

Coach Pitch Practice Plan (Master)		
Time	Skills/Drills/Activity	Location
6:15	<ul style="list-style-type: none"> • Early Outs (Hitting) • Field Prep / Set-up 	Bench/Outfield
6:30	<ul style="list-style-type: none"> • Team Warm-up (Game & Stretch) <ul style="list-style-type: none"> ○ Warm-up Game/Run ○ Circle up & Stretch <ul style="list-style-type: none"> ▪ Arm Circles ▪ Stork Stands ▪ Toe Touches ▪ Spider Push-Ups ▪ Jumping Jacks 	Outfield
6:37	<ul style="list-style-type: none"> • Team Base Running (Choose Infield or Outfield) <ul style="list-style-type: none"> ○ Outfield (Line up player gloves as bases, Pick one, 5 runs) <ul style="list-style-type: none"> ▪ Relaxed/Ready ▪ Crossover ▪ Arms ▪ Come out low ▪ Slide (Wet day) ▪ Crossover-Shuffle-Shuffle ▪ Crossover-Shuffle-Shuffle (back to 1st, go to 2nd) ○ Infield <ul style="list-style-type: none"> ▪ Base Running (Singles, Doubles, Triples, Home Runs) 	Infield/Outfield
6:40	<ul style="list-style-type: none"> • Skill Development (Split into groups, pick different skills to work on in ea. Group, rotate groups. Pick only one skill in categories chosen to focus on) <ul style="list-style-type: none"> ○ Throwing (Buckets, One Step Throws, progress to 2-step throws) <ul style="list-style-type: none"> ▪ Grip ▪ High Ball ▪ Big Step ▪ Big Bounce ▪ Pitching (Balance point) ▪ Pitching to Rugs ▪ Step In Front (Square it off) ▪ 2-Step Throw ○ Fielding Skills (1 coach : 3 players) <ul style="list-style-type: none"> ▪ Catching Wheel (1-5) ▪ Grounders <ul style="list-style-type: none"> • Stance • Alligator shuffle • Attack the ball (Roll short) • Movement (side – side) ▪ Pop-fly shuttle ○ Batting Practice (wiffle balls) <ul style="list-style-type: none"> ▪ 2 players hitting wiffle balls off a tee (buckets at tee for wiffle balls) ▪ 2 players (1 coach) hitting live ○ Infield Plays <ul style="list-style-type: none"> ▪ Positions/Responsibilities 	Infield/Outfield

	<ul style="list-style-type: none"> ▪ Plays to 1st (2nd, short, and 3rd base) ▪ Plays to 2nd (Short and 2nd base) ▪ Plays to 3rd (Short and 3rd base) 	
7:00	<ul style="list-style-type: none"> • Game Time/Continued Skill Development <ul style="list-style-type: none"> ○ Split into 2 Groups: <ul style="list-style-type: none"> ▪ 9 players play Inning ▪ remaining players in outfield working on skill development drills ○ rotate players into game every inning 	Infield/Outfield
7:45	<ul style="list-style-type: none"> • Full Team Base Running Relay Race <ul style="list-style-type: none"> ○ One team starts at Home Plate, Other team starts at 2nd base ○ 1 player at a time 	Infield
7:50	<ul style="list-style-type: none"> • 3 Cheers • High Fives • Field Clean Up 	Infield
7:55	<ul style="list-style-type: none"> ○ Team Meeting 	Bench