Youth Baseball

Practice Plan

Type: *Team*	**Date:** April 15, 2015	**Time:** 5:30 pm	**Location:** *City Field*
Goals:	*Introductions, Team sheets handed out, parent meeting, Throwing/Catching Breakdown, Swings off tees*		
Announcements:	First game time has been changed; etc.		
Field Set up/Equipment:	"cones" in LF; Tees on warning track dirt; baseballs, tennis balls, tees, 4 bats; 2x6 board		

Time	Drill		Drill Descriptions & Goals
5:30	Introductions		Players meet coaches, coaches meet players & players meet players
			Favorite color and food
5:40	Warm up		1. Rolls (5); 2. Toss/Catch Slides (5); 3. Follow the Leader around the bases (coach is the leader - copy the person in front of you)
5:50	Throwing Instruction		1. Wearing your glove; 2. Holding the ball; 3. Moving your feet; 4. Controling the glove; 5. Throwing the ball
5:55	Throwing		1. Long Lever; 2. Feet in place; 3. From the butt; 4. Slide the feet; 5. Rolls and Pop-ups with throwing
6:10	Drill work Stations Offense	5 mins each	1. Long Tee with partner (5 swings & switch; partner fields the balls) 2. Dry swings on 2x6 board (swing hard) (5 swings & switch with partner) 3. Hitting in cage with a coach short tossing
6:30	Drill Stations Defense		1. Tennis ball flys (1 player at a time, using gloves) 2. Catching (1 player at a time, wear catcher's mask, in squat, catch balls from the OF's taking fly balls) 3. Tennis ball grounders (shorter distance and using gloves)
6:45	Parent/Team meeting		1. Hand out roster; 2. Drinks/Snacks after games?; 3. Next three practices; 4. Coaches expectations; 5. Anyone want to help. 6. Complete 3x5 cards.

Youth Baseball

Practice Plan

Type: *Team*	**Date:** April 16, 2015	**Time:** 5:30 pm	**Location:** *City Field*

Goals:

Announcements:

Field Set up/Equipment:

Time	Drill	Drill Descriptions & Goals

Youth Baseball

Practice Plan

Type: *Team*	**Date:** April 17, 2015	**Time:** 5:30 pm	**Location:** *City Field*

Goals:

Announcements:

Field Set up/Equipment:

Time	Drill	Drill Descriptions & Goals

Youth Baseball

Practice Plan

Type: *Team*	**Date:** April 18, 2015	**Time:** 5:30 pm	**Location:** *City Field*

Goals:

Announcements:

Field Set up/Equipment:

Time	Drill	Drill Descriptions & Goals