



## Practice Plan #1

### AA Minors(8-10 year olds)

- 5 min. Dynamic warm-up**
- Skipping, high-knee skipping, high-knee jogging, bounding, backward running, jogging
  - General baserunning can be done as jogging
- 5 min. Baserunning**
- Run through 1st base(don't slow down until past 1st)
  - Run from home to 2nd base(stop at 2nd, don't run past)
  - Run from 2nd to home(run through home plate, don't slow down at home)
  - Practice sliding-[How to slide in Baseball](#)
- 10 min. Throwing & Catching**
- Review the 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](#)
  - Play catch or play Twenty-One-[Game of 21](#) & [How to Catch a Baseball](#)
- 20 min. Team Fundamentals**
- Choose from cutoffs and relays, first-and-third offense and defense, defending the steal, infield and outfield communication and priorities. [Cutoff and Relay Tips](#) & [Outfield Communication](#)
- 30 min. Stations(3 groups, 10 min. each station)**
- Hitting(Tee Work, Soft Toss)[Soft Toss Drill](#)
  - Infield and throwing(Rolled Ground Balls, Throwing After the Catch Drill)[Throw After The Catch Drill](#) & [Rolled Ground Ball Drill](#)
  - Outfield(Thrown Fly Balls; use soft baseballs until skills are developed)
- 5 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 & [Fun Baserunning drill](#)