

# STANLEY BOYD



## 14U/Ponies BASEBALL 2026 Coaches Handbook

• 2 Hours Each/Practice • Advanced 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: Standards & Accountability — Building the Foundation

## 14U Youth Baseball

2-Hour Practice Plan

WARM-UP	HITTING STATIONS	BREAK	DEFENSE STATIONS	WRAP-UP
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 — Season Standards</b>	Coaches set non-negotiable standards: max effort, communication on every play, zero mental errors. Players sign off verbally. Each player states their primary position and one specific goal for the 6-week plan.	5 min
<b>Dynamic Warm-Up + Arm Care</b>	Full progression: hip circles, Frankensteins, inchworms, carioca, lateral bounds, arm circles, band external rotation, wrist flexor/ extensor stretches. Arm care is mandatory at 14U.	8 min
<b>Throwing Progression — Position-Specific</b>	Infielders: 60–75 ft, simulate across-the-diamond throws with crow-hop. Outfielders: 80–100 ft long toss with arc, then come in for line-drive throws at 65 ft. Catchers: blocking warm-up and 3 pop-up throws to second.	12 min
<b>Competitive Warm-Up: Situation Speed Round</b>	Coach calls game scenarios at rapid pace — players race to shout the correct play and why. Incorrect = 5 push-ups. Builds baseball IQ and forces players to think at game speed from the first day.	5 min




### 🔪 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 — Attack Angle & Launch Angle	Set tee at belt height. Focus on a slight upward attack angle (matching the typical downward trajectory of a pitch). Cue: 'Get the barrel on the ball's plane and stay through it.' No chopping, no rolling over. Coach watches for consistent ball flight — line drives and slight launch angle, not pop-ups.	9 min
🔄 ROTATE — Players move to next station   1 minute			
<b>Station 2</b>	Load & Hip Sequence — Pause Drill	Player loads fully (hands back, back hip coiled, weight loaded). Coach pauses them there — holds for 2 seconds, then says 'go.' Forces full load before firing. Common flaw at 14U: partial load leading to weak contact. 10 reps each.	9 min
🔄 ROTATE — Players move to next station   1 minute			
<b>Station 3</b>	Rope Bat — Baseline Assessment	Week 1 Rope Bat baseline. Players take 5 dry swings (path and connection feel), then 5 tee reps (staying connected through contact). Coach documents each player's primary issue: casting, arm-bar, rolling over early, or lunging. This becomes the focus for their Rope Bat work over 6 weeks.	9 min
🔄 ROTATE — Players move to next station   1 minute			

<b>Station 4</b>	Front Toss — Hard Contact Quality Check	Coach front-tosses at game speed from 15 ft behind an L-screen. Coach tracks: hard line drives and hard grounders = quality contacts. Pop-ups and weak contact = 0. Goal: 7 out of 10 quality. Players track and compete against themselves.	<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 — Footwork & First Step Explosion	Ready position: weight forward, hands loose, eyes on the bat. Coach hits — player fires a first crossover step immediately, then shuffles. Forehand and backhand reps equally. No standing flat-footed — explode on every pitch.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Outfield — Route Efficiency	Coach hits balls at different angles. Outfielder must take the most direct route to the ball's landing spot — not arc around it. Grade: direct route = 2 pts, indirect route but caught = 1 pt, miss = 0. Efficiency matters more than just catching it.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Catcher — Framing & Blocking	Catcher frames 6 borderline pitches (glove presentation matters), then transitions to blocking 6 balls in the dirt. Full sequence both skills. Coaches evaluate glove presentation on framing — subtle, quiet, present the pitch to the umpire.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	Arm Strength & Accuracy — Long Throws	Outfielders throw from warning track to a cutoff man at 90–100 ft. Infielders simulate 3B-to-1B throws at 90 ft. Focus on throwing on a line — no rainbow arc. Crow-hop, 4-seam grip, throw through the target.	<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 2

