

Rookies Practice Plan - Day 1

During the first practice, rate players skills based upon Fielding, Throwing and Hitting

This is useful at later practices, to group players together based upon skill level, and adjust station complexity for each group

3 = Ready for Advanced drills, 2 = Work at skill level, 1 = Focused coaching in this area to be offered

No	Name	Comments			Field	Throw	Hit

Start	Coach	Drill	Comments
6:00	Group 15 minutes	Warm-ups	Throwing will be the Line Drill - Look for Accuracy & Turning to Power Stretching / Some time allotted for stragglers to arrive
6:15	4 Stations	1. Soccer Goalie	Tell kids we are working the Ready Position and Side to Side movement
		2. Accuracy Throws	Tell kids we are working Straight and Low throws where players will be <u>sliding</u>
		3. "Turn 2" Triangle	Tell kids we are working Accuracy, Catches and Pivots. Speed should increase during the drill
		4. Pop-Ups	Tell kids we are working using 2 hands (use tennis balls, as they bounce out of gloves easier)

15 minutes per station, and then rotate kids. Have a parent keep time, letting you know when there is 1 minute before rotation

6:15 to 7:15	3 Adults	Soccer Goalie & Throw	3 "goals" set up with cones, with 3 parents rolling the balls into the <u>corners</u> of the goals. Players are to roll the ball back to the parents unless they have a glove
			Make it a competition between the parents and the players "Goals vs. Saves"
			Which corner to roll to should be random + have parents look at 1 corner but roll to the other corner to teach the kids to wait and see where the ball is going (don't get caught leaning)
			Start with the cones about 20 feet apart, and keep working them farther apart during the drill
	1 Adult	Accuracy Throws	3 trash barrels laying on the ground - Each player has 3 balls
			Throwing (or bouncing) into the barrels works accuracy and keeping throws low
			Nose-toes-throws - Look at target - Step & Point at target with Glove/Foot - Throw to target
			Players throw 3 balls, Recover them, Throw again, etc. Make it an accuracy competition
	1 Adult	"Turn 2" Triangle	Kids in a triangle at 2nd, 1st and near the mound (Group of 2 will require coach to throw)
			Work Accuracy, Catching, Pivot, 1 step and throw. Should see an increase in speed by end
	1 Adult	Pop-Ups	Tennis balls and racket - Using tennis balls requires both hands...as it bounces out easily
			Kids in one line, Player in front moves to one side, catches pop-up, throws to coach and goes to end of the line
After a couple "cupcakes" right to them...start making them move sided to side, in and out			

Wrap up @ 7:15

Rookies Practice Plan - Day 2

No	Name	Comments		Field	Throw	Hit
			Group 1			
			Group 1			
			Group 1			
			Group 2			
			Group 2			
			Group 2			
			Group 3			
			Group 3			
			Group 3			
			Group 4			
			Group 4			
			Group 4			

Start	Coach	Drill	Comments
6:00	Group 15 minutes	Warm-ups	Throwing will be the Line Drill - Look for Accuracy & Turning to Power
			Stretching / Some time allotted for stragglers to arrive
6:15	4 Stations	1. Soccer Goalie	Tell kids we are working the Ready Position and Side to Side movement
		2. Soft Toss	Work alignment of knuckles, Relax/Load/Explode, Drive through the ball (top of the ball)
		3. "Turn 2" Triangle	Tell kids we are working Accuracy, Catches and Pivots. Speed should increase during the drill
		4. Pop-Ups	Tell kids we are working using 2 hands (tennis balls bounce out of the gloves easier)

15 minutes per station, and then rotate kids. Have a parent keep time, letting you know when there is 1 minute before rotation

6:15 to 7:15	3 Adults	Soccer Goalie & Throw	3 "goals" set up with cones, with 3 parents rolling the balls into the <u>corners</u> of the goals. Players are to roll the ball back to the parents unless they have a glove
			Make it a competition between the parents and the players "Goals vs. Saves"
			Which corner to roll to should be random + have parents look at 1 corner but roll to the other corner to teach the kids to wait and see where the ball is going (don't get caught leaning)
			Start with the cones about 20 feet apart, and keep working them farther apart during the drill
			Jim works with players on down and ready, lateral movement, and getting into position to field
	1 Adult	Accuracy Throws	3 trash barrels laying on the ground - Each player has 3 balls
			Throwing (or bouncing) into the barrels works accuracy and keeping throws low
			Nose-toes-throws - Look at target - Step & Point at target with Glove/Foot - Throw to target
			Players throw 3 balls, Recover them, Throw again, etc. Make it an accuracy competition
	1 Adult	"Turn 2" Triangle	Kids in a triangle at 2nd, 1st and near the mound (Group of 2 will require coach to throw)
			Work Accuracy, Catching, Pivot, 1 step and throw. Should see an increase in speed by end
	1 Adult	Pop-Ups	Tennis balls and racket - Using tennis balls requires both hands...as it bounces out easily
Kids in one line, Player in front moves to one side, catches pop-up, throws to coach and goes to end of the line			
After a couple "cupcakes" right to them...start making them move sided to side, in and out			

