**Sample Practice Plan - (Guideline Only)**

**10 min:** Warm Up, outfield jog, series of sprints, stretching routine (Review practice plan during the team stretch).

**15 min:** Throwing Fundamentals: In partners from A Knee, Feet Planted, Point and Step then work in Long Toss

**60 min** - Concurrent Stations 15 min each: (3 to 4 players per station)

• Tee work or soft toss - use net or fences/backstops if necessary

• Ground Ball / Throwing station – using the infield

• Fly ball / Throwing Station – using the outfield

• Pitching / Bullpen Station – using foul territory or part of the outfield

**10 min:** Base Running - Practice running singles, doubles, triples, scoring from 2nd and 3rd ground ball vs pop fly situations while on base, consider # of outs as well.

**15 min:** Play a mini 2-inning game of six on six. Everybody hits then switch (all players to wear helmets… will speed up the game. Use this as coaching opportunities for game situations.

**10 min:** Cool down (outfield jog) and practice debrief / Player Q&A

***\*\*\* Use this framework as a guideline and customize practices to fit your needs. \*\*\****