Theme: Advanced Pitch Recognition & Situational Defense

## 14U Youth Baseball

2-Hour Practice Plan

WARM-UP	HITTING STATIONS	BREAK	DEFENSE STATIONS	WRAP-UP
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; Self-Scouting</b>	Each player identifies their own biggest hitting weakness and biggest defensive weakness from Week 1. Coaches listen and use the responses to adjust station coaching emphasis for the day.	4 min
<b>Dynamic Warm-Up + Plyometrics</b>	Full dynamic warm-up plus lateral bounds, single-leg hops, and 10-yard sprint bursts. Builds explosive hip and leg power critical for bat speed and fielding first steps.	8 min
<b>Throwing Progression — Advanced Mechanics</b>	Focus on arm path: elbow up, wrist behind the ball at release, full follow-through across the body. Infielders: quick-release footwork at 60 ft. Outfielders: crow-hop long toss to 90 ft, then 5 line-drive throws at 65 ft. Catchers: 3 blocking reps + pop time throws.	12 min
<b>Fun Activity: First to Second Sprint + Slide</b>	Players take a lead off first, coach gives a steal sign, and they sprint to second. Practice a proper pop-up slide or hook slide on the last rep. Competitive timing — coaches track times.	6 min




### 🔪 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>	Pitch Zone Mastery — All 4 Corners	Coach calls one of four pitch locations before each toss: in/up, in/down, out/up, out/down. Player adjusts: contact point, hip rotation speed, and extension vary by location. 3 reps at each location = 12 total. Full adjustment required every rep.	9 min
🔄 ROTATE — Players move to next station   1 minute			
<b>Station 2</b>	Off-Speed Recognition & Weight Transfer	Coach holds ball in toss position, announces 'fastball' or 'off-speed' just before tossing (vary speed accordingly). Player must stay back on off-speed and attack the fastball. Trains weight transfer timing — stay back, then fire.	9 min
🔄 ROTATE — Players move to next station   1 minute			
<b>Station 3</b>	Rope Bat — Location-Specific Connection	Inside pitch tee position: contact out in front, hips fire early, rope stays tight with an early pull-through. Outside pitch tee position: contact deeper, hands stay inside, extension to the opposite field. 5 reps each side. Rope provides immediate feedback on path changes.	9 min
🔄 ROTATE — Players move to next station   1 minute			

<b>Station 4</b>	Advanced Two-Strike Approach	2-strike count every rep. Player chokes up, widens stance, shortens path — but now coach is also throwing to borderline locations. Player must cover the whole plate, foul off tough pitches, and put the ball in play. No strikeouts — find a way to make contact.	<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>	Double Play — Game Speed with Timing	Full double play sequence at game speed: SS-to-2B-to-1B and 2B-to-SS-to-1B. Time it: bat contact to first baseman catch. Target: under 4.2 seconds. Mix in hard-hit balls to test quick hands on the feed.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	First & Third — All Options	Runners on first and third. Infield must execute all options based on coach's hand signal: (1) throw through to second and check third runner, (2) cut and throw home, (3) fake to second and fire home, (4) step off and check. Players make the call without verbal cues.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Catcher — Pop Time Benchmark	5 pop-up throws to second base. Coach times each one. Target: under 1.9 seconds for strong catchers. Review mechanics after each throw — quick release and accuracy matter more than raw arm strength.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	Outfield — Do-or-Die Throw Home	Runner on second, ball hit to outfield. Outfielder reads, charges or drops back, and makes a do-or-die throw home on the run — no time to set feet. Catcher receives and blocks if needed. Accuracy and arm strength under full game-speed pressure.	<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 3</b>	<b>14U Youth Baseball</b>
Theme: Power, Velocity & Competitive Intensity	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 — Midpoint Mindset</b>	Halfway through. Coaches ask: are you better than Week 1? Players give specific answers. Set the tone: Week 3 is about pushing limits — harder reps, more competition, higher standards.	<b>4 min</b>
<b>Dynamic Warm-Up + Explosive Work</b>	Full dynamic warm-up plus: broad jumps, single-leg lateral bounds, medicine ball rotational throws (if available), and 40-yard dash bursts. Builds explosive power for hitting and sprinting.	<b>9 min</b>
<b>Throwing Progression — Velocity Focus</b>	After full warm-up, players work up to max-effort throws. Infielders: 5 max-effort throws at 65 ft with full follow-through. Outfielders: 5 max-effort throws at 90–100 ft on a line. Return to controlled throwing after max-effort set.	<b>10 min</b>
<b>Fun Activity: Competitive Baserunning</b>	Home-to-second sprint contest: fastest 2 players from each team face off. Then: full home run trot challenge — who can round the bases the fastest while touching every bag correctly?	<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>	Max Effort Tee — Bat Speed Benchmark	Players take 10 max-effort swings off the tee. Coach observes bat speed, hip explosion, and extension. Cue: 'Swing like there are no mechanical thoughts — just attack the ball.' This is the power benchmark. Compare results to Week 1 observation.	<b>9 min</b>
🔄 ROTATE — Players move to next station   1 minute			
<b>Station 2</b>	Rapid Fire Front Toss — Reaction Speed	Coach tosses every 4–5 seconds at game speed or faster. Player must reset, load, and fire on each rep with no hesitation. 15–20 reps. No thinking — pure reaction and aggression. Builds quick-twitch bat speed and competitive fire.	<b>9 min</b>
🔄 ROTATE — Players move to next station   1 minute			
<b>Station 3</b>	Rope Bat — Max Effort Hip Drive	Rope Bat at full effort — no controlled swing. Player focuses solely on maximum hip explosion while keeping the rope taut. Slow rope = slow hips. 10 max-effort reps, rest 30 seconds, 10 more. Coach watches for players whose rope stays tight even at max effort — that is the goal.	<b>9 min</b>
🔄 ROTATE — Players move to next station   1 minute			

