



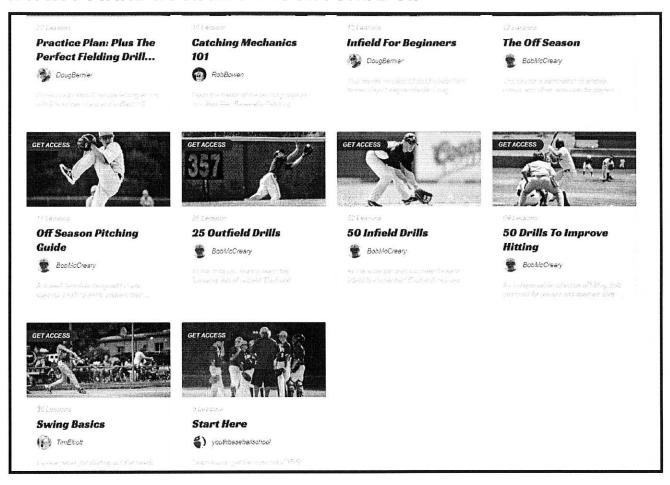


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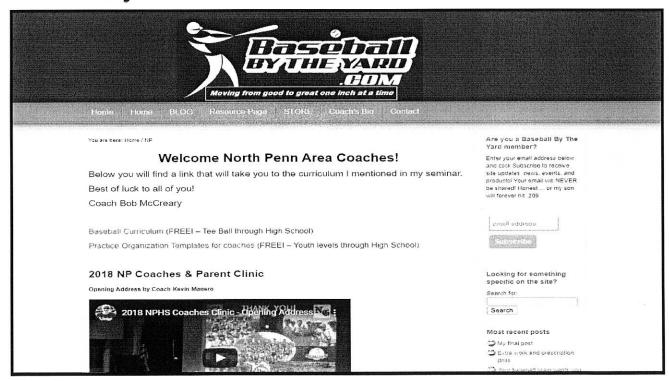
www.BaseballByTheYard.com/NP

Coach Bob McCreary

www.YouthBaseballSchool.com/Bob



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Mastering the 60 Minute Practice

General Tips & Suggestions





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Tip	Why?
Plan out your practices to the minute	This helps you organize well and prioritize your needs. Kids will know when you are trying to wing it. We tell them to think ahead so we need to model that behavior too.
Use Functional / Compound activities whenever possible	Functional warm-ups incorporate baseball movements into your pre-practice routine to make them more effective. Compound activities allow to to work on multiple things at the same time which saves time.
Tell your coaches & players the practice plan in advance	Text or email your practice plan to your coaches prior to practice so they have a better idea of what their role will be. Posting a copy of the plan in the dugout allows players to see what they will be doing. This helps to cut down transition time between activities since players already have an idea of what is coming next.
Stick to the times	This forces you to look for ways to cut out wasted time. It also is respectful of the schedules of your families. If you say practice ends at 7pm, players should be walking off the field at 7pm.
Target all phases of the game - Hitting, Catching/Throwing, Fielding, and Base running (pitching too if needed)	This ensures that players are developing in all areas of the game during most practices. Can help with planning stations as well. One for each.
Keep them moving!	Baseball is boring for many modern kids. Think like an elementary school gym teacher and get them moving! "There is no walking in baseball!"
Teach them how to practice	Explain to them early on what you expect from them during practice. (on-time, uniform, energy level, pace, etc.)

