

Majors Practice Plan

- Make sure you ask people to help you.
- The more people that help, the better off your team will be.
- You will need as many tees, nets, buckets, and baseballs you can get your hands on!

1st Practice: All players paired up throwing short with partner along outfield line

- A) Introductions whole team – players and coaches
- B) Set expectations with players – respect fellow players/opponents/coaches/parents
- C) Head coach meet with parents to set expectation level for games/practices - communication
- C) Assistants split players into groups for stations – warm up/stretch/jog
- D) Infield Group – ground balls from plate to SS/2B – throws to 1B – bucket at 1B
- D) Outfield Group – work on catching the ball highest point – add cutoff – no basket catch
- D) Pitching group – assistant coach and one pitcher rotating with outfield group
- E) All groups move every 15 minutes – drinks in between if needed
- F) Work on base running – home to 1b – home to 2b with coach signals – rounding bag
- G) Review bench conduct and how to run on and off the field and be positive
- H) Review basic rules – tagging vs force play – foul ball vs fair

2nd Practice: All players paired up throwing short with partner along outfield line

- A) Hitting expectations and Signs
- B) Set expectations with players for paying attention and receiving the signs
- C) Hitting groups – tee work into the side of the cage net – rotate to cage
- C) Hitting group – live inside cage – rotate to bunt
- C) Hitting group – bunting station – bat above ball – bunt to 1b/3b side – rotate to tee
- D) Infield Group – ground balls from plate to SS/2B – throws to 1B – work on 1B scoops
Work on double play exchange – coverage of the bag on hit and throws
- D) Outfield Group – work on catching the ball highest point – work on running after ball
Review backing up each outfielder and each infielder – work on drop step
- D) Pitching group – assistant coach and one pitcher rotating with outfield group
- E) Work in hitters into outfield group
- F) Work on base running – home to 2b and 2b to home with coach signals
- G) Work on how to tag low and how to cover bags for force plays and tags
- H) DO NOT HAVE ONE KID HIT WHILE WHOLE TEAM IS IN THE FIELD

3rd Practice: All players paired up throwing short with partner along outfield line

- A) Catcher expectations and Signs – catcher calls all plays
- B) Work on whole field rotations while catchers throw to bases – backups etc.
- C) Hitting groups – tee work into the side of the cage net – rotate to cage
- C) Hitting group – live inside cage – rotate to bunt
- C) Hitting group – bunting station – bat above ball – bunt to 1b/3b side – rotate to tee
- D) Infield Group – ground balls and fly balls
- D) Outfield Group – work on catching the ball highest point
- D) Catching Group – work on blocking and receiving the ball – review dropped third strikes
- E) Work in hitters into outfield group
- F) Work on base running – home to 2b and 2b to home with coach signals
- F) Work on base running for infield fly/when to run on line drive and on dropped third strike
- G) Work on stealing – when to steal – how to steal – secondary leads – stealing home
- H) Work on run downs – base coverages

4th Practice: All players paired up throwing short with partner along outfield line

- A) Pitching expectations and Signs – types of pitches – throw strikes
- B) Work on pickoffs with actual runners
- B) Work on coverage of bases on bunts, hits, and plays at home for pitcher
- C) Hitting groups – tee work into the side of the cage net – rotate to cage
- C) Hitting group – live inside cage – rotate to bunt
- C) Hitting group – bunting station – bat above ball – bunt to 1b/3b side – rotate to tee
- D) Infield Group – ground balls from plate to 3B and 1B – no throws
- D) Outfield Group – work on fielding ground balls – last line of defense
- D) Pitching Group – use all three mounds – three pitchers to three parents – rotate them
- E) Work in hitters into outfield group
- F) If time, end with sliding – use hills and bring cardboard – make sure they slide on grass first before on the dirt. Cleats off and toes up. If you don't get this in now, do next practice.
- G) Review bench conduct again and that everyone has something to do even when on bench. Before each inning starts, whomever is on the bench should backup 1B, backup 3B, and play catch with left fielder if home team and right fielder if away team.

This is not an end all to be all list. Just an example of items to work on. Practice 5 should be like #1, 6 like #2 etc.

- You may have to work a lot on proper throwing form, or the way to field, or how to hit, pitch etc.
- If you need help running a practice and I am free, please ask!

At no time should anyone have a scrimmage with another team or do an inter-squad scrimmage. There are plenty of games during the year and there are a lot of things to work on in preseason and in-season practice.