



Baseball Team Practice Plan

Every practice should be centered around teaching skills, skill development & controlled scrimmage play. Very similar to our ASP programming day card: Warm Up, Skill, Drill, and Games. Organize your practices each week to have a rhythm so players know what to expect and will stay engaged. The below is a sample format to use and create your own plans.

90min Practice Plan Template

Warm Up (5min) - Emphasis on preparing the player both physically and mentally for the training session. General motor ability (i.e.) balance, coordination, and flexibility) should also be enhanced. All of the above should be followed by stretching of the various parts of the body. Young players don't need stretching, but it's a good habit for them to begin early.

No Whistle Play (5-10min) – The purpose of this segment is to get players playing right away at practice. This can be full on scrimmage play or mini situational game play. Objective is to let players “play”, while coaches evaluate what skills/strategy might need work or re-worked on.

Skill Station Work – (20min) – Using OTA's curriculum and other online resources your program should be teaching the fundamental skills of soccer every week. Footwork, Throwing, Catching, Grip, Hitting, Defense, Base Running, Field Positions, etc.

Water Break – (5min) *As needed

Baseball Skill Games – (20min) - These games will challenge the player to improve a variety of the needed skills, but in a fun filled method different than a drill-based skill exercise. It also gives the players the opportunity to touch the ball more often.

Water Break – (5min) *As needed

Skill Station Work – (20min) – Using OTA's curriculum and other online resources your program should be teaching the fundamental skills of soccer every week. Footwork, Throwing, Catching, Grip, Hitting, Defense, Base Running, Field Positions, etc.

Short Inning Baseball Game/ Controlled Play – (30min) – Separate players into teams. Younger the players, shorter the game – 2-3 inning game. Give every player a chance to have an at-bat. Adjust defensive rules for making “outs” to speed up games and bridge the gap for players not having the hand-eye coordination yet. Example: 3 ways to make an out: (1) “throw out” – traditional throw w/catch to base, (2) “catch out” – traditional catch of any ball hit in air, and (3) “cross out” – fielding player can throw the ball in-between the runner & base as a “throw out”; this eliminates having a baseman catching the ball.

Sample Practice Plans & Weekly Agenda – Go to Example Practice Plans

Overtime Athletics has included sample practice plans and weekly agendas from national youth organizations such as Little League. These are great public resources to tap into for ideas, new skills, games, etc. We encourage Coaches to use both our in-house curriculum with any additional resources out there.