

# STANLEY BOYD



## 12U/Majors BASEBALL 2026 Coaches Handbook

• 2 Hours Each • Intermediate–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.*

<b>PRACTICE 1</b>	<b>12U Youth Baseball</b>
Theme: <span style="color: #e67e22;">Mechanics Review &amp; Setting the Standard</span>	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; Expectations</b>	Coaches outline the 6-week plan and expectations: effort, communication, and coachability. Each player states one personal goal for the season. Creates buy-in from day one.	<b>5 min</b>
<b>Dynamic Warm-Up</b>	High knees, butt kicks, Frankensteins, walking lunges with thoracic rotation, carioca both directions, inchworms. Full-body activation — no static holds.	<b>7 min</b>
<b>Throwing Progression</b>	Start at 45 ft with 4-seam grip focus. Progress to 60 ft over 8 minutes. Crow-hop on every throw, elbow above shoulder, finish across the body. Partners call out 'strike' for chest-high throws, 'ball' for off-target ones.	<b>10 min</b>
<b>Fun Activity: Situation Quiz Race</b>	Coach calls a game scenario — first player to correctly shout the right play earns a point for their team. Fast-paced, competitive, builds baseball IQ. Coaches intentionally use tricky scenarios.	<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 Work — Bat Path & Extension	Focus on a slight upward attack angle through the zone and full arm extension at contact. Coach watches for: no chop, no roll-over, barrel stays through the zone. Place an impact bag or towel beyond the tee to reinforce extension. 10 swings each.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Load & Hip Sequence Drill	Coach calls 'load' — player loads hands and coils the back hip. Coach calls 'fire' — player drives the back hip through and swings. Pause between cues to isolate the sequence. Players should feel the hips leading the hands every rep.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Rope Bat — Bat Path & Connection Baseline	Establish the Week 1 baseline with the Rope Bat. Players take 10 swings: 5 without a ball (feel the connected path, rope stays taut), 5 on the tee (transfer it to contact). Coach notes each player's biggest connection issue — early casting, arm-bar, or rolling over.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			

<b>Station 4</b>	Front Toss — Drive the Middle	Coach front-tosses from behind an L-screen at 15 ft. Player's goal: hit every ball back up the middle. No pulling, no going oppo — square contact only. Coach gives immediate feedback on contact quality.	<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 — First Step & Footwork	Ready position: feet wide, weight on balls of feet, hands loose. Coach hits a ball — players focus on the first crossover step to the ball before shuffling. 10 reps each. Forehand and backhand in equal proportion.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Outfield — Drop Step & Read	Player in ready position. Coach hits without verbal cue. Player reads the ball off the bat and takes the correct drop step. Mix of over the head, to the side, and in front. No backpedaling — open hips and run.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Crow-Hop & Throwing Accuracy	Player fields a grounder or fly ball, executes a crow-hop, and throws to a specific target (coach's glove at a base ~60 ft). Count consecutive accurate throws. Accuracy and arm mechanics over raw arm strength.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	Catcher — Blocking Basics	Catcher gets in blocking position for balls in the dirt. Coach throws balls low to the left, right, and directly in front. Drop to knees, chin down, funnel the ball in front of the body. Rotate catchers in every 3 reps.	<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>12U Youth Baseball</b>
Theme: Pitch Recognition & Defensive Situations	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>	Coaches recap Week 1 themes: bat path, first step, crow-hop. Quick pop quiz — players shout answers. Award team push-ups for wrong answers. Keeps it light and reinforces learning.	<b>4 min</b>
<b>Dynamic Warm-Up</b>	Leg cradles, hip circles, band pull-aparts, PVC pipe pass-throughs for shoulder mobility, ankle rotations. Thorough prep for arm and hip-intensive work ahead.	<b>7 min</b>
<b>Throwing Progression + Long Toss</b>	Start at 45 ft, step back to 70–80 ft over 10 minutes. Proper long toss mechanics: slight arc is fine, still crow-hop, strong arm path. Finish with 3 throws back to 45 ft at normal velocity.	<b>12 min</b>
<b>Fun Activity: Relay Race w/ Decision</b>	After each player rounds third base in the relay, coach holds up a sign: 'Go' or 'Hold.' Player must read and react correctly or their team loses a point. Combines speed with game-intelligence.	<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>	Pitch Zone Recognition — Tee	Set the tee in 4 locations: inside strike, outside strike, high strike, low strike. Coach calls the zone, player adjusts and swings. Teach the proper contact point for each location — inside out front, outside back of plate.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Two-Strike Approach & Plate Coverage	Simulate a 2-strike count on every rep. Player chokes up 1 inch, widens stance slightly, shortens path, and covers the whole plate. Coach tosses borderline pitches — player must protect and make contact. No free passes with 2 strikes.