

Date : \_\_\_\_\_ Practice Time: \_\_\_\_\_ Location: \_\_\_\_\_

## 5-6 Tee-Ball Practice (1 hr)

**2-3 Minutes: Pre-Start Meeting - Today's Points to Emphasize:**

\_\_\_\_\_  
\_\_\_\_\_

**8-10 minutes: Functional Warm-Ups, Throwing, and/or Base Running**

Warm-Up activity #1: \_\_\_\_\_

Warm-Up activity #2: \_\_\_\_\_

Warm-Up activity #3: \_\_\_\_\_

Warm-Up activity #4: \_\_\_\_\_

**3-4 Minutes: Group meet – Explain Throwing and Hitting Stations and divide players**

**10 Minutes: Throwing / Hitting Stations**

### Throwing Station

Throwing Drill / Activity #1: \_\_\_\_\_

Throwing Drill / Activity #2: \_\_\_\_\_

### Hitting Station

Hitting Drill / Activity #1: \_\_\_\_\_

Hitting Drill / Activity #2: \_\_\_\_\_

**3-4 Minutes: Group meet – Review previous stations and explain Fielding and Hitting Stations**

### Fielding Station

Fielding Drill / Activity #1: \_\_\_\_\_

Fielding Drill / Activity #2: \_\_\_\_\_

### Hitting Station

Hitting Drill / Activity #1: \_\_\_\_\_

Hitting Drill / Activity #2: \_\_\_\_\_

**Tip of the Day:** \_\_\_\_\_

**Info to pass on before dismissal:** \_\_\_\_\_

Date : \_\_\_\_\_ Practice Time: \_\_\_\_\_ Location: \_\_\_\_\_

## 6-7 yr old Practice (1.5 hrs)

**2-3 Minutes: Pre-Start Meeting - Today's Points to Emphasize:**

\_\_\_\_\_  
\_\_\_\_\_

**8-10 minutes: Functional Warm-Ups, Throwing, and/or Base Running**

Warm-Up activity #1: \_\_\_\_\_

Warm-Up activity #2: \_\_\_\_\_

Warm-Up activity #3: \_\_\_\_\_

**5 Minutes: Base running Drill:** \_\_\_\_\_

**8-10 Minutes – Throwing/Receiving Drills:**

Drill / Activity #1: \_\_\_\_\_

Drill / Activity #2: \_\_\_\_\_

**3-4 Minutes: Group meet – Explain Hitting & Fielding Rotations and divide players into groups**

**25-30 Minutes – Hitting Rotations**

**Hitting station #1:** \_\_\_\_\_

**Hitting station #2:** \_\_\_\_\_

**Hitting station #3:** \_\_\_\_\_

**Hitting station #4:** \_\_\_\_\_

**25-30 Minutes - Fielding Rotations**

**Fielding station #1:** \_\_\_\_\_

**Fielding station #2:** \_\_\_\_\_

**Fielding station #3:** \_\_\_\_\_

**Fielding station #4:** \_\_\_\_\_

**10-15 Minutes : Team Defense – Situations – Competitions**

**Activity #1:** \_\_\_\_\_

**Activity #2:** \_\_\_\_\_

**Activity #3:** \_\_\_\_\_

**Tip of the Day:** \_\_\_\_\_

**Info to pass on before dismissal:**

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**Coaching Notes:**

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\_\_\_\_\_

Areas of Strength this practice	Areas to work on next practice

Date : \_\_\_\_\_ Practice Time: \_\_\_\_\_ Location: \_\_\_\_\_

## 7-8 yr old Practice (1.5 hrs)

**2-3 Minutes: Pre-Start Meeting - Today's Points to Emphasize:**

\_\_\_\_\_  
\_\_\_\_\_

**8-10 minutes: Functional Warm-Ups, Throwing, and/or Base Running**

Warm-Up activity #1: \_\_\_\_\_

Warm-Up activity #2: \_\_\_\_\_

Warm-Up activity #3: \_\_\_\_\_

**5 Minutes: Base running Drill:** \_\_\_\_\_

**8-10 Minutes – Throwing/Receiving Drills:**

Drill / Activity #1: \_\_\_\_\_

Drill / Activity #2: \_\_\_\_\_

**3-4 Minutes: Group meet** – Explain Hitting & Fielding Rotations and divide players into groups

**25-30 Minutes – Hitting Rotations**

**Hitting station #1:** \_\_\_\_\_

**Hitting station #2:** \_\_\_\_\_

**Hitting station #3:** \_\_\_\_\_

**Hitting station #4:** \_\_\_\_\_

**25-30 Minutes - Fielding Rotations**

**Fielding station #1:** \_\_\_\_\_

**Fielding station #2:** \_\_\_\_\_

**Fielding station #3:** \_\_\_\_\_

**Fielding station #4:** \_\_\_\_\_

**10-15 Minutes : Team Defense – Situations – Competitions – Bullpen Sessions for pitchers**

**Activity #1:** \_\_\_\_\_

**Activity #2:** \_\_\_\_\_

**Activity #3:** \_\_\_\_\_

**Tip of the Day:** \_\_\_\_\_

**Info to pass on before dismissal:**

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**Coaching Notes:**

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Areas of Strength this practice	Areas to work on next practice

