

# STANLEY BOYD



## 10U/Minors BASEBALL 2026 Coaches Handbook

• 2 Hours Each/Practice • Intermediate Level

Warm-Up	Hitting Stations	Break	Defensive Stations	Wrap-Up
30 min	4 stations × 9 min + 3 rotations × 1 min	5 min	4 stations × 9 min + 3 rotations × 1 min	5 min

*Built for fun, skill development, and love of the game.*

# PRACTICE 1

Theme: Mechanics Refresh — Hitting & Infield Fundamentals

## 10U Youth Baseball

2-Hour Practice Plan

<b>WARM-UP</b> 0:00–0:30	<b>HITTING STATIONS</b> 0:30–1:12	<b>BREAK</b> 1:12–1:17	<b>DEFENSE STATIONS</b> 1:17–1:59	<b>WRAP-UP</b> 1:59–2:00
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### ⚡ WARM-UP | 30 Minutes (0:00 – 0:30)




Activity	Description	Duration
<b>Team Huddle &amp; Dynamic Warm-Up</b>	Circle up for introductions and goals for the month. Dynamic warm-up: high knees, butt kicks, inchworms, and lateral shuffles down the foul line.	<b>6 min</b>
<b>Baserunning Circuit</b>	Full-speed lap around the bases, emphasizing: round the base with the left foot hitting the inside corner, lean into turns, sprint through the bag at first.	<b>5 min</b>
<b>Throwing Progression</b>	Partners start at 30 ft. Focus on 4-seam grip, crow-hop footwork, and throwing at chest height. After 2 minutes, step back to 45 ft and increase arm effort.	<b>10 min</b>
<b>Fun Activity: Accuracy Challenge</b>	Players throw at a hanging hula hoop from 35 ft. 3 attempts each. Coaches track who hits it. Focus on aiming small — glove, then release, then target.	<b>9 min</b>


### 🍷 HITTING STATIONS | ~42 Minutes (0:30 – 1:12) • 4 Stations × 9 min + 3 Rotations × 1 min

Station	Activity	Description / Coaching Points	Time
<b>Station 1</b>	Tee Work — Contact Zone & Bat Path	Set tee at waist height. Focus on a slightly upward bat path through the zone (not a chop). Coach watches for extension through contact and weight transfer to the front side. 10 swings each.	<b>9 min</b>
🔄 ROTATE — Players move to next station   1 minute			
<b>Station 2</b>	Load, Stride & Timing Drill	Coach counts out loud: 'load' (hands back, weight loaded), 'stride' (small step, weight transfers), 'swing.' Players follow each step. Goal: keep the hands back until the hips open. Repeat 8–10 times.	<b>9 min</b>
🔄 ROTATE — Players move to next station   1 minute			
<b>Station 3</b>	Rope Bat — Bat Path Introduction	Introduce the Rope Bat. A good swing keeps the rope taut through the zone — the barrel snaps at contact. A casting or arm-bar swing causes the rope to go limp early. Players take 8 slow swings with no ball, focusing on keeping tension in the rope from start to finish.	<b>9 min</b>
🔄 ROTATE — Players move to next station   1 minute			
<b>Station 4</b>	Front Toss — Drive the Ball	Coach front-tosses from behind an L-screen at 12–15 ft. Players focus on driving through the ball with extension, not just making contact. Aim for hard line drives — not pop-ups or weak rollers.	<b>9 min</b>

 **WATER BREAK & REST** — 5 Minutes (1:12 – 1:17)

 **DEFENSIVE STATIONS** | ~42 Minutes (1:17 – 1:59) • 4 Stations × 9 min + 3 Rotations × 1 min

Station	Activity	Description / Coaching Points	Time
<b>Station 1</b>	Infield Ready Position & First Step	Feet wide, knees bent, weight on balls of feet. Coach hits a ball — player explodes with a quick first step toward the ball before shuffling. The first step matters most. 10 reps each.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Forehand & Backhand Grounders	Coach alternates rolling to the player's forehand (glove) side and backhand (throwing) side. Backhand: rotate glove, field out in front, secure with bare hand. 5 forehand + 5 backhand each.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Field, Crow-Hop & Throw to First	Coach hits a grounder at medium speed. Player fields it, executes a crow-hop (skip-step toward target), and throws to a coach at first (~45 ft). Crow-hop builds arm strength and accuracy.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	Outfield Drop Step + Catch	Coach points left or right. Player opens hips and drop-steps — leading with the back foot to open up to the ball. Coach lofts a fly ball over the shoulder. No backpedaling — turn and run.	<b>9 min</b>

 **Coach's Note:** Use a whistle or timer to signal rotations. Keep energy positive — praise effort over results. Every child should leave practice feeling successful.

