



SAMPLE PRACTICE PLANS BELOW for each level on pages 2, 3, 4, 5



Use counting, timing, racing, targets, etc. to make practice fun and productive!

- _____ **Begin on time** Warm-up – Jog, Stretch, Play catch (count catch), jog
- _____ **Defensive Skills** Have entire team work on each general skill, work from closed skill to open
 - Pitchers pitch to catchers (call balls and strikes)
 - Infield Progression drills
 - Outfield Progression drills
- _____ **Team Defense** (chose different one each practice)

___ Bunt Coverage	___ “Sitch”
___ 1 st & 3 rd Before the pitch	___ Cut-offs / Relays
___ 1 st & 3 rd After the pitch	___ Pick-offs
- _____ **Offensive Skills**
 - ___ Fence Drill (do this every practice)
 - ___ Base Running ___ Tee work ___ Bunting **(choose one)**
- _____ **Batting Practice** Group 1 bats, Group 2 live base running, Group 3 shag from cones
- _____ **Competition activity**

___ Play Ball! (4 on 4 on 4)	
___ Two Ball	___ Kick Ball
___ Pepper	___ Live Tee Infield
___ Work Up	___ Dueling bullpens (like playing HORSE)
___ Pop-to-Pop times	___ Other
- _____ **Conclusion**
 - ___ Give team an assignment to do; like look up MLB trivia or watch the Mariners on TV for 15 minutes
 - ___ Provide a basic drill or game to do at home on non-practice days (for example, pitch to Mom or Dad)
 - ___ Start a whiffle ball or kick ball game in your neighborhood

Notes

Length of practice in minutes – to longer time on a warm, sunny “baseball day” ☺

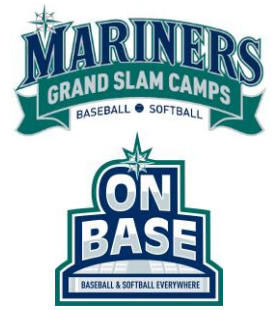
- T-ball 45-60
- Coach pitch 60-75
- Minors/Mustang 75-90
- Majors/Bronco 90-105

✓ Better to practice more frequently than have long practices

Have a question about planning your practice? Email mzender@marinerscamps.org.

SAMPLE T-BALL PRACTICE PLAN

www.mariners.com/camps
instill LOVE of the game!



With T-ball all parents should be a part of the practice. You're the orchestra conductor!
Frequently use base running.

Strongly recommended – use several batting tees - allows for small groups. Find out what kind of knowledge your parents have. If you have a couple that can swing decently – great! Use them to lead small groups.

- 0:00 **Begin on time** 1 minute run, dynamic stretches, Play catch (how many caught out of 6)
Play catch with parent. Bouncing or rolling OK. Stop that ball!
- 0:05 **Base Running** Explain safe or out/on or off base. Run home to first (touch the base) and OK to run past.
Drill: run to 1st. Coach stand past base. Player touches 1st and runs past = get a high five.
Time with stop watch 2nd or 3rd time through
- 0:15 **Teach throwing** Place cones in a line so players know where to stand.
Stand *sideways*, point glove to target. Push ball down into body “X” then throw
Count number of throws to parent.
- 0:20 **Base Running** Explain what a double is. Have them run a double. Emphasize touching the bases. It is called “base” ball! ... After 1st time, use stopwatch for second round.
- 0:25 **Teach Batting** Teach a basic, athletic stance. Emphasize that grip should be “soft”.
Demo the swing, have kids mimic. Do this in small groups if you have qualified parents.

Things to try when practicing swinging:

- Swing standing on a 2x6
- 2-second freeze

Batting practice Hit with as many groups as you have tees. Using the 2x6 here is a great tactic.
Give each player 45 second turns. Blow a whistle when time is up.

- 0:40 **Play Tag!** On the base you're safe. Off you're out. Whoever is “it” has the ball. Game progression as season goes along:
- 1) Run anywhere (must stay in infield)
 - 2) Run either direction but must stay in baselines
 - 3) Must run in the proper direction.
 - 4) Add multiple balls so 2 or 3 are “it”

0:45 **Team meeting with Parents listening in**

“Talk baseball” with the kids. Teach them about major league teams, or little nuggets about the game that you know. Assign them to watch the “Play Ball” show for kids on MLB Network (its great!). Hand out some baseball cards. Lastly, ask them to tell you what they learned today and what was the most fun. Have a dress like a Mariner day at practice.

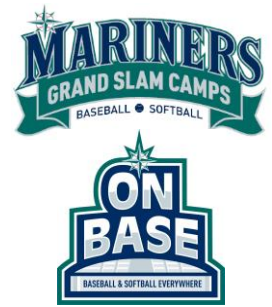
Your T-ball practices can be similar each time. For the defensive teaching at 0:15, interchange teaching ground balls with throwing each practice (see below). If your kids are skilled enough you can introduce catching, but for the most part that will not be the case, so do it individually with advanced kids.

