

PRACTICE PLAN (SAMPLE)


Time	Task	Notes	Location	Players	Coaches
4:55-5:25	Meeting/Bands/ Legs/Catch	All Together	LF Line	All	All
5:25-5:55	Individual Defense/Team Fundamental	PFP Drills 1-3 3-1 1-6 3-6-1 4-1 Squeeze Tweener Bunt to 3B Bunt to 1B	Main Infield, Left Field & Right Field (Temporary Infields)	Main Infield Player 1, Player 2, Player 3, Player 4, Left Field Player 5, Player 6 Player 7, Player 8, Right Field Player 9, Player 10, Player 11, Player 12	Main Infield Coach 1 Left Field Coach 2 Right Field Coach 3
6:00-7:00	Station Work				
Groups	#1	#2	#3		
	Player 1, Player 2, Player 3, Player 4	Player 5, Player 6, Player 7, Player 8	Player 9, Player 10, Player 11, Player 12		
Stations	Fly Balls (Get behind the ball and come through it) Coach 1	Bullpens (25 Pitch Plan) Coach 2	Infield Work (Footwork on DP's) Coach 3	Note: Non Pitchers fill in with other groups while their teammates pitch.	Rotate on Bullpen Group
7-7:30	Tee-Ball	If time allows			

Player	#	Positions	Notes/Absences
Player 1	5	SS, OF	
Player 2	20	P, C, OF	
Player 3	2	P, 1B	Sore Arm
Player 4	18	P, 2B, OF	
Player 5	27	P, 3B	
Player 6	35	P, C	
Player 7	9	3B, SS, 2B, 1B	Abs 5/12
Player 8	2	P, OF, 3B	
Player 9	50	P, 1B	
Player 10	99	C, 2B, SS	Abs 6/20
Player 11	44	P, C	
Player 12	8	OF, 3B	Needs extra sliding work

BASEBALL DUDES

PLAYER DEVELOPMENT GOALS

Hitters



Dugout routine
On deck routine
Study pitchers for tells and patterns
Batters box routine
Timing for slower and faster pitchers
Bunt development
Barrel control
Situational hitting
Understanding of mechanics and their swing, strengths and weaknesses

Pitchers

Tempo
Quick controlled delivery with runners on
Vary hold times with runners on
FB confidence with ability to command the zone up, down, in and out
CH development and confidence
Breaking ball development and confidence
Pick off development
PFP
Backing up bases
Covering home on PB/WP
Calling their own pitches, what, when, why and how
Understanding balks
Understanding of mechanics and their delivery, strengths and weaknesses
Situational pitching and jobs

Infielders

Prep step, the hop
Foot work around bases
Holding runners
Turning DP's
Cut/relay positioning
Receiving a cut/relay throw
Communication
Situational jobs
Pop up priority

PLAYER DEVELOPMENT GOALS

Outfielders

Getting behind the ball

Do or die GB

Sun ball

Throw through cut/relay man but know when to go for it

GB with no one on to keep it in front

Situational jobs

Reading batters swings

Adjusting to their pitcher on the mound

Proper positioning

Pop up priority

Catchers

Tempo

Communication and Leadership

Stances

Blocking

Receiving

Pop ups

Backing up 1B...When to

Fielding bunts

Situational jobs

Giving multiple signs with runner on 2B

Proper fit and care for equipment

45 Second Rule, ability to get gear on and out of the dugout in less than 45 seconds

Throwing footwork to 1B (back picks, R/L handed batter)

Throwing footwork to 2B (steals and back picks, R/L handed batter)

Throwing footwork to 3B (steals and back picks, R/L handed batter)

Plays at the plate, proper body position, footwork, glove positioning

Base-running

Thinking 2 out of the box

Primary lead routine

Secondary lead (right foot coming down as ball crosses hitting zone)

Read ball angle out of pitchers hand, anticipate ball in dirt

Sliding confidence and when use different styles

Aggressive turn and how to get back to base

What to look for from pitcher on pick off move (righty and lefty pitchers)

BASEBALL DUDES

