



DRIVELINEBASEBALL

Youth Practice Guide

Today's Practice

Throwing Games:

- 1.
- 2.

Fielding Games:

- 1.
- 2.

Hitting Games:

- 1.
- 2.

Notes:

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Principles of a Fun Baseball Practice

This Youth Practice Guide is intended to give you the information necessary to execute a fun, engaging and developmentally positive youth baseball practice from our Youth Baseball Development Certification course. What does that mean?

It starts with focusing on the Skills That Scale - swinging the bat fast, hitting the ball hard and throwing the ball hard. These are all attributes of a player that are going to help them have success now, and make it more likely that they have success as they keep playing the game. Fortunately, working on developing these attributes with our players also happens to be the funnest things to work on.

Keeping practice fun is just as important as anything else in youth baseball. Fun baseball practices keep players engaged, motivated and wanting to come back. Boring, arduous or plain old not fun baseball practices drive kids away.

If we focus on the development of the Skills That Scale, and we keep baseball practice fun as we do so, then the final thing we want to do is have a plan. This guide is intended to be used like a recipe book - take the total time you have for your practice and drop in the warm-up, drills and games of your choice to fill the time. Additionally you have a blank practice template sheet you can print, customize and hand off to your coaches, along with a Quality At Bat / Quality Pitching Appearance tracking sheet you can print, put on a clipboard and track your players in-game.

You can find more information on our Youth Baseball Development Certification at:

coaches.drivelinebaseball.com

Standard 120 Minute Practice

Dynamic Warm-Up - 10 Minutes

Throwing Block - 30 Minutes

Hitting Block - 30 Minutes

Defensive Block - 15 Minutes

Competition Block - 15 Minutes

Strength Block - 10 Minutes

90 Minute Practice Modifications

No Hitting

Dynamic Warm-Up - 10 Min

Hitting Warm-Up - 5 Min

Throwing Block - 35 Min

Defensive Block - 15 Min

Competition Block - 15 Min

Strength Block - 10 Min



No Throwing:

Dynamic Warm-Up - 10 Min

Throwing Warm-Up - 5 Min

Hitting Block - 35 Min

Defensive Block - 15 Min

Competition Block - 15 Min

Strength Block - 10 Min

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Core Throwing Drills (Hybrid Program)

Reverse Throws

10 Reps - 1 kg Green / 10 Reps - 450g Blue

Pivot Pickoffs

10 Reps - 1 kg Green / 10 Reps - 450g Blue

Roll-In Throws

10 Reps - 1 kg Blue / 10 Reps - 225g Red

Rocker Throws

1 Throw Each - Blue, Red, Yellow, Gray

Walking Wind-Ups

1 Throw Each - Blue, Red, Yellow, Gray

Ball weights can be adjusted if needed

Long Toss Catch Play

Progressive distance, sub 90% effort

1 player on foul line, 1 player into the field

Gamification: **3 The Hard Way - Partner Points**

Throws to the chest: 2 Points

Throws to the head: 3 points

Hitting Warm-Up

Medicine Ball Throws

Step Back Throws

Happy Gilmore Throws

1 set - 8 Reps each

Optional: 4 reps on each side



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Hitting Drills - Bat Speed

Barrel Load Station
Handle Load Station
Game Bat Station

4 players per station
3-4 swings per station then rotate
3 rotations per group - max 36 swings

Gamification:

Bat Sensor + Speaker: **Bat Speed Grand Prix**
No Tech + Net: **Over & Under**
+ 1 pt over the net midline
-1 pt under the net midline

Hitting Drills - Bat Speed

Shortbox
Scaling with decreased distance
Lv 1: 40 feet
Lv 2: 36 feet
Lv 3: 32 feet
Rounds of 6-8 pitches

Gamification: **Hard To Kill**

Change based on scale of distance
Lv 1: 3pts hard hit in the air, -1 grounders
Lv 2: 4pts hard hit in the air, -1 weak contact
Lv 3: 4pts hard contact, -1 weak contact

Hitting Drills - Variability

Angled Front Flips or Angled Over-Hand

4 players per station
6-8 swings per station then rotate
3 rotations per group
Setup: Angled to 1st or 3rd base side

Gamification: **Line to Line**

2 pitches hit pull side
2 pitches hit oppo side
2 pitches hit middle
1 pt for each, 6 points total per round

Hitting Drills - Patterns

Hard Hit Balls In The Air

Gamification:

Don't Hurt The Puppies

Imagine the infield filled with puppies
Rounds of 6-8 pitches
-1 pt for ground balls
0 pts for soft contact
2 pts for hard contact in the air

Can be combined with angled
front toss of shortbox



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Hitting Drills - Patterns

Hard Hit Balls In The Air

Gamification:

Reverse Home Run Derby

Lv 1 - Centerfield - 3-4 pitches

Lv 2 - 2nd Base - 5-6 pitches

Lv 3 - Pitcher's Mound - 7-8 pitches

Lv 4 - Home Plate - 8-10 pitches

Setup: Front flips, Angled soft toss, Front toss

Don't overthink it - keep it simple and fun

Competition - Live AB's

Structure = All defensive positions filled, 1 hitter at the plate, 2 in waiting

Recommendation = Switch players defensively every 3 batters,

Pitcher goes to 1st, all other players shift to the right, 3B to LF, RF comes in as a hitter

Walks = Player gets a "freebie" - ideally a grooved pitch down the middle.

Batter is not required to swing at every pitch, but only gets 1 freebie swing total

Strength Lv 1

Core Static:

High Plank

3 x 20 Second Hold

Lower-Body Bilateral:

Air Squat

3 sets x 10 reps

Upper-Body Push:

Push-Ups

3 sets x 10 reps

Lower-Body Lateral:

Lateral Step-Up

3 sets x 10 reps each leg

Upper-Body Pull:

Pull-Ups

3 sets x 10 (or less) reps

Lower-Body Universal:

Step-Ups

3 sets x 10 reps each leg

Strength Lv 2

Core Static:

High Plank

3 x 20 Second Hold

Upper-Body Push:

Push-Ups

3 sets x Increasing reps w/ good form

Upper-Body Pull:

Pull-Ups

3 sets x Increasing reps w/ good form

Lower-Body Bilateral:

Goblet Squat

3 sets x 10 reps

Lower-Body Lateral:

KB Lateral Lunge

3 sets x 10 reps each leg

Lower-Body Universal:

KB Forward Lunge

3 sets x 10 reps each leg



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Youth Quality At Bat / Quality Pitching Appearance Tracking Sheet

QAB's

75t

2nd

3rd

4th

5th

6th

One Point Per:

7. Hard Hit Ball

2. Hard Hit Ball In The Air

3. Walk

4. 4+ Pitch AB w/o K

5.5+ Pitch AB

6. Base Hit

7. HBP

8. Move Runner w/ 0 Outs

9. Score Runner

QPA'S

7-9

70-78

79-27

28-36

37-45

46-53

54-63

SVM

FOB

BinP