

Conejo Valley Little League

Coaching Guide – Sample Practice Plans

Sample Practice Plans

There are many resources available to assist you in your role as a Manager or Coach. Learn, be creative and be flexible adapting your practices to your team's needs. Engage parents to assist you as assistant coaches or as volunteers. Keep practices moving and have fun. Baseball requires development of many skills, so remember the quality of repetitions are important. Meet with your parents prior to each practice and let them know what you plan to work on during the session. If you don't make it through your plan, pick it up at the next practice. Schedule a practice game with your peer coaches prior to the season beginning. This really helps the kids understand what a typical game will be like and offers situations that are hard to duplicate in practice. Remember the "Three Ps", Perspective, Patience and Planning. Plan a day at the local batting cages to mix up the routine. Practice is your teaching time. Games times are for the kids and should be fun. Plan a fun activity as your last drill of each day. End practice with a brief talk emphasizing what you learned during the day. Start and end practice on time.

Resources

- Websites
 - <http://www.ConejoValleyLittleLeague.org>
 - <http://www.Littleleague.org>
 - <http://www.LittleleagueCoach.org>
 - <http://www.positivecoaching.org>
 - <http://www.baseball-excellence.com>
 - <http://www.hitting.com>
 - <http://www.pitching.com>
- Books, recommended, Coaching Youth Baseball the Ripken Way
- CoachDeck, practice cards, drills/skills aids
- YouTube, instructional videos
- Various Apps
- Local Professional Resources, Camps and Batting Cages (contact CVLL Board Members, Coaches Development or Player Development Managers for recommendations)
- CVLL Board Members, Playing Division Vice Presidents and your peer coaches

CVLL Coaches Guide – Sample Practice Plans, continued

Peanut Division, duration 1 hour maximum, keep discussions short and simple, your challenge will be keeping the kids attention, as the season progresses, you will be able to engage them for longer periods of time, explain what each position does and why its important to the team, rotate each player thru each position, review basic rules of baseball (using Peanut Division supplemental playing rules), make sure kids are drinking water between breaks

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| 5 Minutes | Easy throws (warm up, basic throwing, catching skills), line up half the players on 1 st baseline, facing towards 2 nd base, pair up with the remaining players facing the players on the 1 st base line about 10 feet apart, have assistant coaches stand behind players to assist with instruction and ensuring the kids don't throw too hard or when their partner is not looking, as they improve, increase distance between the kids |
| 5 Minutes | Base Running (make sure players wear helmets)
Home to First Base
First Base to Second Base
Second to Third Base
Third Base to Home
Home runs
Brief transition break/water |
| 30 Minutes | Skills/Drills stations
Throwing station (use soft balls)
Catching station (use soft balls)
Soft balls/whiffle balls (tracking)
Infield/Outfield stations
Batting station (make sure players wear helmets)
Hitting tee (form/contact)
Whiffle balls (speed/safety)
Brief transition break/water |
| 15 Minutes | Whole Team Drills
Review Division playing rules (Supplemental Playing Rules)
Situations (where to throw ball when hit)
Practice game, batting thru entire line up
Relays (Fun) |
| 5 Minutes | Practice review & team cheer |

CVLL Coaches Guide – Sample Practice Plans, continued

Minor International Division, duration 1 hour maximum, you will have a combination of returning players and first timers, break up the players by like skill levels and try to keep them together during drills, be careful placing players that are not confident catching at 1st base until they are ready, continue to rotate each player thru each position, introduce pitching and behind the plate catcher fundamentals, emphasize importance of backing up thrown balls and being ready to contribute on each play, running on grounders and tagging up on fly balls

5 Minutes	Easy throws (warm up)
5 Minutes	Base Running (warm up) Watching the ball and Base coaches Brief transition break/water
25 Minutes	Skills/Drills stations Throwing Catching Infield/outfield Feet positioning on infield bases Backing up and Cut offs Batting Tee work (form/contact) Soft toss/Whiffle balls (speed) Batting using pitching machine (tracking/contact) Batting cage (tracking/contact) Batting using kid/coach pitch (tracking/timing/contact) Pitching Balanced stance Brief transition break/water
20 Minutes	Whole Team Drills Review Division playing rules (Supplemental Playing Rules) Situations (runners on 1 st /3 rd bases, no outs) Corners & Middles Cut off Relay Backing up Rocket Relay (Fun)
5 Minutes	Review practice & team cheer