<b>Station 4</b>	Live Toss — All Fields, Compete	Coach front-tosses to all zones at game speed. Player's goal: hit line drives to all three fields based on pitch location. Pull the inside pitch, drive the middle pitch up the middle, take the outside pitch the other way. Track success by field zone.	<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 — Hard-Hit Ball Reactions	Coach hits hard shots at full speed — no medium-speed grounders. Players must handle game-speed balls hit directly at them and to both sides. Builds hands and reaction time at a level that prepares them for competitive play.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Outfield — Back on the Ball	Coach hits balls over the outfielder's head — varying distance. Player must open hips, run full speed with their back to the infield, and make the catch over the shoulder or adjust back to find the ball. No giving up on a ball over the head.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Rundown — Fast & Efficient	Two fielders, one runner. Execute a max-2-throw rundown: run the runner back, one hard pump fake, throw when you are within 15 ft and closing. Tag the runner. Time it — a well-executed rundown should take under 5 seconds.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	Live Defense — No Outs Scenario	No outs, runners on base, coach hits to create the hardest possible scenarios: double play opportunities, sacrifice fly decisions, squeeze bunt reads. Team must communicate and execute — no silent plays. Grade: correct play call AND execution required for a point.	<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: Mental Game — Pressure, Adjustments & IQ

## 14U 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 — Mental Game Talk</b>	Coaches talk briefly about the mental side: process over results, short memory after errors, staying in the moment. Players share one time they let an error affect them and what they will do differently.	5 min
<b>Dynamic Warm-Up + Arm Care</b>	Full dynamic warm-up. Mandatory band arm care: external rotation, scarecrows, diagonal raises. No player skips arm care at this age.	8 min
<b>Throwing Progression — Quick Release Focus</b>	Infielders practice 3 quick-release throws from fielding position — no extra steps, field and fire. Outfielders throw at their game distance from a run. Catchers: 3 blocks + 3 pop throws + 2 pickoff throws to first.	10 min
<b>Fun Activity: Pressure Fielding</b>	Player in the field, full team watching. Coach hits 5 balls. Team counts errors out loud — but also cheers great plays. Simulates game pressure. Each player gets a turn. Builds composure under a spotlight.	7 min




### 🍷 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>	Adjustment At-Bat — See It, Fix It	Player takes 3 toss swings. Coach identifies the primary mechanical issue and gives one cue. Player takes 3 more swings implementing the cue. Coach evaluates improvement. Cycle repeats — can the player make an adjustment mid-at-bat? This is a critical 14U skill.	9 min
🔄 ROTATE — Players move to next station   1 minute			
<b>Station 2</b>	Off-Speed to Fastball Transition	Coach throws an off-speed pitch (slow lob), player takes it, then immediately receives a fastball (full-speed front toss). Must stay back on the slow pitch AND be ready to attack the fastball. Trains the ability to stay through pitch sequences.	9 min
🔄 ROTATE — Players move to next station   1 minute			
<b>Station 3</b>	Rope Bat — Game Pressure Transfer	3 Rope Bat tee reps (stay connected), then immediately 3 regular bat front-toss reps at full speed. Alternate cycles 3 times. The question: can you keep the Rope Bat feel under game-speed pressure? Coach watches for mechanical breakdown when the speed increases.	9 min
🔄 ROTATE — Players move to next station   1 minute			

