

**RC Little League Baseball
Practice Plan Template
60 minutes**

- 5 minutes** Stretch and Plyos
- 10 minutes** 3 Tier Throwing (Every practice you want players doing tiered throwing - see video)
1. One knee dart throwing
 2. Stationary feet, twist and throw
 3. Step/Behind Step/Throw (this should be where kids long toss)
- 5 minutes** Water break - this can also be used as transition time to step up drills
- 25 minutes** Two station drill work - Allow 5 minutes for groups to switch

Example stations

Station 1 - Hitting	Station 2 - Fielding
<p>Have a coach/parent supervise. Have the players spread out on the fence. Put the players into pairs and every 5 swings they switch.</p> <ol style="list-style-type: none"> Hitting off the tee - first two rounds have players get a wide base, load their hands only (no stride) and swing with their hips transferring weight. The 3rd and 4th rounds have players swing with a stride while loading. Soft toss - an adult should be tossing. Adults should be on one knee. They should use a straight arm back then forward motion, and flip the ball in front of the batter. (Try to aim in front of the lead knee) As the arm goes back the player should load (hands back and small stride/pick-up, put-down) then as the ball is flipped, explode through the ball. 5-10 swings then switch 	<p>Two options - groundballs (flyballs really don't need to be practiced until minors; maybe farm)</p> <p>Groundballs</p> <ol style="list-style-type: none"> Pick-ups - Have adults stand across player with two baseballs. When they say go roll one baseball to the right. The player should stay low, funnel the ball to their waist, then flip it back to the adult. Once this has happened, the adult should roll the second ball in the opposite direction forcing the player to shuffle their feet. Do this for 30 - 60 seconds a turn. Fielding and throwing towards target - have an adult or player at 1st base. Roll the ball to the fielder and have them work on fielding through the ball, then getting their momentum going towards 1st base. Once they seem to have a handle on it feel free to hit actual groundballs Rounding the ball - have the adults roll the ball to the players right (3rd base side) Make sure its slow enough so they can get around the ground ball and then direct their momentum towards first base. Roll it first and then if you can, feel free to hit groundballs.

- 15 minutes** Two Inning Baseball - divide the kids into teams. Put a tee in front of home. (You can have an adult soft toss to the batter as well) The batting team bats two innings in a row. This will save time so you only have to switch defenses once. After the batting team gets two innings, the teams switch.

Additional Notes

- If you would like to have a 90 minute practice, add in 10 minutes of baserunning. Have a coach time players as they love to hear how fast they go. Extend the two inning baseball game and play four innings, but always have the hitting team hit for two consecutive innings.
- One of the best practice plans is live batting practice. Have a player take swings but the defense fields every ball like a game situation. On the last swing, the player should run. You can also have 3 batters

rotate so they run on every swing to make it more game like. Don't be afraid to have kids hit off a tee into a defense, or soft toss into a defense. It's good to have batters see where their hits are going. Move the tee around so they hit different parts of the field.

- If you want players to get a lot of reps with groundballs, don't do infield/outfield. It's a warm up and it's a lot of standing around. Have two coaches hit ground balls continuously. Coach on the left side of the plate hits to 1st and 2nd base, then the coach on the right side hits to 3rd base and shortstop. They can throw it home or one hop it in. If you want players to throw to 1st, just communicate who is throwing to 1st base. It's a good idea to also have the coaches switch to hitting to the other side of the infield so players can see the difference between a pulled groundball versus to slapped, tailing groundball.
- There is no point to practicing flyballs before farm. Kids can catch them off a bat and with a baseball it's dangerous. Up until minors, use tennis balls to practice catching flyballs and have kids catch them with their bare hands first. DO NOT use hardballs until kids are comfortable enough catching the tennis balls