



Buffalo Hanover Baseball Association

Sample Practice Schedules

CONTENTS

Practice 1..... 3

Practice 2..... 4

Practice 3..... 5

Practice 4..... 6

Practice 5..... 7

Practice 6..... 8

Practice 7..... 9

Practice 8 - **Wood bat practice** 10

Practice 9..... 11

Practice 10..... 12

PRACTICE 1

The warm-up and throwing should be done the same way before practice and games. That way if you get pulled away from the team before the game, they know exactly what to do. Hold the players accountable for being able to do this. You should know one or two players that are the leaders of the team, put them in charge for completing the warmups before every game and practice.

Time (min)	Description
0-5	Form Running, Dynamic Stretching
5-15	3-step throwing (this is the only time they must work on throwing mechanics)
15-20	Long toss, working on making the throws
20-25	Water Break and practice discussion
30-40	Infield fielding – Daily's 1 st 5 Minutes <ul style="list-style-type: none"> • Hitting multiple balls at once- 3rd Short base, SS-2ND to regular base • Make sure the kids are paying attention
40-50	Water Break- Cutoff's discussion
50-70	Cutoff's Player Rotations Standard Cuts from the OF- 2 nd , 3 rd , Home
70-90	Double Cuts- Sure Double down the LF line, LC, RC, RF Line

PRACTICE 2

Time (min)	Description
0-10	Form Running, Dynamic Stretching-
10-20	3-step throwing (this is the only time they have to work on throwing mechanics)
20-30	Long toss, working on making the throws- Make sure they are using their legs
30-35	Water Break and practice discussion
35-45	Infield Daily's - Front, Forehand, Backhands (10 Solid each player)
40-75	<p>Bunt coverage. Light throws, fielding only. Rotate all players to bunt- Make them get it down to the 3rd and 1st base lines.</p> <ul style="list-style-type: none"> • Runners on 1st and 2nd- Get an out. Catchers make the call- Make them be vocal • Crash 1 3rd and 1st crash, 2nd covers 1st, SS covers 3rd. <p>Stay/ heart home- 3rd stays home, 1st crashes, 2nd covers 1st, pitcher covers 3rd base line, SS covers 2nd.</p> <ul style="list-style-type: none"> • Runner on 1st- Get an out at 1. Catchers make the call- Make them be vocal • Crash 1 3rd and 1st crash. 2nd covers 1st, SS covers 3rd. • Runner on 1st- Try to get an out at 2nd. Catchers make the call- Make them be vocal- They need to be able to read the play • Crash 2 3rd and 1st crash. 2nd covers 1st, SS covers 3rd. If 3rd makes the play, make them understand they have to get back to 3rd in-case the play is at 1st.
75-80	Water Break
80-95	Base-running- Leads at all bases, secondary leads- Getting into the action read zone as the pitch is going home.

PRACTICE 3

Time (min)	Description
0-10	Form Running, Dynamic Stretching
10-20	3-step throwing (this is the only time they have to work on throwing mechanics)
20-30	Long toss, working on making the throws- Make sure they are using their legs
30-35	Water Break and practice discussion
35-50	Chaos Drill
50-65	Baseball Fungo 2 Groups of 5- Each player hits 10 balls to the fielder in the center
50-65	Catchers-Blocking and framing drills
65-70	Water Break
70-90	Standard Outfield/ Infield

PRACTICE 4

The warm up and throwing should be done exactly the same way before practice and games.