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Rope Bat — Zone Adjustment	Set the Rope Bat up for inside and outside pitches on the tee. Inside: contact point is out in front — rope should stay tight with hips driving. Outside: contact point is deeper — hands stay inside the ball. 5 reps each location. Feel the difference in swing path.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	Timing Drill — Variable Speed Toss	Coach mixes slow lobs and faster front tosses randomly. Player must stay back and time each pitch individually — no anticipating. Builds timing and patience at the plate. Track quality contacts vs. rushed swings.	<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 — Feed & Pivot	SS feeds to 2B and vice versa. Focus on the pivot: catch, touch the bag, step off to avoid the runner, and fire accurately to first. Walk through footwork at both ends. Speed up gradually. No shortcuts on footwork.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Bunt Defense — All Scenarios	Coach drops bunts to all areas: toward 1B, toward 3B, directly in front. Corners charge, pitcher covers the open area, catcher directs traffic. Rotate through positions. Execution over speed — get the out at first.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Catcher — Pop Up & Throw to 2B	Catcher receives a pitch (or has a ball tossed at them), pops up out of the squat, and throws to second to catch a steal. Focus: quick release (under 2 seconds), stay low out of squat, accurate throw at knee height. SS or 2B covers.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	Outfield — Cutoff Communication	Outfielder catches a hit, throws to the cutoff man (SS/2B). Cutoff must communicate: 'cut!' or 'let it go!' based on runner's position. Runner starts at second — is the play at home or hold? Walk through, then execute at full speed.	<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>12U Youth Baseball</b>
Theme: Power Development & Advanced Fielding	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>	Players rate energy 1–10 and name one thing they are focused on improving today. Coaches use the responses to calibrate coaching intensity at stations.	<b>4 min</b>
<b>Dynamic Warm-Up</b>	Full progression: ankle circles, hip circles, inchworms, thoracic rotations, Frankensteins, lateral bounds, and sprint accelerations down the foul line.	<b>8 min</b>
<b>Throwing Progression</b>	Start at 45 ft, work to 75–80 ft. Focus on arm speed and wrist snap at release. Finish with 5 quick-release throws at 50 ft — simulate fielding a ground ball and getting it to first in a hurry.	<b>10 min</b>
<b>Fun Activity: Home Run Derby (Front Toss)</b>	Each player gets 5 front-toss swings from a coach at 15 ft. Count home runs (balls past outfield cone). Track scores, announce winner. Max effort swings — builds confidence and bat speed.	<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>	Hip Drive & Power Position	Set tee slightly out in front of plate. Player focuses on exploding the back hip through the contact point — not a rotation, an explosion. Cue: 'Squash the bug with the back foot.' Finish with full weight transfer and extension. 10 power reps each.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Bat Speed Drill — Rapid Fire Soft Toss	Coach tosses every 5 seconds. Player takes a full, aggressive swing on each rep with minimal reset time. 15+ reps. Forces quick-twitch muscle activation and builds bat speed. No hesitating between reps.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Rope Bat — Hip-First Power Sequence	Rope Bat with no ball, 10 reps at full effort. Focus: the hips must initiate every swing before the hands move. If hands come first, the rope will tangle or go slack. Player should feel the rope load up with tension as the hips fire, then snap through. Coach monitors and gives immediate feedback.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	Front Toss — Inside/ Outside/Up/Down Mix	Coach randomly mixes all four pitch zones with no verbal cue. Player must read and adjust swing path, contact point, and approach every rep. No two consecutive pitches in the same zone. Sharpens rapid pitch recognition and adjustment.	<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>	Backhand — Field & Throw Footwork	Coach hits sharply to the backhand side. Player opens glove, reaches, fields out in front of body, plants the back foot, and throws to first. No spin moves — plant and throw. 10 reps each, tracking accuracy to first.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Outfield — Angle Routes & Shading	Coach hits balls at various angles — player must take the most efficient route, not a straight line to the ball. If the ball is hit at an angle to the right, player angles right and then straightens to intercept. Eliminate unnecessary steps.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Rundown Execution	Two fielders, one runner caught between bases. Fielders execute a proper rundown: run the runner back toward the base they came from, only one pump fake, close distance and make the tag. Keep throws to a minimum — 2 max before the tag.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	Pitcher Fielding — PFP Scenarios	Comebacker to the mound: pitcher fields and throws to first. Slow roller to the right: pitcher charges and throws across the body. Bunt: pitcher charges hard left or right. Rep all three scenarios at increasing speed.	<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 4</b>	<b>12U Youth Baseball</b>
