



# Coaching Guide – Sample Practice Plans

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There are many resources available to assist you in your role as a Manager or Coach. Learn, be creative and be flexible adapting your practices to your team's needs. Engage parents to assist you as assistant coaches or as volunteers. Keep practices moving and have fun. Baseball requires development of many skills, so remember the quality of repetitions are important.

Meet with your parents prior to each practice and let them know what you plan to work on during the session. If you don't make it through your plan, pick it up at the next practice. Schedule a practice game with your peer coaches prior to the season beginning. This helps the kids understand what a typical game will be like and offers situations that are hard to duplicate in practice.

Remember the "Three Ps", Perspective, Patience and Planning. Plan a day at the local batting cages to mix up the routine. Practice is your teaching time. Games times are for the kids and should be fun. Plan a fun activity as your last drill of each day. End practice with a brief talk emphasizing what you learned during the day. Start and end practice on time.

Finally, the main goal is for the players to have FUN, but equally important is for you to have fun as well. Being a coach allows you the opportunity to be part of a team, to play and have fun, to improve your coaching as your players improve their skill. It's a great opportunity to share a special experience with a group of kids.

## Resources

- Websites
  - <http://www.fovll.com>
  - <http://www.Littleleagueu.org>
  - <http://devzone.positivecoach.org/>
  - <http://www.qcbaseball.com/>
- Books, recommended, Coaching Youth Baseball the Ripken Way
- CoachDeck, practice cards, drills/skills aids
- YouTube, instructional videos
- Various Apps
- Local Professional Resources, Camps and Batting Cages
- FOLL Board Members, Coaching Coordinator and your peer coaches



**Tee Ball**, duration 1 hour maximum, keep discussions short and simple, your challenge will be keeping the kid's attention, as the season progresses, you will be able to engage them for longer periods of time, explain what each position does and why it's important to the team, rotate each player thru each position, review basic rules of baseball, make sure kids are drinking water between breaks

This sample practice plan is intended to be a quick overview of a typical practice. It is highly recommended that each Tee Ball Manager/Coach utilize the comprehensive **"Little League Tee Ball Program"**, which provides a weekly practice plan. This excellent resource is located on the fovll.com and littleleagueu.org websites.

5 Minutes	Easy throws (warm up, basic throwing, catching skills), line up half the players on 1 <sup>st</sup> baseline, facing towards 2 <sup>nd</sup> base, pair up with the remaining players facing the players on the 1 <sup>st</sup> base line about 10 feet apart, have assistant coaches stand behind players to assist with instruction and ensuring the kids don't throw too hard or when their partner is not looking, as they improve, increase distance between the kids
5 Minutes	Base Running (make sure players wear helmets) Home to First Base First Base to Second Base Second to Third Base Third Base to Home Home runs Brief transition break/water
30 Minutes	Skills/Drills stations Throwing station (use soft balls) Catching station (use soft balls) Soft balls/whiffle balls (tracking) Infield/Outfield stations Batting station (make sure players wear helmets) Hitting tee (form/contact) Whiffle balls (speed/safety) Brief transition break/water
15 Minutes	Whole Team Drills Review Division playing rules (Supplemental Playing Rules) Situations (where to throw ball when hit) Practice game, batting thru entire line up Relays (Fun)
5 Minutes	Practice review & team cheer



**Coach Pitch Division**, duration 1 hour, you will have a combination of returning players and first timers, break up the players by like skill levels and try to keep them together during drills, be careful placing players that are not confident catching at 1<sup>st</sup> base until they are ready, continue to rotate each player thru each position, introduce behind the plate catcher fundamentals, emphasize importance of backing up thrown balls and being ready to contribute on each play, running on grounders and tagging up on fly balls.

This sample practice plan is intended to be a quick overview of a typical practice. It is highly recommended that each Coach Pitch Manager/Coach utilize the comprehensive “**Little League Coach Pitch Program**”, which provides a weekly practice plan. This excellent resource is located on the [fovll.com](http://fovll.com) and [littleleagueu.org](http://littleleagueu.org) websites.