Functional Warm-up Drills and Competitions

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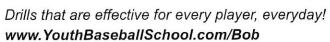


Purposes:

- Warm their bodies up AND do it in a way that ADDS to their baseball skills.
- "Killing multiple birds with one stone" makes your practices run more efficiently
- Can be used as "filler drills" during or at the end of practice as well.
- Competitions can be created for better engagement and pressure

Drill	Works on	How to
Basketball Hands	Quick hands, transitions, glove work, grip	Round the back - both directions Round a leg - both directions Alt legs - both directions
Rundowns	Rundown play, catching & throwing while moving, accuracy	Two groups - base distance apart with base or marker on the ground. Player runs towards other group with ball up. When he gets halfway he tosses to player who catches it, holds the ball up, and runs to other group. Process repeats in a relaymanner back and forth. No base runners needed
Football pass	Catching while moving, fly balls, keeping head still, running technique, eye/hand coordination	Every player gets a ball. Player hands ball to coach and "goes out for a pass." Coach tosses ball and catch is made. Can use gloves or not and different types of balls. Change directions/angles to work on catching over both shoulders.
Zig-Zag run	Running with eyes up, running / fly ball technique, legs warmed up, running straight while looking in another direction	Player in front of coach takes off running in straight line away from coach. Player looks over shoulder at coach. When coach signals(visual or verbal) the player whips head around to look back over opposite shoulder. Process continues a few times.
Shuffle and dive	Secondary leads off bases, quick returns to bases, safe diving technique	Players shuffle off the line twice and then return to the line with a low run and head-first (arms out) dive as if returning to a base
Square drills	Full body warm-up, throwing accuracy, footwork, timing, transitions, grip, glove work, catching	Clockwise, counter clockwise, overhand, underhand, stay put or move up to next corner. Use bases or markers. Gloves, bare hands, or paddles Hard balls or softer balls.
Goalie partners	Low fielding stance, hands out, quick hands	Players partner up and stand arm-length apart. No gloves. Players try to get the ball between opponents legs by ROLLING the ball on ground UNDERHAND. No throwing or bouncing.
Sliding	Legs loose, base running, and sliding	Multiple lines. Players run to a base/marker and slide correctly. TIPS : use the grass, find a decline, no cleats

"Multi-Vitamin" Drills







Throwing / Pitching			
Drill	How to	Variations	
Lean & Throw	Hands at chest, feet wide and on-line, player leans back-separates-and throws to target	Lean forward-back-forward to throw; finish like a pitcher, throw to catcher	
X - Drill	Feet apart & on-line, arms crossed at the chest (ball in front), unravel hands and throw	Finish like a pitcher, add a knee kick, throw to catcher, add a crow-hop for distance	
QB Drill	Hands at chest, hops back on-line, plants, hops forward on-line, and throws	Add distance, X-drill, finish like a pitcher, throw to catcher	
* Short Box	Normal bullpen session but at a shorter distance (5-15 ft shorter); focus is on mechanics and accuracy	On mound, flat ground, standing catcher, squatting catcher, net, Stand-ins	
Hitting			
Drill	How to	Variations	
Tee	Set feet before tee/ball, adjust height, adjust in/out	Net, backstop, knee kick, close & go, pull/center/opposite	
Soft toss	Front angle, show the ball, smooth-slow rhythm, aim at front hip, little-no arc	Small balls, Smush/Weighted balls, play live, inside-outside-middle	
Short toss	Use a safe screen! Sit-stand-kneel, underhand or overhand, firm and straight, show and throw in a smooth full motion	Inside-middle-outside, arc = curveballs or change-ups, HBP	
* Stand in	Batters with helmets stand in on bullpen/short box sessions. Batter mimics an actual at-bat without the swing	Situations, counts, bunt mechanics and footwork	
Fielding / Catching			
Drill	How to	Variations	
Knee Drill	Player on wide knees, butt up, hands out front	Bare hands, forehand-backhand	
Round-Abouts	Straddle feet, object in-front, move around to field, put ball in bucket	Ball to the right, freeze at catch, add throws	
Catch n Throw	Athletic start w/thumbs up, catch a toss, set feet, & throw to target	Adjust target location & distance, add grounders or fly balls	
* Rotations	These are position specific. Go to BaseballByTheYard.com/NP	Vary for time, needs, & abilities	

Date : Practice Time: Location:
60 Minute Practice
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: