

Istrouma Sports  
Baseball/Softball Practice Plan #3

Date- 05/10/21 – 05/15/21

Period	Time	Coaching Segment	
Pre-Practice	Before	Study practice plans	<u>Adjust plans to appropriate age groups-</u> Maximize participation- Everyone should be working.
Pre-Practice	10 min. before	Coaches pick up equipment and take to your field. You will need help. Please return equipment if no one is practicing on the field after you.	Have something to do for players who are there early
1	:00	Team Meeting	Go over redemptive quality and Verse for the week. Go over expectations for practice.
2	:05	Warm Up	Dynamic stretching: We are trying to warm players bodies up 1 degree
3	:10	Throwing	Partner up (Coaches of younger ages should not partner the players for throwing yet, have them throw to you) and line up on foul line in the outfield for throwing. We do not throw in the infield. <ul style="list-style-type: none"> <li>• Knee drill- 30 ft.</li> <li>• Standing/rocker drill- 45 ft.</li> <li>• Step behinds- 60 ft.</li> <li>• Shuffle- 75 ft.</li> <li>• Shuffle – 90 ft.</li> <li>• Shuffle- 120 ft.</li> </ul>
4	:30	Offensive Practice  Boys 7u and 5u and Girls 8u and 5u can stop hitting after 15 minutes and work on infield and outfield work listed in the 1hr time slot for the remainder of practice.	Everyone needs to wear a helmet inside the cage: <b>NO CLEATS IN THE CAGE:</b> Have something for players to do who are not hitting inside of the cage. For age groups who do not have a batting cage, you can do these activities on the fields. <ul style="list-style-type: none"> <li>• Hitting off of a tee</li> <li>• Under hand soft toss with whiffle balls</li> <li>• Underhand soft toss with baseballs</li> <li>• Over hand throwing (behind the L screen)</li> </ul>

5	1:00	<p>Infield work/ outfield work</p> <p>Boys 7u and 5u and Girls 8u and 5u start closing practice. Pick-up equipment and bring back to concession stand if there is no practice after you.</p>	<p>Split players into groups; one group in the outfield working on catching fly balls the other in the infield working on ground balls and throwing to first base. Maximize participation. Discuss situational baseball/softball to player know where to go with the ball.</p> <p>For age groups that pitch pull one player at a time to work on pitching.</p>
6	1:15	<p>Boys 9u and Girls 14u and 11u start closing practice. Pick-up equipment and bring back to concession stand if there is no practice after you.</p>	<p>Boys 14u and 11u keep practicing</p>
7	1:30	<p>Pick everything up and close practice</p>	<ul style="list-style-type: none"> <li>• Pick-up equipment and bring back to concession stand if there is no practice after you</li> </ul>