<b>PRACTICE 2</b>	<b>10U Youth Baseball</b>
Theme: Pitch Recognition & Situational Defense	2-Hour Practice Plan

<b>WARM-UP</b>	<b>HITTING STATIONS</b>	<b>BREAK</b>	<b>DEFENSE STATIONS</b>	<b>WRAP-UP</b>
0:00–0:30	0:30–1:12	1:12–1:17	1:17–1:59	1:59–2:00

**WARM-UP | 30 Minutes (0:00 – 0:30)**

Activity	Description	Duration
<b>Team Huddle &amp; Week 1 Review</b>	Quick recall: what's the crow-hop? What does a good rope bat swing feel like? Award a team push-up for wrong answers — keeps it light and fun.	<b>4 min</b>
<b>Dynamic Warm-Up</b>	Frankensteins, walking lunges with a twist, carioca (grapevine) both directions, and arm circles. Prioritize hip flexors and rotator cuff prep.	<b>7 min</b>
<b>Throwing Progression</b>	Partners at 40 ft: crow-hop throws, aiming for the chest. After 3 minutes, move to 55 ft and add a pre-throw shuffle step for infielders, or a running throw angle for outfielders.	<b>10 min</b>
<b>Fun Activity: Situation Quiz</b>	Coach calls out a scenario: 'Runner on 2nd, one out, grounder to shortstop — where do you throw?' Players race to shout the answer. First correct answer earns a point. Builds baseball IQ.	<b>9 min</b>




**HITTING STATIONS | ~42 Minutes (0:30 – 1:12) • 4 Stations × 9 min + 3 Rotations × 1 min**


Station	Activity	Description / Coaching Points	Time
<b>Station 1</b>	Tee Work — Inside & Outside Pitches	Move the tee inside (front of plate) for an inside pitch and outside (back of plate) for an away pitch. Teach players to pull the inside pitch and go oppo on the outside one. 5 inside + 5 outside each.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Pitch Recognition — Yes/No Drill	Coach holds the ball in a toss position. Just before tossing, they say 'yes' (swing) or 'no' (take). Player reacts. This builds the habit of tracking the ball first, then deciding to swing — not committing too early.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Rope Bat — Tee Contact, Stay Connected	Rope Bat on the tee with regular balls. Goal: keep the rope taut from load all the way through contact. If the rope droops before the barrel reaches the ball, the hands got away from the body. Cue: 'Knob to the ball first, then barrel.' 8–10 reps.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	Two-Strike Approach & Bat Control	Coach calls '2 strikes' before each toss. Player chokes up 1–2 inches, widens stance slightly, shortens the swing, and protects the plate. Goal is hard contact anywhere — not a home run. Mix in borderline pitches to force decisions.	<b>9 min</b>

**WATER BREAK & REST — 5 Minutes (1:12 – 1:17)**



**DEFENSIVE STATIONS | ~42 Minutes (1:17 – 1:59) • 4 Stations × 9 min + 3 Rotations × 1 min**

Station	Activity	Description / Coaching Points	Time
<b>Station 1</b>	Force Out — Shortstop to Second	Runner on first, grounder to shortstop. SS fields and throws to second for the force out. Second baseman covers the bag, catches the throw, and holds. Walk through footwork on both ends. Rotate players between SS and 2B.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Charging & Barehanding	Coach rolls a very slow grounder toward the third base line. Player charges hard, barehands the ball (or fields with glove), and makes a quick throw to first. Teaches urgency and fielding on the run.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Cutoff & Relay Intro	Outfielder catches a deep fly ball or hit and throws to the cutoff man (SS or 2B standing in shallow outfield). Cutoff man catches, pivots, and relays to home or third. Walk through the footwork — receive, pivot, throw in one fluid motion.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	Catcher Pop Time & Throw to 2nd	Catcher receives a pitch, pops up out of the squat, and throws to second base to catch a steal. Focus: quick release, stay low out of the squat, throw at knee-to-waist height. Second baseman covers and catches.	<b>9 min</b>

 **Coach's Note:** Use a whistle or timer to signal rotations. Keep energy positive — praise effort over results. Every child should leave practice feeling successful.