CVLL Coaches Guide – Sample Practice Plans, continued

Minor National Division, duration increases to 1 hr. to 1.5 hrs, you will have varying skill levels, try to match up by skill, players will start to show aptitude at various positions, pitching, hitting and fielding, continue to rotate players to build skill and awareness of how each position supports the whole team, emphasize pitching fundamentals, add bunting and stealing offensive and defensive skills, work on situations with forced and put outs

5 Minutes	Easy throws (warm up)
5 Minutes	Base Running (warm up) Stealing 2 nd /3 rd base Sliding Watching the ball and Base coaches Brief transition break/water
45 Minutes	Skills/Drills stations Throwing Catching/Fielding 2 nd /3 rd Base coverage on steals Bunt defense Backing up Batting Tee work (form) Batting cage (tracking/contact) Soft toss/whiffle balls (speed) Hitting live pitch (tracking/timing/contact) Bunting (tracking/contact) Pitching Balance Brief transition breaks/water
30 Minutes	Whole Team Drills Review Division Playing Rules (Supplemental Playing Rules) Situations (runners on 1 st /3 rd bases, no outs) Corners & Middles Star Drill Cut off Relay Backing up Rocket Relay (Fun)
5 Minutes	Practice review & team cheer

CVLL Coaches Guide – Sample Practice Plans, continued

Minor American Division, duration will go from 1 hr. to 1.5hrs, skill specialization will continue to develop, try to match skill levels, continue to rotate players to gain understanding of impact of roles on team, add stealing home offensive and defensive strategies, pitching improves significantly, create strategies for defending bunts

5 Minutes	Easy throws (warm up)
5 Minutes	Base Running (warm up) Stealing 2 nd /3 rd and Home base Sliding Watching the ball and Base coaches Brief transition break/water
45 Minutes	Skills/Drills stations Throwing Catching/Fielding 2 nd /3 rd and Home Base coverage on steals Bunt defense Backing up Batting Tee work (form) Batting cage (tracking/contact) Soft toss (speed) Hitting live pitch (tracking/timing/contact) Bunting (tracking/contact) Pitching Balance Brief transition break/water
30 Minutes	Whole Team Drills Review Division Playing Rules (Supplemental Playing Rules) Situations (runners on 1 st /3 rd bases, no outs) Corners & Middles Star Drill Cut off Relay Backing up Rocket Relay (Fun)
5 Minutes	Practice review & team cheer

CVLL Coaches Guide – Sample Practice Plans, continued

Major Division, duration will go from 1 hr. to 1.5hrs, skill specialization continues to develop, try to match skill levels, continue to rotate players to gain understanding of impact of roles on team, pitching speed picks up as the kids grow and change up strategies are introduced

5 Minutes	Easy throws
5 Minutes	Base Running Stealing 2 nd /3 rd and Home base Sliding Watching the ball and Base coaches Brief transition break/water
45 Minutes	Skills/Drills stations Throwing Catching/Fielding 2 nd /3 rd and Home Base coverage on steals Bunt defense Backing up Batting Batting cage (tracking/contact) Hitting live pitch (tracking/timing/contact) Bunting (tracking/contact) Pitching Balance Brief transition break/water
30 Minutes	Whole Team Drills Review Division Play Rules (Supplemental Playing Rules) Situations (runners on 1 st /3 rd bases, no outs) Corners & Middles Star Drill Cut off Relay Backing up Rocket Relay (Fun)
5 Minutes	Practice review & team cheer

CVLL Coaches Guide – Sample Practice Plans, continued

Junior/Senior Divisions, duration from 1 to 1.5hrs., skill specialization continues, play of game is quicker, pitching picks up with the distance and growth of players

5 Minutes	Easy throws (warm up)
5 Minutes	Base Running (warm up) Stealing 2 nd /3 rd and Home base (lead offs) Watching the ball and Base coaches Brief transition break/water
45 Minutes	Skills/Drills stations Throwing Catching/Fielding 2 nd /3 rd and Home Base coverage on steals (lead offs) Bunt defense Backing up Batting Batting cage (tracking/contact) Hitting live pitch (tracking/timing/contact) Bunting (tracking/contact) Pitching Balance Brief transition break/water
30 Minutes	Whole Team Drills Review Division Play Rules (Supplemental Playing Rules) Situations (runners on 1 st /3 rd bases, no outs) Corners & Middles Star Drill Cut off Relay Backing up Rocket Relay (Fun)
5 Minutes	Practice review & team cheer