5 Minutes	Easy throws (warm up)
5 Minutes	Base Running (warm up) Watching the ball and Base coaches Brief transition break/water
25 Minutes	Skills/Drills stations Throwing Catching Infield/outfield Feet positioning on infield bases Backing up and Cut offs Batting Tee work (form/contact) Soft toss/Whiffle balls (speed) Batting using coach pitch (tracking/timing/contact) Brief transition break/water
20 Minutes	Whole Team Drills Review Division playing rules (Supplemental Playing Rules) Situations (runners on 1 <sup>st</sup> /3 <sup>rd</sup> bases, no outs) Corners & Middles Cut off Relay Backing up Rocket Relay (Fun)
5 Minutes	Review practice & team cheer



**Farm Division**, duration increases to 1 hr. to 1.5 hrs, you will have varying skill levels, try to match up by skill, players will start to show aptitude at various positions, pitching, hitting and fielding, continue to rotate players to build skill and awareness of how each position supports the whole team, emphasize pitching fundamentals, add bunting and stealing offensive and defensive skills, work on situations with forced and put outs

5 Minutes	Easy throws (warm up)
5 Minutes	Base Running (warm up) Stealing 2 <sup>nd</sup> /3 <sup>rd</sup> base Sliding Watching the ball and Base coaches Brief transition break/water
45 Minutes	Skills/Drills stations Throwing Catching/Fielding 2 <sup>nd</sup> /3 <sup>rd</sup> Base coverage on steals Bunt defense Backing up Batting Tee work (form) Batting cage (tracking/contact) Soft toss/whiffle balls (speed) Hitting live pitch (tracking/timing/contact) Bunting (tracking/contact) Pitching Balance Brief transition breaks/water
30 Minutes	Whole Team Drills Review Division Playing Rules (Supplemental Playing Rules) Situations (runners on 1 <sup>st</sup> /3 <sup>rd</sup> bases, no outs) Corners & Middles Star Drill Cut off Relay Backing up Rocket Relay (Fun)
5 Minutes	Practice review & team cheer



**Minor Division**, duration will go from 1 hr. to 1.5hrs, skill specialization will continue to develop, try to match skill levels, continue to rotate players to gain understanding of impact of roles on team, add stealing home offensive and defensive strategies, pitching improves significantly, create strategies for defending bunts

5 Minutes	Easy throws (warm up)
5 Minutes	Base Running (warm up) Stealing 2 <sup>nd</sup> /3 <sup>rd</sup> and Home base Sliding Watching the ball and Base coaches Brief transition break/water
45 Minutes	Skills/Drills stations Throwing Catching/Fielding 2 <sup>nd</sup> /3 <sup>rd</sup> and Home Base coverage on steals Bunt defense Backing up Batting Tee work (form) Batting cage (tracking/contact) Soft toss (speed) Hitting live pitch (tracking/timing/contact) Bunting (tracking/contact) Pitching Balance Brief transition break/water
30 Minutes	Whole Team Drills Review Division Playing Rules (Supplemental Playing Rules) Situations (runners on 1 <sup>st</sup> /3 <sup>rd</sup> bases, no outs) Corners & Middles Star Drill Cut off Relay Backing up Rocket Relay (Fun)
5 Minutes	Practice review



**Major Division**, duration will go from 1 hr. to 1.5hrs, skill specialization continues to develop, try to match skill levels, continue to rotate players to gain understanding of impact of roles on team, pitching speed picks up as the kids grow and change up strategies are introduced

5 Minutes	Easy throws
5 Minutes	Base Running Stealing 2 <sup>nd</sup> /3 <sup>rd</sup> and Home base Sliding Watching the ball and Base coaches Brief transition break/water
45 Minutes	Skills/Drills stations Throwing Catching/Fielding 2 <sup>nd</sup> /3 <sup>rd</sup> and Home Base coverage on steals Bunt defense Backing up Batting Batting cage (tracking/contact) Hitting live pitch (tracking/timing/contact) Bunting (tracking/contact) Pitching Balance Brief transition break/water
30 Minutes	Whole Team Drills Review Division Play Rules (Supplemental Playing Rules) Situations (runners on 1 <sup>st</sup> /3 <sup>rd</sup> bases, no outs) Corners & Middles Star Drill Cut off Relay Backing up Rocket Relay (Fun)
5 Minutes	Practice review



**Junior/Senior Divisions**, duration from 1 to 1.5hrs., skill specialization continues, play of game is quicker, pitching picks up with the distance and growth of players

5 Minutes	Easy throws (warm up)
5 Minutes	Base Running (warm up) Stealing 2 <sup>nd</sup> /3 <sup>rd</sup> and Home base (lead offs) Watching the ball and Base coaches Brief transition break/water
45 Minutes	Skills/Drills stations Throwing Catching/Fielding 2 <sup>nd</sup> /3 <sup>rd</sup> and Home Base coverage on steals (lead offs) Bunt defense Backing up Batting Batting cage (tracking/contact) Hitting live pitch (tracking/timing/contact) Bunting (tracking/contact) Pitching Balance Brief transition break/water
30 Minutes	Whole Team Drills Review Division Play Rules (Supplemental Playing Rules) Situations (runners on 1 <sup>st</sup> /3 <sup>rd</sup> bases, no outs) Corners & Middles Star Drill Cut off Relay Backing up Rocket Relay (Fun)
5 Minutes	Practice review