



Foresthill Divide Little League (FDLL) Practice Plan Template

Minor AA, Minor AAA, and Majors

Practice for these divisions should range from 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., Infield)	Station #2 (e.g., Outfield)	Station #3 (e.g., Hitting)
<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 footwork to make good throw after the catch	<ul style="list-style-type: none">• Bare-handed catching to develop eye-hand coordination• Fielding fly balls• Fielding line drives on hop (do or die)• Crow-hop to make long throw in to infield	<ul style="list-style-type: none">• Hitting from the tee to work mechanics into fence or batting net• Hitting soft toss into fence or batting net• Sliding feet first• Running through first base• Rounding first base• Picking up the third-base coach when running

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

Play a team game that introduces competition and reinforces the fundamentals the kids are learning. While the majority of the team is working on the group drill, pull out one pitcher and catcher and have them throw a 20-30 pitch bullpen.

Example situational 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
- 18 outs

Example team games include:

- Backwards baseball
- Mini scrimmage; divide your team into two groups and play a one-inning game
- Knockout