

Majors/Minors Practice Plan Ideas

5 pm start: 15 minutes - Stretch as a group and the coach may talk to players as they stretch.

5:15 - 5:30 pm: Throwing warm-up drills and playing catch. If pitchers have bands use them.

5:30 - 5:45 pm: Practice running bases and drills to be effective on the base path. If you use signs, practice them. Majors softball you can leave the base on the release of the pitch, Minors you can leave the base when the ball reaches home plate.

5:45 - 6:15 pm: Infield fielding drills mix up different drills every practice. (Forehand, backhand, pop flies, who covers the base on which side the ball is hit. Who covers on a pop fly, who backs up the play, introduce fun games I use knockout, etc.) Make sure you include your pitchers in these drills as I see most pitchers just stand there and do not cover or cut off something.

6:15 - 6:30 pm: Outfield drills again mix up different drills every practice (how to approach a ground ball being an outfielder, pop flies right at the fielder, run to get under pop flies, how to back up other outfielders on every play, how to back up infield plays, again try to introduce fun games, etc.) Again, include your pitchers so they know if they are a cut-off or backing up a base.

At the end of every practice, I always finish with base running one more time before they leave. Hard through first base then break down quickly (look and listen for the ball). Then how to turn through first and advance to second. 3 - 4 minutes.

During the entire practice, I am having batting practice with an assistant coach or help from parents to get every player at least one round. (Batting cage, soft toss into the net, off tee, heavy balls) Use 1 or 2 players at a time and rotate them throughout the whole practice.

Another option is to warm up first and then play a live game with your team. Just rotate fielders and batters for the entire practice. This will show you places to work on as they happen or situations that happen and how to deal with them.