Theme: Game Situations — Think & Execute	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 — Midpoint Check</b>	Halfway through the plan. Coaches give individual feedback cards or verbal midpoint assessments. Players share what is clicking and what they are still working on.	<b>5 min</b>
<b>Dynamic Warm-Up + Plyometrics</b>	Full dynamic warm-up plus: lateral bounds, broad jumps, and 3-step sprint accelerations. Builds explosive first-step quickness used in both fielding and baserunning.	<b>8 min</b>
<b>Throwing Progression</b>	Infielders: 45–60 ft with quick-release focus — simulate turning a double play or firing across the diamond. Outfielders: 60–80 ft with crow-hop, high carry throw. Catchers: pop-up throw mechanics at 45 ft to second.	<b>10 min</b>
<b>Fun Activity: Competitive Situational Fielding</b>	Two teams. Coach hits to a fielder with a live runner. Fielder must make the correct play. Correct play = point for their team. Wrong throw or error = point for opposing team. 5 plays per round.	<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>	Situational Hitting — Runner on 3rd, Less Than 2 Outs	Coach calls the situation before each toss. Player must produce: a fly ball deep enough to score the runner, or a hard grounder to get the run in. Forces intentional, situational swings — not just hacking.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Opposite Field Drill	Coach front-tosses exclusively to the outside corner. Player stays back, lets the ball travel deep, and drives it to the opposite field. No pulling. Cue: 'Let the ball get to you.' Track how many balls go to the correct field.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Rope Bat — Full At-Bat Simulation	Rope Bat with live soft toss. Coach calls ball/strike after each toss. Player only swings at strikes — and on each swing, must stay connected (rope taut through contact). Combines plate discipline with the mechanical connection cue. 3-pitch simulated at-bats, track quality contacts.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	Pressure At-Bat — Full Count, 2 Outs	Two outs, full count, imaginary runner on second. Coach front-tosses. Player must make a quality swing on any strike and take any ball. Debrief after each at-bat: What was the approach? Did you stay back? Did you cheat on the off-speed?	<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 vs. Tag Identification	Coach calls base scenarios before hitting. Fielder must identify: is this a force or a tag play? Make the correct call first, then execute the play. Wrong call = redo. Builds pre-pitch mental preparation.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	First & Third Defense	Runner on first and third. Infield executes options: throw through to second, cut and check the runner at third, or fake throw to second and fire home. Walk through all options, then execute on coach's signal.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Outfield — Do-or-Die Throws	Runner on second, ball hit to outfield. Outfielder must make a do-or-die throw home on the run — no time to set feet. Track accuracy and arm strength. Catcher receives and blocks if needed.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	Infield — Ground Ball Gauntlet with Decision	Coach hits 8 rapid grounders with a called base scenario each time. Player fields and makes the correct throw — no hesitation. Mix: throw to first, throw to second, throw home. Tests reads, footwork, and arm under 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 5</b>	<b>12U Youth Baseball</b>
Theme: Competition & Individual Refinement	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; Positional Goals</b>	Each player states one positional goal for today's practice — specific and measurable (e.g., 'I want to field 8 of 10 backhands cleanly'). Coaches hold them accountable at their station.	<b>5 min</b>
<b>Dynamic Warm-Up + Arm Care</b>	Full dynamic warm-up. Add: band exercises (external rotation, shoulder circles) and wrist/forearm stretches. Arm care is critical at 12U as pitch counts and arm stress increase.	<b>8 min</b>
<b>Throwing Progression — Position-Specific</b>	Infielders throw across the diamond (60 ft). Outfielders long toss to 80–90 ft. Catchers practice pop-up throws and framing drills. Everyone finishes with 5 throws at their primary game distance.	<b>10 min</b>
<b>Fun Activity: Knockout Fielding Contest</b>	Players line up. Coach hits grounders — clean field = stay in, error = do 5 push-ups and rejoin. Last 2 players standing compete head-to-head for a final rep. Competitive pressure builds focus.	<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>	Personalized Flaw Correction	Coach identifies each player's top remaining mechanical issue and runs 10 focused reps targeting that flaw. Examples: if casting, use a fence drill (swing close to a fence to keep the barrel in); if lunging, use a no-stride drill. Specific and individual.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Front Toss — Bat Speed Competition	Each player takes 10 front-toss swings. Coach evaluates: hard line drive or hard grounder = quality contact. Count quality contacts. Players compete against their own Week 1 benchmark. Improvement is the win — not raw numbers.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Rope Bat — Transfer to Regular Bat	3 reps Rope Bat on tee (connected path) → immediately 3 reps regular bat on tee (transfer the feel). Repeat cycle 3 times for 9 total reps each. Goal: the regular bat swings should look identical to the Rope Bat swings. Coach watches for drop-off in connection.	<b>9 min</b>
