

Basic Practice Plan

- **Warm-Up (15 min):**
- **Skill Stations**
 - 3 - 4 Stations depending on help: (10 minutes each)
- **Team focus Drills (25 min)**
- **Fun Game/Team stretching (10 min)**

Practice 1: Fundamentals

- **Warm-Up (15 min):**
 - Quick introductions (name + favorite food or position)
 - Set expectations: *have fun, try your best, be a good teammate*
 - Teach Standard warm up
 - Jog, High knees, butt kicks, karaoke
 - Throwing progression
- **Skill Stations: (10 minutes each)**
 - **Station 1:** "Alligator" fielding (focus on hands)
 - **Station 2:** Tee work
 - "load" and "stride."
 - **Station 3:** Throwing to a target (bucket)
 - "Step and throw"
- **Team Drills (25 min):** Force plays at 1st base. Every infielder gets 5 reps of fielding and throwing to the bag.
- **Fun Game (10 min): Sharks and Minnows**

Practice 2: Hitting

- **Warm-Up (15 min):**
 - Teach a team cheer
 - Standard warm-up
- **Skill Stations (30 min):**
 - **Station 1:** Soft toss into a net
 - focus on a level swing.
 - Keeping head on the ball
 - **Station 2:** Front toss from a coach
 - **Station 3:** Running through 1st base
- **Team Drills (25 min):**
 - Hit and Run. Split into two groups
 - A coach pitches; the batter hits and runs to 1st while the defense tries to make the play.
- **Situational Awareness (10 min):**
 - Base Running
 - Leading off
 - What does a runner do when the pitcher has the ball in the circle?
- **Fun Game (10 min): Home Run Derby.** Use a tee or soft toss. Points for contact, line drives, and "home runs" (past a certain cone).

Practice 3: Defense & Communication

- **Warm-Up (15 min):**
 - Run bases
 - Standard dynamic warm-up .
- **Skill Stations (30 min):**
 - **Station 1:** Pop fly
 - Calling the ball
 - Moving feet
 - **Station 2:** infield defence
 - Moving
 - Running to the ball
 - Glove down
 - **Station 3:** Hitting off the tee
- **Team Drills (25 min):**
 - Outfielders catch a fly ball and must hit the "cutoff" player in the infield.
 - Infield throwing to 1st and 2nd
- **Fun Game (10 min): Pop Fly Challenge.** High tosses to players.

Practice 4: Base Running and Pitching

- **Warm-Up (15 min):**
 - Standard dynamic warm-up
 - Base Sprints
 - Home to 1st, Home to 2nd...
- **Skill Stations (30 min):**
 - **Station 1:** Rounding 1st base (hitting the inside corner of the bag).
 - **Station 2:** Pitching basics
 - **Station 3:** Catching basics
- **Team Drills (25 min):**
 - Live Pitching
 - Stealing practice. Work on as soon as the ball leaves the pitcher's hand.
 - Tagging Up - Explain when to stay on the base for a fly ball and when to run.
- **Fun Game (10 min): Base Running Relay.**

Practice 5: Game Day Ready

- **Warm-Up (15 min):**
 - Standard dynamic warm-up
 - Team Cheer
- **Skill Stations (20 min - Shortened):**
 - **Station 1:** Live Pitching/Catching or Coach Pitch.
- **Mini-Scrimmage.**
 - 3 innings.
 - Kids pitch/ Coach pitches to keep it moving.
 - Every girl gets to play a new position each inning.