Time (min)	Description
0-5	Form Running, Dynamic Stretching
5-15	Arm Circles then 3-step throwing (this is the only time they must work on throwing mechanics)
15-25	4-Square around the diamond
25-30	Base running- What to do with Fly balls <ul style="list-style-type: none"> • 1st- Halfway • 2nd Tag on ball hit to right, Halfway on a ball hit to left • 3rd Going back to tag
30-35	Water break
30-55	Pitching Fielding Practice- Covering the bag (10 Minutes each group) or Ground balls/ DP turns *split team in two sections then switch
60-75	Outfield work- Fly balls know the situation. Where is the ball going? Runners on 3 rd , 2 nd 1 st , and any combination. What do I do if it is a grounder, fly ball shallow, deep, dropped fly ball, etc? Who has back up coverage/ responsibilities
75-85	Standard Infield round

PRACTICE 5

Time (min)	Description
0-10	Form Running, Dynamic Stretching
10-20	3-step throwing (this is the only time they must work on throwing mechanics)
20-45	Baseball Fungo 4 Groups of 3- Each player hits 10 balls to the fielder in the center. Fielder does not throw the ball
45-50	Water Break
50-65	Fielding Fundamentals- Work on proper form coming thru the baseball, attacking the ball following your throws
65-85	Ground Ball work- NO Throws- Using ground ball Atec
85-95	Cut offs- Thru out the infield

PRACTICE 6

Time (min)	Description
0-10	Form Running, Dynamic Stretching-
10-20	3-step throwing (this is the only time they have to work on throwing mechanics) No long throws
20-80	hitting in the Cage- 3 Groups of 4- 20 Minutes each group <ul style="list-style-type: none"> • 20-40 Group 1 • 40-60 Group 2 • 60-80 Group 3
20-40	Catching Fundamentals- Jayden and Jonah <ul style="list-style-type: none"> • Blocking • Pop times • Throws down to 2nd
20-40	Infield Fundamentals <ul style="list-style-type: none"> • 2nd and SS footwork • Fielding flips • Throws to man covering bag • When catchers are ready taking throws to 2nd
40-60	Infield/ OF Fundamentals <ul style="list-style-type: none"> • 1st Baseman footwork • 2nd and SS footwork- Same as group 1 without throws from catcher. • OF footwork
60-80	Fielding Fundamentals <ul style="list-style-type: none"> • Regular fielding funnies • 3 Balls. Ball for right foot, left and ball off glove side
80-90	Infield/ Outfield play

PRACTICE 7

Time (min)	Description
0-10	Form Running, Dynamic Stretching-
10-20	Light throwing- No throws longer than 20ft- Working on proper form
20-30	Fielding Fundamentals – Front, forehands and backhands Working on attacking the baseball
30-50	Infield/ OF Fundamentals- No long throws- <ul style="list-style-type: none"> • 1st Baseman footwork, receiving the throws working on getting into a good position • 2nd and SS footwork- working on DP flips, no throws to 1st base • OF footwork - work on tracking and catching the baseball
50-60	Standard Infield/ Outfield- No super long throws- Making sure all players know their cut responsibilities
60-75	Baserunning- Working on getting good secondary leads- Getting to the action zone and knowing when and when not to take steal the base
75-90	Water break, general team discussion about this weekend, Field Cleanup

PRACTICE 8 - WOOD BAT PRACTICE

The warmup and throwing should be done exactly the same way before practice and games. That way if you get pulled away from the team before the game, they know exactly what to do. Hold the players accountable for being able to do this. You should know one or two players that are the leaders of the team, put them in charge for completing the warmups before every game and practice.

Time (min)	Description
0-10	Form Running, Dynamic Stretching
10-20	3-step throwing (this is the only time they have to work on throwing mechanics)
20-30	Long toss, working on making the throws
30-35	Water Break and practice discussion
35-40	Base running <ul style="list-style-type: none"> • 1st Straight Steal • 2nd getting proper leads- Have coaches coming in behind the runner to make them understand to look around and listen to the base coaches • 3rd walking down the line and getting out on right leg at “action zone” • Home – work on running through 1st and stopping right away and looking to the right
40-55	Infield fielding <ul style="list-style-type: none"> • Hitting multiple balls at once • Make sure the kids are not just standing around/everybody has a job to do
55-60	Water Break
60-80	Pitching – Bull Pen Session 25 Pitches each group- 10 each windup and stretch <ul style="list-style-type: none"> • Two mounds going simultaneously • While pitchers are working others are doing fly ball work