<b>Station 4</b>	Full Game At-Bat — No Coaching	Full simulated at-bat at game speed. Coach calls balls and strikes. No coaching during the at-bat — player must make all decisions independently. Debrief after: what was the plan? Did you execute it? What would you change? Builds self-coaching ability.	<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>	Advanced Situational Reads	Coach announces a complex scenario before each rep: infield in, drawn-in corners, shift alignment. Player must know their positioning AND execute the play correctly from that alignment. Baseball IQ test under game conditions.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Outfield Communication — Priority System	Three outfielders in position. Coach hits balls to gaps and communication zones. Players must use the priority system: center fielder has priority over corner outfielders. Call early, call loud, and back up the catch. Grade: correct priority call = 1 pt, wrong priority = 0.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Catcher — Full Game-Speed Sequence	Catcher executes 5 full sequences: receive pitch, block a ball in the dirt, pop-up throw to second, receive throw back, signal next pitch. Non-stop for 5 reps. Builds the catcher's full skill set under sustained pressure.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	No-Coaching Live Defense Inning	Full live defense, 3 outs. No coaching during the inning — players communicate and execute on their own. Coach watches and takes notes only. After the inning, players self-debrief first: 'What did we do well? What would we change?' Coaches add only after.	<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 5

Theme: Elite Execution — Details Separate  
Players

## 14U 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 — Specific Goals</b>	Each player states a specific, measurable goal for today (e.g., 'I want to go 8 of 10 quality contacts on front toss' or 'I want a clean double play execution'). Coaches hold them accountable at check-in.	4 min
<b>Dynamic Warm-Up + Explosive Activation</b>	Full dynamic warm-up plus: broad jumps, lateral plyometric bounds, resisted sprint (partner holds waist with belt or band), medicine ball rotational throws if available. Full athletic activation.	9 min
<b>Throwing Progression — Max Distance Benchmark</b>	Each player establishes their max accurate throw distance this week. Progress in 5-ft increments from 60 ft until accuracy falls below 70%. Document each player's number — this is their 14U arm strength benchmark.	10 min
<b>Fun Activity: Live Steal Situation</b>	Runner leads off first. Pitcher in stretch position. Coach gives the steal sign — runner goes. Catcher executes pop throw to second. Rotate pitcher, catcher, and runner every rep. Time pop times and announce them.	7 min




### 🍷 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>	Individualized Mechanical Refinement	Coach focuses on the single most important remaining flaw for each player. Runs 10 targeted reps designed to correct that specific issue. Examples: fence drill for casting, no-stride drill for lunging, top-hand drill for rolling over. Documented from Week 1 baseline.	9 min
🔄 ROTATE — Players move to next station   1 minute			
<b>Station 2</b>	Pitch Sequence Simulation	Coach mimics a real at-bat pitch sequence: fastball away (take), fastball in (foul off), off-speed low (take for ball), fastball middle (attack). Player must react correctly to each pitch type and location. Trains the ability to process a real pitcher's approach.	9 min
🔄 ROTATE — Players move to next station   1 minute			
<b>Station 3</b>	Rope Bat — Full Competition	Rope Bat soft toss at game speed. Players compete to get 6 consecutive connected contacts (rope taut through contact on 6 in a row). If the rope droops or goes slack, the streak resets. Coach counts aloud. First player to 6 wins the round. Competitive mechanic reinforcement.	9 min
🔄 ROTATE — Players move to next station   1 minute			