# PRACTICE 3

# 10U Youth Baseball

Theme: Power & Precision — Advanced Reps

2-Hour Practice Plan

<b>WARM-UP</b> 0:00–0:30	<b>HITTING STATIONS</b> 0:30–1:12	<b>BREAK</b> 1:12–1:17	<b>DEFENSE STATIONS</b> 1:17–1:59	<b>WRAP-UP</b> 1:59–2:00
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## ⚡ WARM-UP | 30 Minutes (0:00 – 0:30)




Activity	Description	Duration
<b>Team Huddle &amp; Energy Check</b>	Coaches ask each player for their energy level (1–10). Anyone under 7 gets a fun challenge (5 jumping jacks). Builds self-awareness and gets the energy up fast.	<b>4 min</b>
<b>Dynamic Warm-Up</b>	Leg cradles, high-kick walks, hip circles, thoracic rotations, band pull-aparts if available. Focus on loading positions for hitting and throwing.	<b>7 min</b>
<b>Throwing Progression + Accuracy Game</b>	Start at 40 ft, progress to 55 ft. Last 3 minutes: accuracy contest — who can hit their partner's glove 3 times in a row? Crow-hop on every throw.	<b>10 min</b>
<b>Fun Activity: Relay Race (with a ball)</b>	Two teams race around all bases, but each player must carry a ball in their glove. If the ball is dropped, the player starts that base over. Builds glove control and hustle.	<b>9 min</b>


## 🔪 HITTING STATIONS | ~42 Minutes (0:30 – 1:12) • 4 Stations × 9 min + 3 Rotations × 1 min

Station	Activity	Description / Coaching Points	Time
<b>Station 1</b>	Tee Work — Hip Drive & Extension	Set tee slightly out in front of home plate. Player must fire the hips first to reach the contact point — no early hand extension. Cue: 'Back hip to the ball.' Finish with full arm extension and weight on the front foot. 10 reps.	<b>9 min</b>
🔄 ROTATE — Players move to next station   1 minute			
<b>Station 2</b>	Soft Toss — Rapid Fire Reps	Coach tosses every 5–6 seconds — quick turnaround reps. Player resets stance fast, loads, and swings. 15+ reps each. Builds bat speed and quick-twitch reactions. No long pauses between swings.	<b>9 min</b>
🔄 ROTATE — Players move to next station   1 minute			
<b>Station 3</b>	Rope Bat — Hip-First Sequence	Rope Bat with no ball. Player must fire hips before the hands move — the rope should load with tension as the hips rotate, then snap at the contact zone. If hands come early, the rope tangles. Take 10 reps at slow speed, then 5 at full speed. Feel the difference.	<b>9 min</b>
🔄 ROTATE — Players move to next station   1 minute			
<b>Station 4</b>	Front Toss — Varied Speed & Location	Coach mixes slow and faster tosses to different zones: high inside, low away, middle-middle. Player must track, identify location, and adjust swing path. No predictable patterns. Builds real pitch-tracking habits.	<b>9 min</b>

 **WATER BREAK & REST** — 5 Minutes (1:12 – 1:17)

 **DEFENSIVE STATIONS** | ~42 Minutes (1:17 – 1:59) • 4 Stations × 9 min + 3 Rotations × 1 min

Station	Activity	Description / Coaching Points	Time
<b>Station 1</b>	Double Play Footwork — 2B Pivot	Shortstop feeds to second base. Second baseman catches, touches the bag, and pivots to throw to first. Focus on footwork: straddle the bag, catch, step off, throw. No runner needed — just footwork reps.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Outfield — Read & React off the Bat	Player starts in ready position. Coach hits a fly ball or line drive with no verbal cue. Player must read the ball off the bat immediately and break in the right direction. No cheating — stay still until contact.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Bunt Defense	Coach drops a bunt near the plate. Third baseman or pitcher charges, fields the ball, and throws to first. Second bunt goes toward first — first baseman charges. Walk through both, then speed it up. Emphasize calling the ball.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	Live Baserunning Reads	Batter is set at home plate, player leads off first. Coach hits a grounder or fly ball — runner must make the correct read: run hard on a grounder, freeze on a line drive, tag on a deep fly. Coach corrects after each rep.	<b>9 min</b>

 **Coach's Note:** Use a whistle or timer to signal rotations. Keep energy positive — praise effort over results. Every child should leave practice feeling successful.