PRACTICE 9

Time (min)	Description
0-10	Form Running, Dynamic Stretching
10-20	Practice Discussion
20-75	<p>All players get broken down into 3-4 players per group- Rotate after 15 Minutes</p> <ul style="list-style-type: none"> Group 1- Throwing Fundamentals- Mitch- Field 5- Proper warmups, throwing mechanics, ETC Group 2- IF Fielding Fundamentals- Mark- Field 5- No throws, footwork and proper fielding form. Group 3- OF Fielding Fundamentals- Dave Field 4- Drop steps left and right, getting under the ball, using softies and having them hit their heads with the ball Group 4- Baserunning- Matt Dingman plus 1 or 2 parents to assist Field 4- Rounding 1st base, <p>Doubles baserunning, going home from 2nd, Tag ups from all bases-(Halfway FB to left from 1st, 1/3 on FB to center and right), (Tag on FB to right when at 2nd and 3rd, ¼ off on FB to center and left), (3rd Base always Tag)</p> <ul style="list-style-type: none"> Group 5- Hitting- Ron-Need 3 or 4 parents to assist Ron and put at each station- Batting Cages- 2 Tee's on the outside, 1 doing flips, 1 doing overhand. 10 balls each then rotate <p>Rotation shall be 1 to 2, 2 to 3, 3 to 4, 4 to 5, and 5 to 1. Once everyone gets through each station practice is complete.</p> <p>Coaches will rotate through each station to get ideas and learn.</p>
75-90	Clean up and discuss practice

PRACTICE 10

Time (min)	Description
0-20	Dynamic Stretching, sprints, agility drills
20-25	Practice Discussion
25-35	Throwing warmups- Only time they get to work on proper fundamentals
35-110	<p>All players get broken down into groups. (25 Minutes each Session)</p> <ul style="list-style-type: none"> • Group 1- Pitching- Field 5-Flat ground- Mitch and Ed- Use the foul line as the rubber. <ul style="list-style-type: none"> ○ Balance Point ○ Lift, land and separate- Make sure they are driving using their legs ○ Pretend to throw and follow through- make sure they are following through properly. ○ Bull Pens- 20 Pitches each (3 Mounds) throwing into bow nets (Stretch or windup) • Group 2- IF Fielding Fundamentals Mark- <ul style="list-style-type: none"> ○ Going through all fielding progressions- Footwork, throwing and following your throws- Use Bow net for target. • Group 3- Hitting <ul style="list-style-type: none"> ○ Need 3 or 4 parents to assist and put at each station ○ Batting Cages- 3 Tee's on the outside, 1 doing flips inside cage, 1 doing overhand inside the cage. 10 balls each then rotate.

- Practice 11

Time (min)	Description
0-25	Dynamic Stretching, sprints, agility drills, getting secondary leads off bases
25-35	Throwing warmups- Only time they get to work on proper fundamentals
35-110	<p>All players get broken down into groups. (25 Minutes each Session)</p> <ul style="list-style-type: none"> • Group 1- Pitching- Field 5-Flat ground- Use the foul line as the rubber. <ul style="list-style-type: none"> ○ Balance Point ○ Lift, land and separate- Make sure they are driving using their legs ○ Pretend to Throw and follow through ○ Make sure they are following through properly. ○ Bull Pens- 20 Pitches each (3 Mounds) • Group 2- IF Fielding Fundamentals <ul style="list-style-type: none"> ○ Field 4- going through all fielding progressions- Footwork, throwing and following your throws- Parent to catch at 1st base • Group 3- Hitting <ul style="list-style-type: none"> ○ Need 3 or 4 parents to assist and put at each station ○ Batting Cages- 2 Tee's on the outside, 1 doing flips inside cage, 1 doing overhand inside the cage. 10 balls each then rotate.