

# Practice Plan

Date Thursday, May 23, 5:30 p.m. Location Municipal Park

Purpose to evaluate players' overall playing abilities

Equipment needed bats, balls, catcher's equipment, water and sport drink, schedules, uniforms

Activity*	Time	Objectives	Notes
<i>Introduction</i>	<i>5:30-5:35</i>	<ul style="list-style-type: none"> <li>• <i>Introduce players and coaches</i></li> <li>• <i>Outline team rules and expectations</i></li> <li>• <i>Distribute schedules and uniforms</i></li> </ul>	
<i>Warm-up</i>	<i>5:35-5:45</i>	<ul style="list-style-type: none"> <li>• <i>Jog (to increase body temp for safer stretching)</i></li> <li>• <i>Stretch</i></li> <li>• <i>Play catch</i></li> </ul>	<i>Check players' gloves</i>
<i>Assessment games</i>	<i>5:45-6:00</i>	<i>Play games focused on</i> <ul style="list-style-type: none"> <li>• <i>throwing</i></li> <li>• <i>catching</i></li> </ul>	<i>Check fundamentals</i>
<i>Drink break</i>	<i>6:00-6:05</i>		
<i>Assessment games</i>	<i>6:05-6:20</i>	<i>Play games focused on</i> <ul style="list-style-type: none"> <li>• <i>pitching and hitting</i></li> <li>• <i>baserunning</i></li> </ul>	<i>Have players pitch from windup and stretch</i>
<i>Practice game</i>	<i>6:20-6:30</i>	<ul style="list-style-type: none"> <li>• <i>Play practice game</i></li> </ul>	
<i>Cool-down and review</i>	<i>6:30-6:35</i>	<ul style="list-style-type: none"> <li>• <i>Discuss observed team strengths and weaknesses</i></li> <li>• <i>Preview the focus for the next practice</i></li> </ul>	<i>Remind kids to bring contact info on Tuesday; make sure kids have schedules and uniforms</i>

\*To find games that reinforce the skill or tactic you're teaching, look in chapter 8 of *Coaching Youth Baseball*.

## Safety Checklist:

- Have a first aid kit on hand.
- Inspect facilities.
- Match athletes appropriately.
- Provide proper supervision.
- Provide drink break.