<b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	Simulated At-Bat — Full Game Speed	Coach front-tosses at full game speed. Player gets a full 3-pitch at-bat — takes called balls, swings at strikes, protects with 2 strikes. No pitch-by-pitch coaching — treat it exactly like a game. Coach debriefs the full at-bat after.	<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 — Live Speed	Full double play at game speed: grounder to SS, feed to 2B, relay to first. Mix in a grounder to 2B with SS covering second. Time the full sequence. Goal: under 4.5 seconds from bat contact to first baseman catching the ball.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Outfield — Jump Read Drill	Player stands in ready position. Coach hits the ball without a verbal cue. Player must read the trajectory immediately off the bat and take the first step in the correct direction before the ball travels 30 ft. React, don't guess.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Catcher — Full Blocking Sequence	Catcher blocks 3 balls in the dirt (left, middle, right), pops up, and throws to second. Full sequence repeated 5 times. Measure pop time: catch to second base catch. Under 2.0 seconds is the target.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	Live Team Defense — 3-Out Inning	Full team defense executes a 3-out inning with a live batter and baserunners. Coach hits to simulate real game situations. Players must communicate every pitch. No play goes without a verbal call. Debrief after the inning.	<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>12U Youth Baseball</b>
Theme: Peak Execution — Season Showcase	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 — Season Awards</b>	Coaches give out informal 'season awards': most improved hitter, best glove, best arm, hardest worker, best teammate, etc. Every player gets one. Sets a high-energy, celebratory tone for the final practice.	<b>6 min</b>
<b>Player-Led Dynamic Warm-Up</b>	Players lead every exercise — coaches only observe and give encouragement. Full dynamic warm-up sequence. Reinforces leadership and ownership of preparation.	<b>7 min</b>
<b>Throwing Progression — Season Best Distance</b>	Each player finds their max accurate throw distance today. Progress from 45 ft to max distance in 5-ft increments. Stop when accuracy drops below 70%. Record each player's max distance as their season benchmark.	<b>10 min</b>
<b>Fun Activity: Team Skills Championship</b>	Two-team competition: (1) baserunning relay, (2) throwing accuracy through hula hoop from 45 ft, (3) front toss home run count. Team total determines the winner. Winning team picks the end-of-practice team activity.	<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>	Season Best Swing — Free Tee Work	No corrections. Players take 10 swings with full freedom. Coaches watch and identify the growth from Week 1 in each player. After the last swing, coach gives one personalized season-ending compliment on their hitting development.	<b>9 min</b>
<b>🔄 ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Simulated Game — 2 At-Bats	Player faces a full 2 at-bat simulation (front toss, balls and strikes called). Treat it like a real game: no coaching mid-at-bat. After both at-bats, coach gives a full debrief: approach, pitch recognition, adjustments made.	<b>9 min</b>
<b>🔄 ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Rope Bat — 6-Week Final Assessment	Complete 6-week Rope Bat assessment: 3 dry swings (path), 3 tee reps (contact), 3 soft toss reps (timing and connection). Coach gives each player their personalized final Rope Bat feedback — comparing Week 1 baseline to today. What improved? What to keep working on in the off-season?	<b>9 min</b>
<b>🔄 ROTATE</b> — Players move to next station   1 minute			

<b>Station 4</b>	Clutch Situation — Walk-Off RBI	Bottom of last inning, tying run on third, 2 outs, full count. Coach front-tosses. Player has one swing to drive in the run. Zero pressure on outcome — full pressure on the process: approach, read the pitch, make a decision. Team celebrates every quality at-bat.	<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 Showcase — Best 8 Reps	Players at their primary position. Coach hits 8 balls: mix of everything learned over 6 weeks. Grade each play: routine = 1 point, difficult = 2 points, exceptional = 3 points. Players track their own score. Personal best challenge.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 2</b>	Full Team Relay — No Coaching	Outfield to cutoff to home. Coaches call no plays and make no corrections during the drill — players communicate and execute entirely on their own. Multiple reps with different fielders. Post-drill team debrief only.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 3</b>	Gauntlet — Season Personal Record	10 grounders: all types, all directions, rapid fire. Player counts clean fields. Goal: beat their personal record from any previous week. Coaches track and announce all-time bests at the end.	<b>9 min</b>
 <b>ROTATE</b> — Players move to next station   1 minute			
<b>Station 4</b>	Live Game — 6-Inning Finale	Full live game defense — coaches pitch or use a machine, live baserunners, all defensive positions. No coaching during the inning. Players run everything. After each inning, team-only debrief: what did we do well? What would we change? Finish with a team handshake and 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.