

## **13u Practice Plan A**

### **1 (2) Coaches**

**Objective-** Get to know different players positions. Find out who wants to pitch and who are your catchers. Also, some hitting to get an understanding of their swings.

**1hr15min**

### **Warm up/Stretch/Plyometrics (10min)**

**Catch (20min)**

**Water (5min)**

**Drill 1 (20min)**

**Drill 2 (20min)**

### **Warm up & Stretch (10min)**

- Quick run as a team.
- Very quick stretch as a team.
- Stretch from the ground up.

### **Plyos**

- High knees, Butt Kickers, Shuffle, Karaoke, Two Foot Hops.
- These can be changed or done differently. (Find something that works for your team and stick with it, make it a routine.

### **Catch (20min)**

- Play catch as a team in partners down the baseline.
- Slowly backing up, working on accurate throws.

### **Drill 1 (20min) Ground balls, Fly balls.**

- Split up the team in two groups, Infield and outfield. (two coaches, have outfield coach go into right or left field)
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- Infield group, coach is rolling or lightly hitting balls from behind the mound.
- Set players up at shortstop and or second base. ( Depending on how big your group is)
- Players don't need to throw balls at the beginning. Have them fill a bucket behind them
- Working on fielding the ball in front of the body in a sitting upright position.
- Progress to throwing the ball to first base.
- Outfield group, coach throws or hits fly balls and ground balls to players from a proper distance.
- Working on catching the ball over their cap in the air, and if the ball is on the ground fielding it on the glove side of their bodies.

### **Drill 2 (20min) Hitting Whiffs**

- Hit wiffle balls into the field from the foul line.

- Set up partner groups, (as many as the amount of wiffle balls let you) teammates are soft tossing to each other. One on a knee feeding and another hitting
- Have groups in the field collecting balls.
- If players are wrecking the grass, move every once in a while.
- Players get 10 swings each and rotate through.

## **11u Practice Plan B**

**1 (2) Coach**

**Objective-** BP, get as many quality swings as possible.

**1hr15min**

**Warm up/Stretch (5min)**

**Catch (20 min)**

**Water (5min)**

**BP (45min)**

**Warm up & Stretch (5min)**

- Quick run as a team.
- Very quick stretch as a team.
- Stretch from the ground up.

**Catch (20min)**

- Partner up and spread the team down the foul line.
- Start on a Knee 10 throws, Stand up and step back to throw without stepping. Then progress into throwing and stepping while moving your lower body.
- Safely back up and progress into about 50 ft. Throw as long as their arms are comfortable.

**BP Batting Practice (45min)**

**Objective-** Give each player as many swings as possible. Make sure players are aware of what groups there are in, who they swing after and what the rotation is. Batting practice is all about time management.

- Set up Batting Practice. ( Coach throwing on a rubber matt)
- Coach pitch. (If not L screen, set up soft toss batting practice)
- Group up your team. Each player 6-8 pitches, two rounds and repeat.
- If 2 coaches practice, another coach sets up players in correct positions, and hits balls in between pitches to infielders. (Or helping organize the players)
- Group up your team so two groups are shagging balls in the outfield. (Bring an empty bucket for someone to collect baseballs)

## **11u Practice Plan C**

### **1 (2) Coaches**

**Objective-** Positioning.

**1hr15min**

**Warm up/Stretch (5min)**

**Catch (15min)**

**Water (5min)**

**Drill 1- Infield Outfield (45min)**

**Warm up & Stretch (5min)**

- Quick run as a team.
- Very quick stretch as a team.
- Stretch from the ground up.

**Catch (15min)**

- Play catch as a team in partners down the baseline.
- Slowly backing up, working on accurate throws.

**Water Break. (5min)**

**Drill 1 Infield Outfield (45min)**

**Objective-** Teach players where to go with the ball (with cut offs). Give players some reps with ground balls and fly balls.

Once the infield outfield is done if time, set players back up in positions and go through random gamelike plays.

- Set players in positions (with catcher).
- Hit balls to each player starting with the outfield.
- Each outfield throws 2 balls to second base. Then two balls to third base. Then Home plate.
- After the outfield throws two balls to each position, have them come into the infield at different positions.
- Hit or roll ground balls to infielders throwing to first base.
- Then switch it to 2nd base for double plays.
- Finish off with a slow roller to home.

### **Examples of positioning.**

Play to 2nd base, ball hit to the outfield.

- Hit to left field- Shortstop cut. 2nd base on bag.
- Hit to center field- Shortstop cut. 2nd base on bag.
- Hit to right field- 2nd base cut. Shortstop on bag.

Play to 3rd base, ball hit to outfield.

- Short stop is always the cut. 2nd base on bag.

Play Home from outfield.

