



**Four County Little League**

*...inspiring a stronger community through Little League baseball.*

# FCLL SAMPLE PRACTICE PLAN



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## Introduction

The Four County Little League (FCLL) has developed this sample practice plan to be utilized as a practice plan foundation to ensure consistent coaching practices throughout the entire league. This document is a practice foundation that can be applied at every FCLL level. The intent in this plan is to modify the individual skills in each phase of the practice plan to the specific level. The goal is to provide the players with consistent routines and practice approaches from year to year, coach to coach and as they transition levels.

## Practice Sample Plan

<p>Warm Ups – 10 minutes</p> <ul style="list-style-type: none"> <li>• Stretching – Group lap and stretch with arms, legs, back</li> <li>• Running – Proper stance, crossover step, stay low with gradual transition to up right running position, reaction to pitch location at plate called out by coach (passed ball, ball in dirt), reaction to hit ball (fly ball/tag up, ground ball)</li> <li>• Throwing – full arm swing with thumbs down, wrist position, grip, foot work, body rotation, finish with chest over glove side knee. Glove and hand positions, foot work, catching with both hands and securing the ball</li> </ul>	<p>Generally, the younger kids do not need an extensive warm up. The warm up segment is to teach good habits for future – to take care of your body, warm up, and be ready to practice/play hard. It is a good segment to work on fundamentals. It is also a good way to establish a routine that the players can ultimately run themselves and be accountable as a team.</p> <p>Running from right/left field foul lines passed 2<sup>nd</sup> base.</p> <p>Throwing from varying distances to build arm strength and accuracy. Start at short distance and get longer every 10-15 throws. Emphasize body and arm positions for each distance.</p>
<p>Skills Drills – Fielding – 20 minutes</p> <ul style="list-style-type: none"> <li>• Ground balls – Proper stance, glove and hand positions, foot work, catching and securing the ball, transition into throw</li> <li>• Fly balls – Proper stance, running technique extending glove to ball as it arrives, glove and hand positions, foot work, catching and securing the ball, transition into throw, cut-offs</li> <li>• Pitchers – Proper stance, body and arm positions, balanced, pushing from mound, driving to plate, ready to field after delivery</li> <li>• Catchers – Proper stance and identification of primary/secondary positions, glove and hand positions, framing pitches, blocking balls, throws to bases, reactions/catching pop ups</li> </ul>	<p>In pairs with no gloves, players work each other on range, body position, foot work, short hops. Ground balls from fungo bat – in line or in positions.</p> <p>Throw fly balls to various locations. Fly balls from fungo bat – in line or in positions.</p> <p>Pitchers/catchers on side. Develop a rotation for the pitchers and catchers to ensure that they are not throwing to much. Pitchers/catchers making pitches during infield/game situation drills.</p> <p>Drills that keep kids moving and provide maximum reps. Extra coach pulling kids aside to go over specific details while they wait for their next turn.</p>
<p>Skills Drills – Hitting and Base running – 20 minutes</p>	<p>Use whiffle balls in groups. While working on batting, fielders use no gloves and work on</p>



<ul style="list-style-type: none"> <li>• Hitting – Proper approach to plate to establish proper stance, bat grip, hand and bat positions, watching pitcher/ball, timing for load, proper swing through zone, driving top hand and barrel through zone, hitting ball where located (inside, outside, middle), raising hands for high balls, bending knees for low balls, hitting off-speed to opposite field</li> <li>• Bunting – Proper approach to plate to establish proper stance, bat grip, hand and bat positions, watching pitcher/ball, bunting ball to each side of field, bending knees for lower balls, pulling bat back on balls</li> <li>• Base running – Running on proper side of baseline, rounding bases, seeing base coaches, running through 1<sup>st</sup> base, crossover steps, situational running, tagging, reaction to passed balls/balls not cleanly caught by catcher, sliding</li> </ul>	<p>fielding with two hands. Utilize games like “Lazy Man” to keep kids’ attention.</p> <p>Live pitching in the cage – groups of 3-4 at a time to get multiple rounds of 10-20 swings.</p> <p>Soft toss or tee work into side of cage or pop up nets.</p> <p>Base running work during game situation drills (location on bases, number of outs, ground ball vs. fly ball), conditioning, and/or as a separate segment.</p>
<p>Fundamental Plays – 20 minutes</p> <ul style="list-style-type: none"> <li>• Bunt defenses</li> <li>• 1<sup>st</sup> and 3<sup>rd</sup> situations</li> <li>• Defending the steal</li> <li>• Plays from outfield</li> <li>• Pitcher/2<sup>nd</sup> baseman covering 1<sup>st</sup> base</li> <li>• Pitcher/shortstop covering 3<sup>rd</sup> base</li> <li>• Passed balls pitcher covering home</li> <li>• Position rotation/backing up throws</li> <li>• Run-downs (“pickles”)</li> </ul>	<p>Work as team during drill to show all 9 positions/responsibilities during each play. Utilize baserunners and cover situational base running.</p>
<p>Game Situations/Scrimmage – 20 – 30 minutes</p>	<p>4 vs 4 vs 4 – put all skills and fundamental plays together in game situation while creating healthy competition</p>
<p>Conditioning/Close Out – 10 minutes</p> <ul style="list-style-type: none"> <li>• Base running</li> <li>• Steals/wind sprints</li> <li>• Fielding games</li> </ul>	<p>Make this fun and games. Group base running/races, “meathead”, etc.</p>