

Keys to a great practice: Start on time, keep kids moving, have a plan but stay flexible. Aim for 3-4 water breaks. End on a high note so kids leave excited for the next one. These templates are starting points - adjust based on what your team needs most.

Standard Practice

75 min

Best for: Regular weeknight practices with balanced skill development

Time	Activity	Min
0:00	Arrive, gear up, quick team huddle	5
0:05	Dynamic warm-up	6
0:11	Throwing progression	9
0:20	Skill block #1 (fielding OR hitting)	20
0:40	Water break	3
0:43	Skill block #2 (other skill)	17
1:00	Game situations / live reps	10
1:10	Conditioning / fun competition	5
1:15	Team huddle, wrap-up	-

Notes:

- Alternate which skill (fielding/hitting) comes first each practice
- Game situations should simulate real plays with runners

Quick Practice

60 min

Best for: Short field time, doubleheader days, or when running behind

Time	Activity	Min
0:00	Quick huddle while stretching	3
0:03	Dynamic warm-up (abbreviated)	5
0:08	Throwing progression	7
0:15	Primary skill focus	18
0:33	Water break	2
0:35	Secondary skill or game situations	15
0:50	Live reps / competition	8
0:58	Team huddle	2

Notes:

- Pick ONE main focus - don't try to do everything
- Keep transitions fast - have equipment ready

Extended Practice

90 min

Best for: Weekend practices, pre-tournament prep, or when you have extra field time

Time	Activity	Min
0:00	Team meeting - review goals for practice	5
0:05	Dynamic warm-up (full sequence)	8
0:13	Throwing progression + long toss	12
0:25	Fielding stations (rotate groups)	20
0:45	Water break	3
0:48	Hitting stations (tee, soft toss, BP)	22
1:10	Water break	2
1:12	Live game situations (full scenarios)	12
1:24	Fun competition / conditioning	5
1:29	Team huddle, recap key learnings	-

Notes:

- Use stations to maximize reps - need parent helpers
- Great opportunity for position-specific work
- Watch energy levels - add an extra break if needed

Hitting-Focused Practice

75 min

Best for: When bats have been cold, pre-game tune-up, or offensive skill development

Time	Activity	Min
0:00	Huddle, gear up	5
0:05	Dynamic warm-up	6
0:11	Throwing progression (quick)	7
0:18	Tee work - mechanics focus	12
0:30	Soft toss / front toss	12
0:42	Water break	3
0:45	Live BP - coach pitch	15
1:00	Situational hitting (hit & run, move runner)	10
1:10	Quick fielding review	5
1:15	Team huddle	-

Notes:

- Non-hitters should be shagging or doing tee work
- Emphasize quality swings over quantity

Defense-Focused Practice

75 min

Best for: After sloppy games, working on team defense, or building fielding fundamentals

Time	Activity	Min
0:00	Huddle, gear up	5
0:05	Dynamic warm-up	6
0:11	Throwing progression (emphasize accuracy)	9
0:20	Ground ball fundamentals - ready position, fielding, footwork	15
0:35	Fly ball/pop-up work	10
0:45	Water break	3
0:48	Team defense - cutoffs and relays	12
1:00	Live situations - runners on base	10
1:10	Quick hitting (keep bats warm)	5
1:15	Team huddle	-

Notes:

- Use fungo bat for efficient ground ball/fly ball work
- Put kids at their game positions for team defense

Pre-Game Warm-Up

25-30 min

Best for: Arriving at the field before a game - get loose and focused

Time	Activity	Min
0:00	Arrive, drop gear, quick huddle	3
0:03	Dynamic warm-up (in outfield)	5
0:08	Throwing progression	7
0:15	Infield/outfield (if field available)	8
0:23	Quick swings - tee or soft toss	5
0:28	Final huddle - lineup, assignments	2

Notes:

- Keep it light - save energy for the game
- Focus on getting loose, not learning new skills
- Have batting order and positions ready before huddle

General Practice Tips

- **Have a backup plan** - weather, missing equipment, or low attendance can change things
- **Keep kids moving** - standing in line = losing focus. Use stations when possible
- **Positive-to-correction ratio** - aim for 3 positive comments for every correction
- **Water breaks are transitions** - use them to reset and explain the next activity
- **End strong** - kids remember the last thing. Make it fun or finish with success
- **Be flexible** - if something isn't working, move on. Don't force it