- Hit to left field, 3rd base is cut.
- Hit to center field, 1st base is cut.
- Hit to right field, 1st base is cut.

## **11u Practice Plan D**

### **1 (2) Coaches**

**Objective-** Game. Team will scrimmage, going over anything as seen by the coach.

**1hr15min**

**Warm up/Stretch (10min)**

**Catch (15min)**

**Water (5min)**

**Game (45min)**

### **Warm up & Stretch (10min)**

- Quick run as a team.
- Very quick stretch as a team.
- Stretch from the ground up.

### **Catch (15min)**

- Play catch as a team in partners down the baseline.
- Slowly backing up, working on accurate throws.

### **Game (45min)**

**Objective-** Choose whether you're going to pitch your pitchers or not. If so, organize a catcher and switch each pitcher so they throw 1 inning each. If not using live pitchers, set up the coach for front toss or side toss (Or pitch to the kids yourself). Get the players to hit and run out live, while the defense makes the plays. Switch players in different positions.

- To speed up the inning a good tool is to start the count at 2-1, and with 1 out.
- There does not need to be two teams, as long as players get a couple at bats each and get to play multiple positions.
- Have fun and be safe.

## **11u Practice Plan E**

### **1 (2) Coaches**

**Objective-** Sliding and Baserunning.

**1hr15min**

**Warm up/Stretch (15min)**

**Catch (15min)**

**Water (5min)**

**Drill 1 (20min)**

**Drill 2 (20min)**

**Warm up & Stretch (15min)**

- Quick run as a team.
- Very quick stretch as a team.
- Stretch from the ground up.

**Catch (15min)**

- Play catch as a team in partners down the baseline.
- Slowly backing up, working on accurate throws.

**Water (5min)**

**Drill 1 Sliding (20min)**

**Objective-** Safely teach players how to slide. When to slide and what to do with their hands, ensure players aren't sliding too late or too early from the bag. Proper mechanics when sliding will avoid injury. No headfirst slides.

- Set up anywhere on the grass (or on the dirt) the players can slide into.
- Players run towards the bag and slide feet first to the bag.
- Slide with dominant foot directly at the bag with the other leg tucked underneath the knee.
- Keep hands in the air when sliding (players can hold batting gloves and throw them into while sliding to practice not dragging hands on ground)
- Work on "hook slide. Slide to each side of the bag and use your arm to grab the inside or outside of the bag.

**Drill 2 Baserunning (20min)**

**Objective-** Go through players going to each base. Start everyone at the plate and have the run to each bag x2.

- **First base.** Players run directly through bag without letting up. Do not lunge at the bag.
- Three of four steps after hitting first base players need to break down their feet while **looking over their right shoulder\*** to see an overthrow or error.

- Peel off to the right, do not go into fairground after running through first.
- **Second base.** Players should start rounding 1st base on their way to second. If possible try to hit first base on the inside of the bag with their outside foot.
- The larger the turn the longer the run. Try to round quick and fast.
- Slide safely into second base!
- **Third base.** Coach needs to be at third base relaying to players whether to go to third or not.
- Before players touch second base on their way to third, they need to look at the coach for the signal.
- Coach be very loud and obvious with your signals.
- If the coach relays to come to third, players must slide into third with a hook slide.



## **11u Practice Plan F**

### **1 (2) Coaches**

**Objective-** Pitching and outfield drills.

**1hr15min**

**Warm up/Stretch (10min)**

**Catch (20min)**

**Water (5min)**

**Drill 1 (20min)**

**Drill 2 (20min)**

**Warm up & Stretch (10min)**

- Quick run as a team.
- Very quick stretch as a team.
- Stretch from the ground up.

**Catch (20min)**

- Play catch as a team in partners down the baseline.
- Slowly backing up, working on accurate throws.

**Drill 1 (20min) Pitching**

**Objective-** Throwing strikes is the most important part of pitching.

- Use a catcher if you have one. (with gear) If no catchers, pitch flatground to each other..
- Work on hitting spots. Throw changeups. (not curveballs)
- Practice full windup mechanics.

**Drill 2 (20min) Hit the bucket**

- Set players up in the outfield and set a bucket or two at the plate area.
- Hit fly balls and ground balls to the outfielders.
- Work on trying to hit the bucket on a hop.
- Move players around for different distances of throws.

## **11u Practice Plan G**

### **1 (2) Coaches**

**Objective-** Situational Practice.

**1hr15min**

**Warm up/Stretch (10min)**

**Catch (20min)**

**Water (5min)**

**Drill 1 (20min)**

**Drill 2 (20min)**

**Warm up & Stretch (10min)**

- Quick run as a team.
- Very quick stretch as a team.
- Stretch from the ground up.

**Catch (20min)**

- Play catch as a team in partners down the baseline.
- Slowly backing up, working on accurate throws.

