

# 2024 YOUTH BASEBALL SEASON PLAN

Welcome to our 2024 Youth Baseball Season Plan – a step by step guide to streamline your coaching experience and help your team have more fun and success this year.

It's packed with time-saving tools, templates and checklists taking you through the entire season, from initial player assessments to the final innings of the playoffs.

## HERE'S WHAT'S INCLUDED INSIDE:

- ✓ **Player Assessment and Tryouts Checklist:** Kickstart your season with confidence, utilizing detailed criteria to help you select and develop the best possible team.
- ✓ **Pre-Season Checklist:** Set the stage for a successful season with a comprehensive list of tasks, ensuring nothing is overlooked as you prepare your team for their first practice.
- ✓ **Parent Orientation Meeting Checklist:** Foster a supportive and informed community with a structured approach to engaging players' families, covering everything from team rules to practice schedules.
- ✓ **First Game Checklist:** Approach game day with ease, equipped with a checklist to cover all the essentials, from planning lineups to packing extra equipment.
- ✓ **Seasonal Practice Planning Guides:** Detailed outlines for each critical phase of the season – Pre-Season, Early Season, Mid-Season, and Late Season – each with specific goals and drill suggestions to develop the necessary skills at the right time.
- ✓ **Sample Practice Plans:** Dive into ready-to-use practice plans that provide a clear structure for your sessions, ensuring your players are developing effectively and enjoying their time on the field.

This guide is not just a set of instructions; it's a roadmap to cultivating a team that excels in skills, sportsmanship, and the sheer joy of baseball. It's structured to give you, the coach, a solid foundation to build upon, with the flexibility to adapt to the unique strengths and areas for growth within your team.

If you need more help coaching your team, we've created more than 85 resources specifically for youth baseball coaches, including printable practice plans, pitching workouts, team defense drills and more.

Check out our complete product catalog here:  
<https://baseballtutorials.com/products/>

# SEASON PLAN CHECKLISTS

## PLAYER ASSESSMENT AND TRYOUTS CHECKLIST

### GOALS:

- » Evaluate fundamental skills in hitting, fielding, throwing, catching, and base running.
- » Identify each player's strengths, areas for improvement, and potential position suitability.

### ASSESSING HITTING

- Players take turns hitting balls off the tee into a net.
- Look for a stable stance, good bat control and consistent contact.

### ASSESSING FIELDING

- Throw a variety of ground balls, pop flies and line drives to each player. Some straight, some to each side.
- Look for ability to get in position with good footwork and field the ball cleanly.

### ASSESSING THROWING & CATCHING

- Set up pairs of players standing 20-30 feet apart and have them play catch. Increase distance as needed.
- Look for arm strength, accuracy and mechanics.
- Observe hand-eye coordination and ability to securely catch the ball. Watch how they handle off-target throws.

### ASSESSING BASERUNNING

- Set up a running course in the field, gym or hallway. Time players as they run between points at full speed.
- Look for speed, running form and agility. Observe acceleration and ability to maintain speed.

## PRE-SEASON CHECKLIST

- Send introductory email to parents. Provide info on your background, experience and coaching philosophy.
- Set practice schedule and communicate with parents via email, team website or scheduling app.
- Ensure field availability and book indoor facilities if needed for early season practices.
- Organize parent orientation meeting. Discuss expectations, team rules, schedule, equipment etc.
- Prepare team equipment. Ensure you have enough balls, bats, helmets, and catcher gear. Inspect for safety.
- Review emergency action plans for injuries or other incidents.
- Ensure first aid kits are stocked and accessible.
- Coordinate uniform ordering and sizing.
- Recruit assistant coaches and define their roles.
- Recruit parent volunteers for various tasks (snacks, carpooling, scorekeeping etc.)
- Review league rules and ensure understanding of game regulations.
- Set team and skill development goals for the season.
- Develop a season practice plan based on your goals.

## PARENT ORIENTATION MEETING CHECKLIST

- Schedule meeting before first game.
- Prepare agenda covering team policies, expectations, and schedules.
- Discuss player safety, equipment needs, and league rules.
- Highlight communication channels for updates and feedback.
- Encourage parent involvement in volunteering and support roles.
- Address transportation arrangements for practices and games.
- Outline your coaching philosophy focusing on development and sportsmanship.
- Explain the process for handling player injuries and emergencies.
- Set clear guidelines for parental behavior and game-day etiquette.
- Provide information on fundraising activities and sponsorship opportunities.
- Offer a Q&A session for parents to address any concerns.
- Distribute contact information and essential documents to parents.

## FIRST GAME CHECKLIST

- Review game rules and strategies before game day.
- Confirm game time, location, and arrival times with players and parents.
- Prepare lineup and position rotations, considering each player's strengths and any playing time requirements.
- Pack equipment, including balls, bats, helmets, catcher gear, extra gloves and a first aid kit.
- Check weather forecast and communicate any potential changes to the schedule.
- Organize a pre-game warm-up routine focusing on throwing and batting.
- Set up a communication plan for game day updates or changes.
- Encourage players to rest well and eat healthily before the game.
- Plan post-game debrief to celebrate successes and discuss improvements.
- Remind players and parents about sportsmanship and supporting teammates.

# PRACTICE PLANNING GUIDES

## PRE-SEASON PRACTICE PLANNING GUIDE

### GOALS:

- » Establish foundational skills in batting, baserunning, throwing, catching and fielding.
- » Build team chemistry and familiarity.
- » Assess individual player skills and potential positions.

### DRILL SUGGESTIONS:

- Basic throwing and catching drills to warm up arms.
- Fielding ground balls to improve coordination and agility.
- Pop fly practice focusing on tracking and catching.
- Batting tee work for swing mechanics and contact.
- Base running drills emphasizing speed and technique.
- Pitching mechanics session for potential pitchers.
- Catcher drills focusing on stance, receiving and throwing.
- Light scrimmage to apply skills in a game-like setting.
- Relay races to build teamwork and communication.
- Agility ladder exercises for overall athletic development.

### KEY SKILLS:

- Fundamental throwing and catching techniques.
- Basic batting stance and swing mechanics.
- Understanding of basic fielding positions and responsibilities.
- Initial base running tactics and techniques.
- General physical conditioning and agility.

## MID SEASON PRACTICE PLANNING GUIDE

### GOALS:

- » Refine and perfect individual player skills for consistency.
- » Address specific team weaknesses identified in games.
- » Intensify focus on situational strategies.

### DRILL SUGGESTIONS:

- Infield drills for quick reflexes and accurate throws.
- Hitting drills for specific pitcher types encountered.
- Pitcher/catcher workouts focusing on game calling and framing.
- Aggressive base running drills - taking extra bases.
- Outfield drills for tracking deep balls and diving catches.
- Relay and cutoff drills for infield-outfield coordination.
- Catcher throwing drills to second and third base.
- High-intensity scrimmage to simulate real game pressure.
- Pressure situational hitting and fielding drills.

### KEY SKILLS:

- Precision in defensive plays and positioning.
- Hitting for power and situational awareness.
- Advanced pitching techniques and batter analysis.
- Effective communication and quick decision-making.
- Mental toughness under game pressure and fatigue.

## EARLY SEASON PRACTICE PLANNING GUIDE

### GOALS:

- » Apply fundamental skills in game-like scenarios.
- » Develop specific strategies for batting, baserunning, fielding, and pitching.
- » Enhance player understanding of game rules and teamwork.

### DRILL SUGGESTIONS:

- Situational fielding, including force plays and cut-offs.
- Live batting practice focusing on hitting live pitching.
- Pitcher bullpen sessions with a focus on control/variety.
- Base running drills incorporating leads and steals.
- Bunting practice for strategic hitting situations.
- Double play drills for infielders.
- Outfield drills focusing on communication and throwing.
- Catcher blocking drills and managing base runners.
- Team-building activities to strengthen camaraderie.

### KEY SKILLS:

- Advanced fielding techniques and situational awareness.
- Batting against different types of pitches.
- Pitching accuracy and pitch selection.
- Strategic base running and stealing bases.

## LATE SEASON PRACTICE PLANNING GUIDE

### GOALS:

- » Peak team performance and cohesiveness for playoffs.
- » Master complex strategies specific to competition.
- » Heighten mental focus and endurance.

### DRILL SUGGESTIONS:

- Clutch hitting drills for high-pressure conditions.
- Precision fielding drills - error-free execution.
- Pitcher/catcher drills prepping for playoff opponents.
- Advanced baserunning with split-second decision making.
- In-depth outfield drills on run-saving catches and throws.
- Game-situation scrimmages with playoff-like intensity.
- Team defense alignments prepping for playoff opponents.
- Focused strategy sessions analyzing key playoff opponents.
- Precision fielding drills for error-free execution.

