

9U-11U NMBA

Practice Plan #2

TOPIC COVERED: Hitting

MISSION: Relay the proper technique for stance, swing

Time: 1hr 45min (Modify depending on your time frame.)

5 min - Roll Call/Overview

15 min - Warm Up & Stretch

40 min - Drills

10min 1. Set up and Approach (toe touch and swing)

<BREAK INTO GROUPS>

10min 2. Hitting off the tee

10min 3. Soft Toss

10min 4. Live Batting

35 min - Game (scrimmage, defensive, offensive, Scrub)

5 min - Clean up

5 min - Review and Release