**Drill 1 (20min) Live off a T**

- (If no T just use front or side toss)
- Set the team up in their positions and place a couple hitters at the plate. (like BP)
- Players should get 2-3 hits off of a T and then they run out the last hit while the defense is making the plays.
- Keep base runners on the field and play out different scenarios as they come.

**Drill 2 (20min) 21 outs**

- Set up a team in the field with every position being filled.
- Coach hits balls at random to players.
- Team needs to record 21 outs in a row in order to finish.
- An error or throwing error counts as going back to 0 outs.
- Communicate between your players ensuring they know the situation.

## **11u Practice Plan H**

### **1 (2) Coaches**

**Objective-** Communication

**1hr15min**

**Warm up/Stretch (15min)**

**Catch (20min)**

**Water (5min)**

**Drill 1 (20min)**

**Drill 2 (20min)**

**Warm up & Stretch (15min)**

- Quick run as a team.
- Very quick stretch as a team.
- Stretch from the ground up.

**Catch (20min)**

- Play catch as a team in partners down the baseline.
- Slowly backing up, working on accurate throws.

**Drill 1 (20min) Black hole talk**

- Set two outfielders in spots. (center and left, or center and right)
- Place middle infielders in position.
- Throw or hit balls in between players.
- Players need to communicate by yelling "ball or I got it!"
- Outfield can call off infield.
- Center field is in charge in the outfield, short stop in the infield.

**Drill 2 (20min) Relay home**

**Objective-** knowing the difference between, Relay, or not.

- Set up outfielders in left field
- Put also a group in the infield at 3rd base.
- Last group will be at the plate (catchers)
- Hit balls to outfielders. Once they make a play they are throwing it to the infielders as a cut off man
- The catching group is to yell relay or not,
- If the catcher yells relay, the infielders must cut the ball home.
- If the catcher says nothing, infielders leave the ball to bounce home.

## **11u Practice Plan I**

### **1 (2) Coaches**

**Objective-** Reps in the infield.

**1hr15min**

**Warm up/Stretch (10min)**

**Catch (20min)**

**Water (5min)**

**Drill 1 (20min)**

**Drill 2 (20min)**

### **Warm up & Stretch (10min)**

- Quick run as a team.
- Very quick stretch as a team.
- Stretch from the ground up.

### **Catch (20min)**

- Play catch as a team in partners down the baseline.
- Slowly backing up, working on accurate throws.

### **Drill 1 (20min) Flat Grounders**

**Objective-** Players need to be light on their feet. This drill will make them move.

- Put players in positions in the infield.
- Lay them flat on their stomachs.
- Coach hits balls from the plate.
- The moment the ball is hit, that's when players jump on their feet to field the ball.
- Move players around. Build up to them diving for the ball.
- Throw to 1st. ( they don't need to throw if you don't have a 1st basemen)

### **Drill 2 (20min) Pickle**

**Objective-** Teach how to peel off after throwing the baseball. Everyone in the infield gets involved in a pickle. Do not fake throw as an infielder, hold the ball with a steady wrist and throw over the baserunner.

- Set up two groups. One in the infield, one with helmets baserunning.
- Have a player start in the middle and get caught in a rundown.
- After a player throws the ball they must peel to the side to allow another player to receive the next throw.
- After the infielder throws the ball, move away from the baseline.
- Baserunner, is watching the ball at all times and doing whatever they can to be safe.

## **11u Practice Plan J**

### **1 (2) Coaches**

**Objective-** Hitting drills.

**1hr15min**

**Warm up/Stretch (10min)**

**Catch (20min)**

**Water (5min)**

**Drill 1 (20min)**

**Drill 2 (20min)**

**Warm up & Stretch (10min)**

- Quick run as a team.
- Very quick stretch as a team.
- Stretch from the ground up.

**Catch (20min)**

- Play catch as a team in partners down the baseline.
- Slowly backing up, working on accurate throws.

**Drill 1 (20min) Front toss.**

**Objective-** Working on getting plenty of swings as well as teaching the feeder how to toss properly. It is just very important to teach how to give soft toss or front toss for a teammate.

- Group your team up and split them up and set them so there is two or more rubber plates.
- Hit, without swinging on the grass out into the field with wiffle balls or tennis balls.
- Have a group in the field collecting the balls.
- 6-8 swings each and switch.

**Drill 2 (20min to end) Stickball game.**

**Objective-** this is a backyard mini baseball game that gets kids better without them really knowing.

- Stickball is a mini baseball game played with 4-5 a team.
- Split team up to set up multiple games in the outfield.
- Create basepaths with rubber bags or hats.
- Force at any bag and you start with a 2-1 count and 1 out every inning.
- Set the field up in the outfield so you can hit home runs using the outfield fence.
- No gloves and pitchers need to throw at a hitable speed.