

## Youth Baseball Sample Practice (Ages 7-12)

(The following is for a practice in which the team has one hour of field time)

3:45-4:00 – Pre practice: Team meeting and warm ups (on side of field)

4:00-5:00 – Practice on Field

5:00-5:15 – Post practice (on side of field)

### Coach Notes:

- 1) Provide lots of repetitions
- 2) Demand and Praise Effort – truthful and specific
- 3) Routine for attention
  - a. Baseball knee, eyes on me
  - b. Less than 1 minute talks
- 4) Use buckets at stations for more repetitions

### Equipment needed:

- 1) two buckets of baseballs
- 2) home plates and pitching rubbers
- 3) Cones
- 4) catcher gear
- 5) Ice Packs, First Aid Kit

### Prepractice: Outside Fence

3:45-4:00 Meeting - TCC

- 1) We are the Team that Competes with Class (TCC)
  - a. Team- good teams say good things about teammates and do not criticize each other
  - b. Compete - Play Hard
  - c. Class - Make no excuses – NO CLOWNING!
- 2) Movement stretching and flexibility (ask players names and favorite teams while they are stretching in circle)

4:00-4:05 Practice sprinting to positions and dugout

4:05-4:15 Throw and Catch with Purpose (safety-player must be looking at you)  
-Emphasis on throwing: shuffle feet, point glove and spin ball backwards  
-Emphasis on catching: ready position – knees bent, fingers up and move feet to catch  
a) points for catching and throwing from 60 feet

3:15-3:35 Defensive Skills Practice (rotate each 10 minutes)

<u>Group A</u>	<u>Group B</u>
James	Euan
Ketz	Devin (out today)
Jack O.	Andrew
Ethan	Jack H.
Davis	Peter
Juan	Jonah

Station 1 – 3b grounders and throws to home (Coach Tallon) / SS grounders throw to 1<sup>st</sup> (Coach Murray): Players rotate to 3b to C to 1b to SS after each grounder.

Station 2 – OF – catch medium arc fly balls on run– one hand play (Coach O’Connor)

3:35-5:00 Coach Pitch Scrimmage Game and Pitcher/Catcher Practice  
(Keep same groups –rotate each 12 minutes)

5:00-5:15 Post Practice in LF (Pitchers and catchers only) – dads can catch any kid that wants to practice pitching.

See more coach’s resources and videos at:

[www.virginiabaseballclub.com](http://www.virginiabaseballclub.com)