



Baseball Coaching Accelerator

THE SIMPLE YOUTH BASEBALL PRACTICE PLAN

A clear, step-by-step structure coaches can use right away

THE PROBLEM

Most youth baseball practices feel a little chaotic.

Coaches often:

- aren't sure what to focus on
 - jump from drill to drill
 - spend too much time explaining
 - struggle to keep players engaged
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THE SIMPLE SOLUTION

Instead of overthinking it, use a consistent structure every practice.

This keeps things organized, efficient, and predictable for players

THE 5-PART PRACTICE FLOW

1. Warm-Up (10 min)

- light throwing
 - movement prep
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2. Skill Work (15–20 min)

- focus on ONE skill
 - keep instruction short
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3. Stations / Reps (20–25 min)

- small groups
 - maximize reps
 - keep players moving
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4. Competition / Game (10–15 min)

- make it fun
 - apply what they learned
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5. Quick Wrap-Up (2–3 min)

- reinforce one key takeaway
 - keep it simple
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EXAMPLE PRACTICE

Theme: Throwing & Catching

- Warm-Up → partner throws
 - Skill → proper throwing mechanics
 - Stations → target throws, ground balls, catch drills
 - Game → accuracy competition
 - Wrap-Up → “one cue” reminder
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3 SIMPLE COACHING RULES

- Keep explanations under 30 seconds
 - Focus on ONE teaching point at a time
 - Keep players moving as much as possible
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Note for League Leaders:

Some leagues choose to use a consistent structure like this across all teams to create a more organized and consistent experience for coaches, players, and families.

Most start by simply sharing resources like this with their coaches.

If you found this helpful, there are additional resources available that build on this structure.

Building Better Baseball
Simple systems for youth coaches