



## *Building Better Baseball*

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# **FINISH THE SEASON STRONG**

## **(WITHOUT REPEATING THE SAME PRACTICES)**

*A simple guide for Volunteer Youth Baseball Coaches*

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### **If your practices are starting to feel repetitive... you're not alone**

This happens every season.

By this point, most coaches feel like:

- “We’ve already done all the drills”
- “Practice feels the same every time”
- “The kids are getting bored”

That doesn’t mean you need to reinvent everything.

- It just means you need to **refresh how you’re using what you already have**
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### **The goal right now is not:**

- new drills every practice
- more complexity
- completely different plans

The goal is:

**Keep structure the same – just change how you use it**

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### **3 things coaches overcomplicate this time of year**

- **Trying to come up with brand new drills every practice**
    - No need for new drills – just new ways to use the same ones.
  - **Changing everything just to “keep it fresh”**
    - When everything changes, nothing feels consistent.
  - **Doing more instead of doing things differently**
    - More drills won’t solve repetition - better use of time does.
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### **A simple way to refresh your practices (without starting over)**

When I’m coaching at the end of the season, I don’t change my structure.

I change how I run each part.

For example:

#### **1. Warm-Up + Add competition**

Instead of:

- casual throwing

Try:

- partner challenges
- accuracy competitions
- “first to X reps wins”

**Result:** Same activity - more engagement

## 2. Skill Work + Add constraints

Instead of:

- normal reps

Try:

- “only backhand catches”
- “hit to opposite field”
- “throw and move your feet before releasing”

**Result:** Same skill - new focus

## 3. Stations + Add purpose

Instead of:

- rotating through drills

Try:

- giving each station a goal
- tracking successful reps
- adding simple scoring (point system)

**Result:** Same setup — clearer intention

## 4. Games + Make everything a game

Instead of:

- drills at the end

Turn anything into:

- a team competition
- a race
- a point system

This is the easiest way to refresh practice

## 5. Scrimmage → Add challenges

Instead of:

- just playing

Add:

- bonus runs for hustle plays
- points for communication
- rewards for doing things correctly

**Result:** Same game — more focus

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### 3 simple ways to make ANY practice feel new

You don't need new content - just use these:

#### 1. Change the pace

- faster transitions
- shorter reps
- more movement

#### 2. Change the focus

- same drill, different emphasis
- one small adjustment

#### 3. Change the format

- individual to team
- reps to competition
- drill to game

*That's how you create variety without chaos*

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## **A simple late-season practice structure (keep this the same)**

Even when things feel repetitive:

### **Do not change your structure**

**1. Warm-Up (5 - 10 min)**

Get them moving quickly

**2. Skill Focus (10 - 15 min)**

One skill, 2 - 3 simple cues

**3. Stations (15 - 20 min)**

Small groups, lots of reps

**4. Game-Based Activity (10 - 15 min)**

Turn skills into competition

**5. Scrimmage / Team Game (10 - 20 min)**

Let them play

Change the content - not the flow

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## **Keep this in mind as you finish the season**

You don't need:

- more drills
- more ideas
- more complexity

You need:

- small adjustments
  - better energy
  - simple changes
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If your players:

- are moving
- are engaged
- are competing

You're doing it right

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### **If you want a full season of ideas (without running out)**

What I shared here is how I keep practices fresh at the end of a season.

If you're looking for something that walks through the entire season - including how to structure practices, what to focus on, and how to keep things from feeling repetitive week-to-week - that's exactly what I've built out inside my season-ready coaching system.

But for now:

- Keep your structure
- Make small changes
- Finish strong

Coach Hart

Building Better Baseball

Simple systems for volunteer coaches