# PRACTICE 4

Theme: Game Simulation — Execute Under Pressure

## 10U Youth Baseball

2-Hour Practice Plan

<b>WARM-UP</b> 0:00–0:30	<b>HITTING STATIONS</b> 0:30–1:12	<b>BREAK</b> 1:12–1:17	<b>DEFENSE STATIONS</b> 1:17–1:59	<b>WRAP-UP</b> 1:59–2:00
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### ⚡ WARM-UP | 30 Minutes (0:00 – 0:30)

Activity	Description	Duration
<b>Team Huddle — Month Recap</b>	Coaches give each player a specific shoutout for one improvement made this month. Players share their favorite drill from the past 4 weeks. High energy finish to the month.	<b>5 min</b>
<b>Full Dynamic Warm-Up — Player Led</b>	Pick 4 players to each lead a warm-up exercise. Builds leadership and reinforces the movements. Coaches monitor and give positive feedback.	<b>7 min</b>
<b>Throwing Progression</b>	Start at 45 ft, finish at 60 ft. On the last few throws, add a full windup or stretch (pitcher style) for those who pitch. Others focus on accuracy at max distance.	<b>10 min</b>
<b>Fun Activity: Home Run Derby</b>	Each player gets 5 front-toss swings. Cones set in the outfield mark 'home run' distance. Count each player's total. Team cheers on every swing. Coaches track scores and announce the winner.	<b>8 min</b>




### 🔪 HITTING STATIONS | ~42 Minutes (0:30 – 1:12) • 4 Stations × 9 min + 3 Rotations × 1 min


Station	Activity	Description / Coaching Points	Time
<b>Station 1</b>	Full Mechanics Evaluation — Tee	One-on-one coach evaluation. Each player takes 5 swings. Coach assesses: grip, load timing, stride length, hip rotation, bat path, contact point, and finish. One specific positive and one specific key to work on.	<b>9 min</b>
🔄 ROTATE — Players move to next station   1 minute			
<b>Station 2</b>	Simulated At-Bat — Front Toss	3-pitch simulated at-bat. Coach calls ball or strike on each pitch. Player must take true balls and swing at strikes. Count the at-bat out: a called K on a swing at a ball is an out. Build real plate discipline.	<b>9 min</b>
🔄 ROTATE — Players move to next station   1 minute			
<b>Station 3</b>	Rope Bat — Live Soft Toss Challenge	Rope Bat with live soft toss — the final and most challenging rope bat drill of the month. Player must time the toss, stay connected (rope taut through contact), and make solid contact. Goal: 5 consecutive clean contacts. Coach counts the streak aloud. If the rope droops, the streak resets.	<b>9 min</b>
🔄 ROTATE — Players move to next station   1 minute			

<b>Station 4</b>	Pressure At-Bat — 2 Outs, Runner on 2nd	Coach calls the scenario: 2 outs, runner on second, tie game. Player gets 3 front-toss pitches. No mercy tosses — real pitch locations. Celebrate good at-bats regardless of result. Debrief: what was the approach?	<b>9 min</b>
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 **WATER BREAK & REST** — 5 Minutes (1:12 – 1:17)

 **DEFENSIVE STATIONS | ~42 Minutes (1:17 – 1:59) • 4 Stations × 9 min + 3 Rotations × 1 min**

Station	Activity	Description / Coaching Points	Time
<b>Station 1</b>	Infield Live Situations — Force & Tag Plays	Coach hits grounders with varying base scenarios. Fielders must identify the force vs. tag play before fielding: 'Is this a force? Who covers?' Make the play, then debrief. Rotate players through multiple positions.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Full Relay — OF to IF to Home	Outfielder catches a deep hit, throws to cutoff (SS or 2B), who relays home to the catcher. Full team coordination drill. Rotate all players through outfield and cutoff roles. Emphasize communication on every play.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Ground Ball Gauntlet	Coach hits 8 grounders in rapid succession to the player — mix of forehand, backhand, straight-on, and slow rollers. Player fields as many cleanly as possible. Track streak. Beat your score from last week.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	Live Defense Mini-Game	Full team defense with a live batter and baserunners. Coach hits to create real game scenarios. Team earns a point for every clean defensive play — fielding, throw, and catch all count. Celebrate every successful execution.	<b>9 min</b>

 **Coach's Note:** Use a whistle or timer to signal rotations. Keep energy positive — praise effort over results. Every child should leave practice feeling successful.

