

SAMPLE PRACTICE PLAN



Practice Time: 5:30 - 7:00

1.5 Hour

TIME	ACTIVITY	COACHES	LOCATION
5:30 - 5:35	Introduction - Rules - Expectations		Left Field Line
5:35 - 5:45	Dynamic Warm-up Throwing Progressions		Left Field Line
5:45 - 5:50	The Lion Way Classroom Lesson		Left Field Line
5:50 - 6:00	Base Running: <ul style="list-style-type: none">• Home to 1st		Infield Area
6:00 - 6:30	Station Work (10 min each) <ul style="list-style-type: none">• Groundballs• Fly Balls• Hitting - Tee		Short Stop Center Field Batting Cages
6:30 - 6:50	Situational Defense <ul style="list-style-type: none">• Force vs Tag Plays• Situations		Full Field
6:50 - 7:00	Team Building Activity <ul style="list-style-type: none">• Relay Race <i>Great way to do conditioning in a fun way where you can teach your players to pick each other up and cheer one another on</i>		Infield Area