Wrap up @ 7:15

Rookies Practice Plan - Day 3

Start	Coach	Drill	Comments
6:00		Warm-ups	Throwing will be the Line Drill - Look for Accuracy & Turning to Power Stretching / Some time allotted for stragglers to arrive

6:15	4 Stations	1. Double Tee	Working a level to downward swing
		2. Soft Toss	Work alignment of knuckles, Relax/Load/Explode, Drive through the ball (top of the ball)
		3. Slap 5	Works a straight throwing motion and promotes a solid follow through of the body
		4. Turn 2 (SS,2nd,1st)	Working Accuracy, Catches and Pivots

15 minutes per station, and then rotate kids. Have a parent keep time, letting you know when there is 1 minute before rotation

6:15 to 7:15	1 Adult	Double Tee	Set up 2 tees, with the one in the back equal in height or slightly higher
			Set up ball on the front tee and have the player swing at it without hitting the back tee
			Works weight transfer to the front foot (hard to have upwards swing w/ weight on back foot)
			Promotes level contact with the ball
	2 Adults 1 tossing 1 watching kids that are waiting	Soft toss	Work: Alignment of knuckles, Relax/Load/Explode, Drive through the ball (top of the ball)
			Player faces fence about 10 feet away. Coach/Parent kneels to side about 10 feet away
			Coach/Parent holds the ball up signifying the wind-up (Player should now load the swing)
			Coach/Parent then brings the hand down and softly tosses the ball underhand to the player
			Aim about belt high and place the ball out in front of the player (teaching players to hit the ball out in front of the plate)
			Goal - stick the ball into the chain link fence
			If the player is under the ball...remind them to focus on the TOP of the ball
	1 Adults	Slap 5	Parent kneels in front of player and places one hand out (getting ready to slap 5)
			Player holds a towel (no glove needed)
			Player steps and "throws" with a forward motion that should "slap" the towel onto the parents hand. As the hand is low, the player will need to use the body (not just the arm)
	1 Adult	Turn 2	Kids at SS, 2nd and 1st with one player in position and one waiting in line on the outfield grass
			1st baseman rolls ball to SS, who throws to 2nd, who throws to 1st
Rotate players after throws: SS moves to 2nd, who moves to 1st, who moves to SS			
Players rotating will go to the back of the next line			

Wrap up @ 7:15

Rookies Practice Plan - Day 4

Start	Coach	Drill	Comments	
6:00		Warm-ups	Throwing will be the Line Drill - Look for Accuracy & Turning to Power	
			Stretching / Some time allotted for stragglers to arrive	
6:15	1 Adult	Station 1: Base running 10 MIN Station	Set up the cones beyond first base...curving out and to the right into foul ground	
			1. Teach the players to run through first base	
			2. Place the player on 1st base...instructing in the proper ready position...one foot on the bag, the other one off and ready to run (ready to run...knees slightly bent with good balance...not standing up straight). Instruct the kids about running from 1st base to 2nd and stopping.	
			3. Instruct the kids about running from 2nd base to 3rd and stopping.	
				4. Have players run each base, showing they know when to to run through, and when to stop
	1 Adult	Station 2: Breaking down the "Load" 10 MIN Station	1. Working w/ all players in each group - Start w/ the proper loaded position - Ready to hit (elbow up, knocker knuckles, Shoulder-to-chin)	
			2. Have them relax...and then Load...ending up in the proper position. Continue to cycle each player through the Relax-to-loaded positions until they get the motion	
			3. One player at a time - Soft toss into the backstop...having them Relax and then Load before hitting.	
	1 Adult	Station 3: Quick release 10 MIN Station	1. For groups with 3 players...set up in a triangle...but a group of 2 works as well (see below)	
2. In a triangle...Player 1 rolls the ball to Player 2. Player 2 fields and quickly turns and throws to Player 3. Player 3 rolls the ball to Player 1 who quickly turns and throws to Player 2. Keep cycling Roll-Throw-Roll-Throw, etc. If you have a group of 2 paired up, have Player 1 roll and Player 2 throw for 5 times, and then swap with Player 2 rolling and Player 2 throwing. This is about getting rid of the ball quickly and accurately				
6:45	Group	Simulated game to review today's practice items	Break the team into 3 groups, with one group in the outfield, one in the infield and one hitting. After two hits by each player, send the hitting team to the outfield, the outfield team to the infield, and the infield team goes in to hit. Repeat as many times as you can before practice ends...but be sure to let all kids get the sam amount of hits.	
			Coach pitches: Hitters should be working the load into the propoer hitting position	
			Fielders should work quick release if throwing (no running towards the base being thrown to!), and also be working quickly moving to and stepping an a bag if a runner is heading their way.	
			Runners should work running through 1st and stopping at 2nd and 3rd.	

Wrap up @ 7:15