<b>PRACTICE 5</b>	<b>10U Youth Baseball</b>
Theme: <b>Sharpening the Details — Advanced Reps</b>	2-Hour Practice Plan

<b>WARM-UP</b> 0:00–0:30	<b>HITTING STATIONS</b> 0:30–1:12	<b>BREAK</b> 1:12–1:17	<b>DEFENSE STATIONS</b> 1:17–1:59	<b>WRAP-UP</b> 1:59–2:00
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**WARM-UP | 30 Minutes (0:00 – 0:30)**




Activity	Description	Duration
<b>Team Huddle &amp; Self-Assessment</b>	Each player rates themselves 1–5 on hitting, fielding, and throwing. Coaches use this to inform station focus. Players take ownership of their own development.	<b>5 min</b>
<b>Dynamic Warm-Up</b>	Frankensteins, walking lunges with rotation, hip circles, carioca both ways, band pull-aparts if available. Prioritize hip flexors and shoulder prep.	<b>7 min</b>
<b>Throwing Progression + Competition</b>	Start at 45 ft, build to 60 ft over 8 minutes. Final round: accuracy contest from 50 ft — who can hit their partner's glove 4 times in a row? Crow-hop on every throw.	<b>10 min</b>
<b>Fun Activity: Baserunning Speed Round</b>	Timed sprint from home to second base. Players take two attempts, coaches track times. Challenge: beat your own time on the second try. Builds game-speed baserunning urgency.	<b>8 min</b>


**HITTING STATIONS | ~42 Minutes (0:30 – 1:12) • 4 Stations × 9 min + 3 Rotations × 1 min**

Station	Activity	Description / Coaching Points	Time
<b>Station 1</b>	Tee — Personalized Flaw Work	Coach identifies the top mechanical issue for each player from Weeks 1–4 and builds 8–10 reps around fixing it. Common issues at 10U: casting, stepping in the bucket, rolling over, lunging at off-speed. Specific and targeted corrections only.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Inside/Outside Pitch Adjustment	Coach front-tosses alternating inside and outside pitches with no verbal cue. Player must recognize the location off the toss and adjust: pull the inside pitch, drive the outside pitch the other way. No cheating to one side.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Rope Bat — Transfer Drill	3 swings with the Rope Bat on the tee (feel the connected, hip-led path), then immediately switch to a regular bat for 3 tee swings. Repeat the cycle 3 times. The goal is to consciously carry the Rope Bat feel into the real bat. Coach watches for transfer quality.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	Competitive Front Toss — Quality Reps	10 front-toss reps at game speed. Coach tracks quality contacts only: hard line drives or hard grounders. Goal: 7 out of 10. Pop-ups and weak rollers don't count. Players track their own score and try to beat it each round.	<b>9 min</b>

 **WATER BREAK & REST** — 5 Minutes (1:12 – 1:17)

 **DEFENSIVE STATIONS** | ~42 Minutes (1:17 – 1:59) • 4 Stations × 9 min + 3 Rotations × 1 min

Station	Activity	Description / Coaching Points	Time
<b>Station 1</b>	Double Play Footwork — Full Sequence	Shortstop fields a grounder, feeds to second base. Second baseman catches, pivots off the bag, and fires to first. Focus on timing and footwork at both ends. Rotate players through SS and 2B. No shortcuts on the pivot.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Outfield — Angle Routes	Coach hits balls at angles to the outfielder's left or right — not directly at them. Player must take the correct angle route (not just run straight back or straight to the side) to cut off the ball efficiently. Read, angle, catch.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Pitcher Fielding Practice (PFP)	Coach hits or rolls a comebacker to the pitcher's mound. Pitcher fields, sets feet, and throws to first. Then: bunt to the right side — pitcher charges, fields, and throws. Quick decisions under simulated game speed.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	Multi-Scenario Baserunning	Runners at different bases, coach hits various ball types. Runners must make correct reads: tag up on a deep fly, run hard on a grounder, freeze on a line drive. Coach debrief after each rep — what was the right read and why?	<b>9 min</b>

 **Coach's Note:** Use a whistle or timer to signal rotations. Keep energy positive — praise effort over results. Every child should leave practice feeling successful.

