throw, not letting runners advance
KEYS for IF (cut off players): Positioning, relays to HP, awareness of when to cut throw/let go to HP, not letting runners advance
KEYS for runners: Picking up coaches signs, taking the extra base, sliding

WATER BREAK (5 min.)

Team Defense: Infield (15 min. IF players)

Done in conjunction with Outfield

JF explains/runs drill, importance (solid team defense minimizes runs, allows pitchers to go deeper into games, frustrates opposition, does not slump), assignments for players/coaches, answer ?'s

1st - C (DD), 1B (NM), 2B (CK), SS (AB), 3B (TF), runners (KF, KH, MS)

2nd - C (Max), 1B (KF), 2B (KH), SS (TF), 3B (MS), runners (AB, CK, NM)

- Hit ground balls and throw to 1B with runner
- 3B plays 2-3 steps inside baseline, even or in front of base
- 1B plays 2-3 steps inside baseline, 1-2 steps behind base
- C yells and throws inside for bunts, outside for dropped 3rd strikes
- Runners run hard 3 strides past 1B, slide into 2B on DP balls
- 3 times per player
- Turn DP (for P explain SS takes the throw) with runner on 1B
- 2 times per player
- Pop ups hit throughout IF and players call for ball by name
- Rotate base runners and repeat
- Short hops/overthrows are 5 push ups

KEYS: Fielding, making accurate throws, turning the DP, calling for balls

Team Defense: Outfield (15 min. OF players)

Done in conjunction with Infield

SM explains/runs drill, importance (solid team defense minimizes runs, allows pitchers to go deeper into games, frustrates opposition, does not slump), assignments for players/coaches, answer ?'s

OF – AS, JZ, Max, RD, TB

- Live ball reads where player has back to coach 90 feet away, coach throws pop up yells “GO”, player turns to find ball
 - 3 times per player
- “M” drill with cones 30 feet apart (large square) with player in middle
 - Runs full speed to cone, catches throw, throws hard strike back
 - Jogs to middle, goes to next cone until all 4 completed
 - 2 times per player
- RF (RD), CF (TB, AS), LF (JZ, Max), SM hits fly balls to each position
 - Player catches and throws a hard strike to SM
 - Balls in gaps player must call his name for the ball
 - Catch and throw ball “2,2,2”
 - 2 feet behind ball
 - 2 hands above shoulders
 - 2 steps to throw

KEYS: Reading ball, full speed to ball, catching position

Individual Bunting/Hitting/Pitching (all players 40 min.)

JF explains drills, importance, assignments for players/coaches, answer ?'s

Bunting is advance runners, apply pressure/force errors on opponent

Hitting is solid contact, hit balls where pitched, use all areas of field

Pitching is throwing strikes, using all pitches, calling pitches/location to simulate game situation

Individual Bunting/Hitting

8 players (1 hitting, 1 bunting, 6 on field catching batted balls), SM throws BP

- Player 1 gets bucket of 30 balls, 20 hit away, 6 use 2 strike approach (must make contact), last 4 are bunts (2 to 1B, 2 to 3B)
- Player 2 is behind 1B dugout practicing soft toss bunts with TM
 - 20 pitches from 10 feet and lay bunts down 1B/3B lines
- Players 6-8 in field (LF, CF, RF, 1B, 2B, 3B) to field batted balls, balls lobbed into 2B where IF place in bucket, bring to P after each round
- Rotation is batter, bunt, LF, CF, RF, 1B, 2B, 3B

KEYS: Recognizing good pitches, making solid contact, hitting to all fields, bunting to different areas

Individual Pitching/Catching

JF works with P/C (strikes, low strikes, changing speeds for P, moving the target in/out/up down, pitch selection, blocking/framing pitches for C)

- In bullpen area, 2 P and 2 C off mounds about 10 feet apart
- Each P throws 45 pitches (15, break, 15, break, 15) to simulate game
- Each C “calls the game”, utilizes all pitches, blocks/frames pitches
- JF calls balls and strikes from behind P, P alternate pitching
- Rotate P/C in from field during bunting/hitting

KEYS: For P, throwing strikes, getting ahead in count, pitching to contact, finishing off hitter to keep pitch count low

KEYS: For C, calling game, quiet hands to receive, moving the target around the strike zone

Cool Down, Wrap Up (10 min. all players)

- Light stretching, like warm-up, drink fluids
- Review practice, positive reinforcement on efforts
- Advise of next game/practice