<b>Station 4</b>	Clutch Hitting — High Leverage Situations	Coach creates high-leverage scenarios: down one run, runner on second, 2 outs; or bases loaded, 1 out, need a sac fly. Player must execute the specific required at-bat outcome. Debrief: did the player have a plan before stepping in? Did they execute it?	<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>	Advanced Double Play — Hard Feeds	Hard-hit grounders to SS and 2B. Feed must be fast and accurate — sidearm or rifle throw depending on position. Pivot player must handle a difficult feed AND still make an accurate throw to first. Game-speed from first rep.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Outfield — Diving & Sliding Catches	Coach hits balls just out of reach. Outfielder must attempt a diving catch or sliding catch rather than letting the ball drop for a single. Teach proper dive technique: lead with the glove, protect the body, come up ready to throw.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Infield — Pressure Ground Ball Gauntlet	10 grounders at game speed: forehands, backhands, slow rollers, up-the-middle shots, and slow-hit choppers. All with a called throw location. Player tracks clean fields and correct throws. Beat your personal record from previous weeks.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	Full Team — 6-Out Pressure Defense	Two full innings of live team defense. Coach hits to simulate a real opponent. Runners on base. Players must execute every play: communication, correct throws, backing up bases. Coach tracks errors and correct decisions separately — a good decision on a difficult play is still a win.	<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 6</b>	<b>14U Youth Baseball</b>
Theme: Season Finale — Compete Like It Counts	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 — 6-Week Recognition</b>	Coaches deliver individual, specific recognition for every player: the exact skill that improved most over 6 weeks, backed by a specific observation. Players shout out teammates. This is the most important 5 minutes of the plan.	<b>6 min</b>
<b>Player-Led Dynamic Warm-Up</b>	Players run the entire warm-up. No coaching cues — they know the sequence. Coaches observe and note leadership. If they miss something, let a teammate correct it first.	<b>8 min</b>
<b>Throwing Progression — Season Finale</b>	Each player throws at their max accurate distance from Week 5 benchmark. 5 throws at that distance with max effort and accuracy. This is the season's final arm strength and accuracy evaluation.	<b>10 min</b>
<b>Fun Activity: Skills Championship</b>	Two-team competition: baserunning relay (full sprint with correct base-touching), throwing accuracy contest (through hula hoop at 45 ft), and a 5-swing home run derby from front toss. Team total wins. Coaches serve as enthusiastic judges and color commentators.	<b>6 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>	Season Best Tee — Showcase Swing	No corrections. 10 free swings. This is the final showcase of everything developed over 6 weeks. Coach watches silently, then gives one final, specific positive observation about how the player's swing has evolved since Week 1.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Full Game At-Bat Series — 3 At-Bats	Three full simulated at-bats at game speed. Coach calls balls and strikes strictly. Player must execute their approach: take a ball, foul off tough pitches, attack mistakes. After all 3, coach gives a final hitting evaluation — what defines this player as a hitter right now.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Rope Bat — 6-Week Final Evaluation	Complete 6-week Rope Bat assessment: 3 dry swings (path), 3 tee reps (connected contact), 3 soft toss reps at game speed (timing + connection). Coach delivers the final personalized Rope Bat summary for each player: biggest improvement, primary remaining issue, and one specific drill to continue in the off-season.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			

<b>Station 4</b>	Walk-Off Scenario — Season Finale	Bases loaded, bottom of the last inning, team down one, 2 outs, full count. One swing. No coaching, no adjustments — just compete. Team celebrates every quality at-bat regardless of result. Coaches debrief the approach only — outcome is irrelevant. How you handle the moment is everything.	<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 — Graded Showcase	Players at their primary position. Coach hits 10 balls — all types, all difficulty levels. Grade: routine play = 1 pt, above-average play = 2 pts, exceptional play = 3 pts. Personal best challenge. Coaches announce top scores. Players set their 14U defensive benchmark.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Full Team Relay — No Coaching, Full Speed	OF to cutoff to home, multiple scenarios. Zero coaching during the drill. Players communicate, execute, and adjust on their own. After the drill, team-only debrief. Coaches add context after the team has spoken.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Pressure Gauntlet — 10 Grounders, Max Effort	10 grounders at game speed or harder — all types. Player counts clean fields with correct throws. This is their season defensive record attempt. Coach announces results and compares to Week 1. Document the growth.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	Live Game Finale — Players Run the Show	Full live game: coaches pitch (or use a machine), live runners, all positions. Coaches make zero calls and zero corrections during the game. Players are in charge of everything: communication, positioning, plays, and adjustments. Post-game: full team debrief led by a player captain. Finish with the team's season cheer.	<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.