<h1 style="margin: 0;">PRACTICE 6</h1> <p style="margin: 5px 0 0 0;">Theme: Peak Performance — Execute Like a Team</p>	<h2 style="margin: 0;">10U Youth Baseball</h2> <p style="margin: 5px 0 0 0;">2-Hour Practice Plan</p>
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<b>WARM-UP</b>	<b>HITTING STATIONS</b>	<b>BREAK</b>	<b>DEFENSE STATIONS</b>	<b>WRAP-UP</b>
0:00–0:30	0:30–1:12	1:12–1:17	1:17–1:59	1:59–2:00

### WARM-UP | 30 Minutes (0:00 – 0:30)


Activity	Description	Duration
<b>Team Huddle — 6-Week Celebration</b>	Coaches give every player a specific, earned shoutout for the biggest improvement they've made over 6 weeks. Players shout out teammates. Set the tone: this is the best practice of the season.	<b>6 min</b>
<b>Full Dynamic Warm-Up — Player Led</b>	Players lead every exercise: Frankensteins, carioca, inchworms, arm circles, hip circles. Coaches monitor form and give positive reinforcement. Full ownership of warm-up.	<b>7 min</b>
<b>Throwing Progression</b>	Start at 45 ft, finish at 65 ft for stronger arms. Each player identifies their max accurate distance and takes 3 high-effort, accurate throws at that distance. Final arm strength benchmark of the season.	<b>10 min</b>
<b>Fun Activity: Team Skills Gauntlet</b>	Two-team competition: (1) relay race around bases, (2) accuracy throws through hula hoop from 40 ft, (3) front toss home run count. Track team points across all three. Winning team leads the post-practice cheer.	<b>7 min</b>




### HITTING STATIONS | ~42 Minutes (0:30 – 1:12) • 4 Stations × 9 min + 3 Rotations × 1 min


Station	Activity	Description / Coaching Points	Time
<b>Station 1</b>	Tee — Season Best Swing	No corrections — let players show everything they've learned. Coach watches for overall improvement from Week 1 and gives genuine, specific praise. 10 free swings each. This is a showcase, not a lesson.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Simulated Game At-Bat — Full Count	Full simulated at-bat: coach front-tosses, calls balls and strikes, and builds to a full count. Player must track, recognize zone, and make a decision on every pitch. Walk = takes 4 balls. K = 3 called/ swinging strikes. Realistic plate discipline under pressure.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Rope Bat — Season Final Full Sequence	Complete Rope Bat showcase: 3 dry swings (feel the path), 3 tee reps (connected contact), 3 soft toss reps (time and stay connected). Coach delivers final personalized Rope Bat feedback for each player — what improved most over 6 weeks.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			

<b>Station 4</b>	Clutch Hitting Scenario	Game on the line: bases loaded, 2 outs, full count, tie game. Coach front-tosses. Player gets one swing — give it everything. No pressure on outcome; full pressure on process. Debrief: what was your approach? Did you stay back? Did you trust your swing?	<b>9 min</b>
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 **WATER BREAK & REST** — 5 Minutes (1:12 – 1:17)

 **DEFENSIVE STATIONS | ~42 Minutes (1:17 – 1:59) • 4 Stations × 9 min + 3 Rotations × 1 min**

Station	Activity	Description / Coaching Points	Time
<b>Station 1</b>	Position Mastery Showcase	Players play their primary position. Coach hits 8 varied balls — mix of grounders, fly balls, line drives, and slow rollers. Goal: make every play look routine and confident. No panic, just execution. Coaches note growth from Week 1.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Full Relay — Extended Sequence	Outfielder fields, throws to cutoff, cutoff reads the play and relays to either home or third based on coach's signal. Full team on the field. Everyone rotates. Debrief communication after each rep — was the cutoff called off? Was the relay on target?	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Gauntlet — Personal Season Record	Coach hits 10 grounders: forehands, backhands, slow rollers, hard shots. Player fields as many cleanly as possible and counts their personal record. Try to beat their best score from any previous week. Coach tracks and announces records.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	Live Game — No Coaching, Just Play	Full live defense with batter and baserunners. Coaches call no plays, make no corrections — players must communicate and execute entirely on their own. After the inning, team debrief: what decisions did we make well? What would we do differently? Develop baseball IQ.	<b>9 min</b>

 **Coach's Note:** Use a whistle or timer to signal rotations. Keep energy positive — praise effort over results. Every child should leave practice feeling successful.