Date : \_\_\_\_\_ Practice Time: \_\_\_\_\_ Location: \_\_\_\_\_

## 9-10yr old League Practice (1.5 hrs)

**2-3 Minutes: Pre-Start Meeting - Today's Points to Emphasize:**

\_\_\_\_\_  
\_\_\_\_\_

**8-10 minutes: Functional Warm-Ups, Throwing, and/or Base Running**

Warm-Up activity #1: \_\_\_\_\_

Warm-Up activity #2: \_\_\_\_\_

Warm-Up activity #3: \_\_\_\_\_

**5 Minutes: Base running Drill:** \_\_\_\_\_

**8-10 Minutes – Throwing/Receiving Drills:**

Drill / Activity #1: \_\_\_\_\_

Drill / Activity #2: \_\_\_\_\_

**3-4 Minutes: Group meet** – Explain Hitting & Fielding Rotations and divide players into groups

**25-30 Minutes - Fielding Rotations** (Make DEFENSE a priority by working on it first!)

**Fielding station #1:** \_\_\_\_\_

**Fielding station #2:** \_\_\_\_\_

**Fielding station #3:** \_\_\_\_\_

**Fielding station #4:** \_\_\_\_\_

**25-30 Minutes – Hitting Rotations**

**Hitting station #1:** \_\_\_\_\_

**Hitting station #2:** \_\_\_\_\_

**Hitting station #3:** \_\_\_\_\_

**Hitting station #4:** \_\_\_\_\_

**10-15 Minutes : Team Defense – Situations – Competitions – Bullpen Sessions for pitchers**

**Activity #1:** \_\_\_\_\_

**Activity #2:** \_\_\_\_\_

**Activity #3:** \_\_\_\_\_

**Tip of the Day:** \_\_\_\_\_

**Info to pass on before dismissal:**

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**Coaching Notes:**

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**Practice tips for Minor level Coaches:**

- Have hitters (no bat in hand) stand in at times while pitchers throw a bull pen.
- Have hitters face kid pitch.
- Prior to games focus on the basic situations.
- Use live runners at times for situations (work on both aspects of the game)
- Make small portions of the practice competitive

Areas of Strength this practice	Areas to work on next practice

Date : \_\_\_\_\_ Practice Time: \_\_\_\_\_ Location: \_\_\_\_\_

### 11-12 yr old Practice (1 ½ -2 hrs)

**2-3 Minutes: Pre-Start Meeting - Today's Points to Emphasize:**

\_\_\_\_\_  
\_\_\_\_\_

**8-10 minutes: Functional Warm-Ups, Throwing, and/or Base Running**

Warm-Up activity #1: \_\_\_\_\_

Warm-Up activity #2: \_\_\_\_\_

Warm-Up activity #3: \_\_\_\_\_

**5 Minutes: Base running Drill:** \_\_\_\_\_

**8-10 Minutes – Throwing/Receiving Drills:**

Drill / Activity #1: \_\_\_\_\_

Drill / Activity #2: \_\_\_\_\_

**3-4 Minutes: Group meet** – Explain Hitting & Fielding Rotations and divide players into groups

**25-30 Minutes - Fielding Rotations** (Make DEFENSE a priority by working on it first!)

**Fielding station #1:** \_\_\_\_\_

**Fielding station #2:** \_\_\_\_\_

**Fielding station #3:** \_\_\_\_\_

**Fielding station #4:** \_\_\_\_\_

**25-30 Minutes – Hitting Rotations**

**Hitting station #1:** \_\_\_\_\_

**Hitting station #2:** \_\_\_\_\_

**Hitting station #3:** \_\_\_\_\_

**Hitting station #4:** \_\_\_\_\_



**10-15 Minutes : Team Defense – Situations – Competitions – Bullpen Sessions for pitchers**

**Activity #1:** \_\_\_\_\_

**Activity #2:** \_\_\_\_\_

**Activity #3:** \_\_\_\_\_

**Tip of the Day:** \_\_\_\_\_

**Info to pass on before dismissal:**

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**Coaching Notes:**

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**Practice tips for Minor level Coaches:**

- Have hitters (no bat in hand) stand in at times while pitchers throw a bull pen.
- Have hitters face kid pitch.
- Prior to games focus on the basic situations.
- Use live runners at times for situations (work on both aspects of the game)
- Make small portions of the practice competitive
- At this level practices should be designed around areas of situational improvement
  - ex: Covering bunts, pick offs, run downs, 1st and 3rd

Areas of Strength this practice	Areas to work on next practice

