



Practice Plan #1

Rookie League(6 & 7 year olds)

- 5 min. Dynamic warm-up**
- Skipping, high-knee skipping, high-knee jogging, bounding, backward running, jogging
- 5 min. Baserunning**
- Follow the coach around the bases(do not pass the coach)
 - Run through 1st base(don't slow down until past 1st)
 - Run from home to 2nd base(stop at 2nd, don't run past)
- 10 min. Throwing & Catching**
- Explain 4 seam grip(Player can use 3 fingers or 4 if needed)-[4 seam grip](#)
 - One-knee drill with coaches(5 min)-[One Knee Throwing Drill](#) & [One knee drill](#)
 - Catch coach's throw with two hands in front(5 min); use bigger balls, soft baseballs or tennis balls-[How to Catch a Baseball](#)
- 30 min. Stations(3 groups, 10 min each station)**
- Hitting(Tee work, Soft Toss)[Soft Toss Hitting Drill](#)
 - Infield and throwing(Rolled ground balls, Throwing to 1st base after the ground ball is caught)[Rolled Ground Ball Drill](#) & [Throwing to 1st](#)
 - Outfield(Thrown Fly Balls; use sponge balls, soft baseballs or tennis balls until skills are developed)
- 10 min. Fun Drill & Review What We Learned in Practice**
- Head to Head race- Split the team up into 2 groups. One group at 2nd base and other at home plate. One player starts at 2nd and the other starts at home. Coach yells "Go!" whoever gets to their destination first wins. [Hitting games for Rookie League](#)