



PRACTICE PLAN SAMPLE

TEAM NAME:	5IVE TOOL STARS	DATE:	SAT, FEB 17, 2024
LOCATION:	CLIFFRIDGE PARK - LA JOLLA	TIME:	12:00 PM - 1:30 PM (90')

TIME	DURATION	ACTIVITY / DRILL(S)	COACHES	LOCATION	EQUIPMENT
12:00PM - 12:05PM	5 MINUTES	RECAP OF PREVIOUS PRACTICE OR GAME	ALL COACHES	DUGOUT	N/A
12:05PM - 12:15PM	10 MINUTES	WARM-UP, DYNAMICS & STRETCH	ALL COACHES	FOUL LINE	CONES
12:15PM - 1:00PM	45 MINUTES (15 MINUTES EACH)	3 ROTATIONS OF STATION WORK	EACH COACH AT A STATION	3B SIDE INFIELD 1B SIDE INFIELD OUTFIELD	SEE BELOW
		STATION 1 - INFIELD - TRIANGLE DRILL SERIES	COACH JARED	3B SIDE INFIELD	CONES BALLS 2 BUCKETS FUNGO
		STATION 2 - BASE-RUNNING - HI-5 DRILL - BREAKDOWN DRILL	COACH DEREK	1B SIDE INFIELD	CONES
		STATION 3 - THROWING - TIC-TAC-THROW DRILL	COACH AYDEN	OUTFIELD RIGHT FIELD LINE	
1:00PM - 1:15PM	15 MINUTES	TEAM DEFENSE VS. TEAM OFFENSE GROUP ACTIVITY BASE-RUNNERS VS. FIELDERS	ALL COACHES	INFIELD	CONES BASEBALLS NET
1:15PM - 1:25PM	10 MINUTES	CONDITIONING (DISGUISED AS A GAME) RELAY RACE			THROW DOWN BASES
1:25PM - 1:30PM	5 MINUTES	RECAP OF PRACTICE WHAT TO WORK ON AT HOME CONFIRM NEXT PRACTICE/GAME	ALL COACHES	DUGOUT	N/A