

The ROUTINE PRACTICE

By
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This is a practice structure that you can do EVERY PRACTICE.
Players will know what to expect from the coaches and what is expected of them.
This is a very efficient use of time, and after a few weeks it will seem like practices run themselves. It will cover infield, outfield, batting practice, pitchers/catchers, situational plays, and scrimmage.

THIS PRACTICE LASTS 2 HOURS, AND USES **3 COACHES** /or Parent helpers.
(after everyone learns the routine, it will obviously get quicker than the first couple practices)

<u>TIME</u>	<u>Name of DRILL / DESCRIPTION OF DRILL</u>	<u>#of coaches</u>
(15 min.)	Pre – Practice Whiffle Ball Hitting (optional) 15 minutes before practice starts, for kids who get there early. <i>Pitch to three players at a time, have them stand 10-feet apart. Have all other kids shagging the hits. Have a full bucket of whiffle Balls at your side, and an empty bucket behind you in the field for the shaggers to put balls in. Stand in front of the middle batter, and pitch one pitch to each of the three, until you have emptied the bucket. Then rotate three new kids in, until everyone who showed up early hits.</i>	1

**IMPORTANT: DURING THIS TIME, NO ONE PICKS UP A SOFTBALL,
OR STARTS THROWING , ETC.**

00:00 – 00:10 (10 min.)	Coach Talk, Jog and Stretch <i>Have all the players put their gloves in a pile and circle-up. This is your chance to focus them for practice, tell them what you would like to see from them today, etc. BRIEF ! If it is the first day of practice: introductions, names, explain how practice will be the same every time, how getting there early works and what to do. Next, send them on a team jog (stick together). When they get Back, form a circle, and assign each player one stretch or exercise that they will lead during circle time all season. Inform them that circle time is the only time at practice that they may talk about what happened at school, their birthday party, etc. Not during other parts of practice.</i>	1
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		<u># of coaches</u>
00:10 – 00:20 (10 min.)	<p>Throwing Warm Ups</p> <p><i>While the players are stretching, a coach <u>takes the gloves</u> and <u>places them on one baseline, in pairs</u>, with a ball in one glove. Space the pairs of gloves, and set each pair 15-ft apart, for the first throwing distance.</i></p> <p>After stretching, have them find their gloves, and complete the following number of throws with their partner:</p> <p>10 throws from 15 feet 10 throws from 30 feet 5 throws from 60 feet (the distance between bases)</p> <p>THIS IS A GOOD TIME TO DO <u>TECHNIQUE THROWING DRILLS</u>, SUCH AS STARTING FROM THE SIDEWAYS “T” , REACHING BACK AND UP HIGHER THAN THE HEAD, THEN STEP AND THROW. OR, AT THE 15-ft DISTANCE, DO THE KNEE THROWS, THEN STAND AND DO THE “T” THROWS AT 30-ft. THEN REGULAR CATCH AND THROW FOR THE 60-ft DISTANCE. (they must count their catches only, Not drops or over-throws)</p>	1
<hr style="border-top: 1px dashed black;"/>		
00:20 – 00:35 (15 min.)	<p>Infield and Outfield</p> <p>DIVIDE THE PLAYERS INTO TWO GROUPS</p> <p>Outfield Group: each player brings a ball <i>They line up in a single file line in centerfield. Coach stands 50ft. in front of the line. <u>First player in line throws her ball to the coach, the coach throws a fly ball to the right of the player, who catches it and goes to the end of the line.</u> Repeat through the line, then the coach throws the next set of flys to the left, then the next set short, or long, etc.</i></p> <p>Infield Group: Line up single file at shortstop. Coach at home has a bucket of balls, Coach at 1st Base has an empty Bucket. Hit one grounder to each player, throws to first base , COACH catches the throw and puts ball in the bucket. (For 11/12 and Older ages, the <u>players</u> can rotate over to 1st Base after their grounder, back-up first base, then catch the next throw at 1st base, then rotate to the line at shortstop again.) <i>This drill will move along much faster if the coaches catch the throws, but the players do need to practice catching throws.</i></p>	3
00:35 – 00:50 (15 min)	<p>SWITCH GROUPS AND REPEAT FOR ANOTHER 15 MIN.</p>	

		<u># of coaches</u>
00:50 – 01:25 (35 min)	Batting Practice and Pitcher/Catchers 3 STATIONS: <ol style="list-style-type: none"> 1) Soft – Toss or Tee Hitting 2) Coach-Pitch or Ball Machine Hitting 3) Pitchers and Catchers practice PAIR-UP THE PLAYERS: <i>Pair up <u>pitchers with catchers</u>, have them bat first, then go with a coach and do their pitcher/catcher workout, while the rest of the team hits through their stations.</i> <ol style="list-style-type: none"> 1) <i>one pair at soft-toss, with coach tossing. They rotate to hitting.</i> 2) <i>one pair up to bat, with coach or machine pitching. They rotate to shagging.</i> 3) <i>one pair at empty bucket behind 2nd base , for shaggers to throw to. They rotate to soft-toss.</i> 4) <i>All other pairs in field shagging hits. They rotate to bucket.</i> <p>The two players up to bat: one takes <u>10 swings</u>, they switch, then the other takes 10 swings. They do this again, so they each get <u>two at-bats</u>. Then the pair rotates.</p>	3

IN 35 MINUTES, THERE IS NO TIME FOR BATTING INSTRUCTION. JUST TAKE YOUR CUTS, GET SOME REPETITION. MAYBE A SIMPLE REMINDER OR TWO, BUT IF THEIR SWING NEEDS WORK, DO IT AT THE TOSS /TEE STATION. YOU HAVE TWO MINUTES PER PLAYER!

01:25 – 01:40 (15 min)	Situational Plays <i>Assign players to different positions, and have some baserunners. Run different situations with the coach hitting the ball from home plate, and one coaching the bases</i>	2
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01:40 – 02:00 (20 min.)	Game Play / Scrimmage <i>For 12 players to each get an at-bat, in 20 minutes, you will have touse coach-pitch, or hit off a ball machine. Three pitches. Have three batters up at a time, then replace with three defensive players.</i>	2
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END PRACTICE WITH PLAYERS TAKING A KNEE, AND LISTEN;
Be positive, talk about “team” and sportsmanship, respecting opponents & umpires.
Announce next practice or game, then also tell parents arrival time after dismissing team.