0:15 **Field grounders** Show kids triangle. Have them make the triangle. Feet behind line, glove in front.
Parents roll balls to player

Lastly, this is T-ball. Your masterful plan will need to be adjusted. Cones are your friend, but you are “herding cats!”

SAMPLE KID-PITCH PRACTICE PLAN

www.mariners.com/camps
instill LOVE of the game!



- 0:00 **Begin on time** Warm-up – Jog, Stretch, Play catch (count catch), Jog
- 0:10 **Defensive Skills** All work on each general skill 8-9 minutes
Work from closed skill to open
- Pitchers & Catchers (call balls & strikes) 15 at a time, then a break (like a game)
 - Infield Progression drills.
 - Outfield Progression drills .
- 0:35 **Team Defense** (chose different one each practice)
___ “Sitch” (short for situations) Player at each position (including pitcher). Runners with helmets on. Coach hit the ball, runners run and defenders play it live. Keep track of situation. Runner on 1st, 1 out, etc. At three outs, clear the bases. Make sure all kids get a turn on defense.
___ Outfield cut-offs. Get the ball to 2nd base *fast!*
- 0:45 **Offensive Skills**
___ Fence Drill (do this every single practice)
___ Base Running ___ Tee work ___ Bunting **(choose one)**
Stretch single to double. Read outfielder bobble = GO to 2nd! No bobble, stop and back to 1st.
- 0:50 **Batting Practice** Group 1 bats, Group 2 live base running, Group 3 shag from cones to empty bucket
Our goal today is to go around twice.
- 1:10 **Competition**
___ Play Ball! (4 on 4 on 4) – Always with a runner on 1st today so we practice that situation
___ Two Ball ___ Kick Ball
___ Pepper ___ Live Tee Infield
___ Work Up ___ Dueling bullpens (like playing HORSE)
___ Pop-to-Pop times ___ Infield elimination “gold glove”
___ Other
- Work-Up. Players get a two-ball at bat. After scoring or out, go to RF, then with each out, move to CF, LF, 3B, SS, 2B, 1B, then back to batter. Parent is catcher ☺
- 1:30 **Team meeting with Parents listening in**
___ Give team an assignment to do; like look up MLB trivia or watch the Mariners on TV for 15 minutes
___ Provide a basic drill or game to do at home on non-practice days (for example, pitch to Mom or Dad)
___ Watch “Play Ball” on MLB Network – it’s awesome!
___ Start a whiffle ball or kick ball game in your neighborhood

**SAMPLE
MAJORS+ PRACTICE PLAN**

www.mariners.com/camps
instill LOVE of the game!



- 0:00 **Begin on time** Warm-up – Jog, Stretch, Play catch (count catch), Jog
- 0:10 **Defensive Skills** All work on each general skill, work from closed skill to open 10 minutes for each area
- Pitchers & Catchers (calling balls & strikes, 15 at a time then a break, just like a game)
 - Include with catcher’s closed to open skill work
 - Infield Progression drills
 - Outfield Progression drills

- 0:30 **Team Defense** (chose different one each practice)
- | | |
|--|---|
| <input type="checkbox"/> Bunt Coverage | <input type="checkbox"/> “Sitch” |
| <input type="checkbox"/> 1 st & 3 rd After the pitch | <input checked="" type="checkbox"/> Cut-offs / Relays |
| <i>If playing with leading off . . .</i> | |
| <input type="checkbox"/> Pick-offs | <input type="checkbox"/> 1 st & 3 rd Before the pitch |

Note: Outfielders play = lead runner + 2 bases. Emphasis. Play catch with cut-off man.

- 0:45 **Offensive Skills**
- Fence Drill (do this every single practice)
- Base Running Tee work Bunting **(choose one)**
- Home-to home. Teach – touch inside corner of each base. Stop watch it. 2 times each.

- 0:55 **Batting Practice** Group 1 bats, Group 2 live base running, Group 3 shag from cones to empty bucket
Our goal today is to go around twice.

- On-deck - warm up
- In the hole - tee to target/out of 5
 - with 2-second freeze
- Fourth - load tee

- 1:20 **Competition**
- | | |
|--|--|
| <input checked="" type="checkbox"/> Play Ball! (4 on 4 on 4) | <input type="checkbox"/> Kick Ball |
| <input checked="" type="checkbox"/> Two Ball | <input checked="" type="checkbox"/> Live Tee Infield |
| <input type="checkbox"/> Pepper | <input type="checkbox"/> Dueling bullpens (like playing HORSE) |
| <input type="checkbox"/> Work Up | <input type="checkbox"/> Other |
| <input type="checkbox"/> Pop-to-Pop times | |

- 1:45 **Team meeting with Parents listening in**
- Give team an assignment to do; like look up MLB trivia or watch the Mariners on TV for 15 minutes
 - Provide a basic drill or game to do at home on non-practice days (for example, pitch to Mom or Dad)
 - Watch “Play Ball” on MLB Network – it’s awesome!
 - Start a whiffle ball or kick ball game in your neighborhood