

Sample Practice Plan – Ages 12 and Under

10 minutes Base running

- o “Big League” base running and/or dynamic warm-up

20 minutes Stretch and throw

- o Stretch around mound or in center field
- o Go over practice plan in detail

45 minutes Stations – small groups, 15 minutes per station and rotate

- o Live Batting practice
- o Tee work/soft toss – use fences/backstops if necessary
- o Fielding/throwing station – while live batting practice is going on
- o Fly ball/throwing station – while live batting practice is going on

10 minutes Base running

As always, common sense must prevail. For ages 4-6, a practice should not last much longer than an hour. Times should be shortened accordingly if the kids are struggling and don't seem to want to be there that day. Practice can be extended at this age group, but only if the players ask to stay longer. Players ages 7-9 should be able to handle an hour just about any day and may even be able to maintain interest and concentration for as long as an hour and a half (try to keep practice to about an hour and 15 minutes for this age group). Players in the 10-12 age group can probably handle an hour and a half with regularity. Use this framework as a guideline and customize practices to fit your needs

By Cal and Bill Ripken