



Foresthill Divide Little League (FDLL) Practice Plan Template

Farm

Practice for these divisions should range from 60 – 90 minutes. Scale the durations of the activities below shorter or longer as needed to fill your practice time. Kids lose interest or focus when not actively participating in a drill. Keep instruction brief and reinforce with active drills.

1. Team Warmup (15 minutes)

Playing Catch (8 minutes)

2. Team Stations (8 minutes each station + 2 minutes rotation; 30 minutes for all three stations)

Break the team up into three groups. Each group will begin at a different station. Each station should focus on different fundamentals of the game. Pick from one of the suggested drills or use your own.

Station #1 (e.g., Throwing)	Station #2 (e.g., Catching, Fielding)	Station #3 (e.g., Hitting, Baserunning)
<ul style="list-style-type: none">• 4-seam baseball grip• Ready-Break-Throw• Throwing at a target (e.g., hoop on the fence or a helmet on a tee)• Fielding a grounder and throwing to appropriate base	<ul style="list-style-type: none">• Ready position to field a ball• Bare-handed catching to develop eye-hand coordination• Fielding grounder in rhythm to make a good throw (right-left-catch; right-left-throw)• Fielding fly balls	<ul style="list-style-type: none">• Hitting from the tee to work mechanics• Hitting soft toss• Sliding feet first• Running through first base• Rounding first base• Picking up the third-base coach when running

3. Team Drill and/or game (10-30 minutes)

Play a team game that introduces competition and reinforces the fundamentals the kids are learning.

Example team drills include:

- Simulate game situations with base runners and defense
 - Drill on where fielders should try to get the out
 - Drill on where cutoff throws should be made
 - Drill on how to backup teammates

Example team games include:

- Soft wiffle ball dodge ball
- Mini scrimmage; divide your team into two groups and play a one-inning game
- Coach tag
- Knockout