

## Sample Practice Plan – Ages 13 and Up

- 20 minutes**            Stretch, run, throw
- 20 minutes**            Ground balls and fly balls – use buckets and systems to minimize throws and maximize repetitions
- o Not taking infield
  - o Two infield fungo stations
  - o One outfield fungo station
- 20 minutes**            Team fundamental
- o Bunt defenses
  - o First and third defenses
  - o Cutoffs and relays
  - o Pickoffs and rundowns
  - o Team base running
- 60 minutes**            Team batting practice – four stations, 15 minutes each (or four stations, 10 minutes each if you want to do another team fundamental)
- o Stations can be rotated daily – always include free hitting

Once in-season, coaches should prioritize which issues need to be addressed during team fundamental sessions. Another team fundamental session can be added, reducing batting practice by 20 minutes. Please note that the infield fungo station does not mean taking a full infield. Batting practice provides opportunities for pitchers to throw on the side and do their running.

**By Cal and Bill Ripken**