### KEY SKILLS:

- Tactical hitting against high-caliber pitching.
- Flawless fielding and throwing accuracy under pressure.
- In-depth understanding of opponent tendencies.
- Strong team synergy and mental fortitude.

# SAMPLE PRACTICE PLANS

## SAMPLE PRE-SEASON PRACTICE PLAN

### WARMUP: Baserunning Relay Race (5-10 mins)

- › Split players into 2 teams. One lines up at second. One lines up at home.
- › On “go” both teams run around the bases in a relay race.
- › First team to have all players finish wins.

Split players into 3 groups. Assign each group to a station run by one coach. Rotate every 5-10 mins.

### STATION 1: Throws to First

- › Practice fielding ground balls and making routine throws to first base.
- › Encourage infielders to get in front of the ball and use two hands for secure catches

### STATION 2: Pop Flies

- › Toss or hit pop flies to players for players to catch and throw back.

### STATION 3: Situational Hitting

- › Players hit from a tee into a net or fence.
- › Observe and correct their stance, grip, and swing.
- › Focus on hitting through the ball.

### TEAM FIELDING (10-20 mins)

- › Assign players to infield and outfield positions.
- › Hit or throw balls for them to field and throw to a base.
- › Rotate and observe players in different positions.

## SAMPLE EARLY SEASON PRACTICE PLAN

### DYNAMIC WARMUP: (5-10 mins)

- › Butt-kickers, high knees, carioca and side shuffles

Split players into 3 groups. Assign each group to a station run by one coach. Rotate every 5-10 mins.

### STATION 1: Double-Play Turns

- › Practice fielding and making quick throws to second and first base, simulating double plays.
- › Stress the importance of quick, soft hands, fast footwork and communication.

### STATION 2: Communication & Cutoffs

- › Practice catching fly balls and communicating effectively with infielders when throwing to cutoffs.
- › Focus on strong, accurate throws and relay positioning.

### STATION 3: Soft Toss Hitting

- › Players work on hitting with soft toss from a coach, focusing on timing and contact.

### SITUATIONAL SCRIMMAGE (10-20 mins)

- › Set up a scrimmage where each inning starts with a different game situation (runners on base, various counts).
- › Use each play to teach game scenarios, reinforce rules, and practice in-game communication.

## SAMPLE MID SEASON PRACTICE PLAN

### WARMUP & SPEED/AGILITY TRAINING (5-10 mins)

- › Jog around field. Dynamic stretches. Agility ladder drills for footwork and speed.

Split players into 3 groups. Assign each group to a station run by one coach. Rotate every 5-10 mins.

### STATION 1: Pitcher-Catcher Communication

- › Work on pitcher-catcher dynamics, including pitch signals, framing, and field command.

### STATION 2: Infield Range Drills

- › Practice ground balls hit to the left and right to enhance range of motion and fielding versatility.
- › Use crossover steps to reach the ball.
- › Encourage quick, clean transfers from glove to hand.

### STATION 3: Tee Hitting

- › Hit from a live pitcher or pitching machine.
- › Practice hitting in various count scenarios and focus on driving the ball to different field areas.

### 3-TEAM SCRIMMAGE (10-20 mins)

- › Team 1 is at bat. Team 2 plays infield. Team 3 plays outfield. Each player on the batting team hits once.
- › Rotate teams from batting to infield to outfield. Repeat.

## SAMPLE LATE SEASON PRACTICE PLAN

### DYNAMIC WARMUP (5-10 mins)

- › Arm circles, lunges with a twist, leg swings, running backwards and forwards.

Split players into 2 groups. Assign each group to a station run by one coach. Rotate after 10-15mins.

### STATION 1: High-Intensity Fielding (5-10 mins)

- › Rapid-fire ground balls and fly balls with a focus on error-free fielding.
- › Communicate defensive scenarios and review strategy.

### STATION 2: Opposite Field Hitting Drill (5-10 mins)

- › Using live pitching or soft toss, practice driving the ball to the opposite field.
- › Focus on timing and bat path adjustments to successfully hit outside pitches the other way. hand.

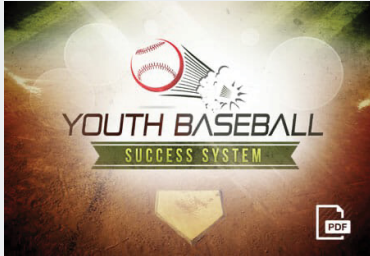
### LIVE SCRIMMAGE: (10-20 mins)

- › Prepare for your opponent's strengths and weaknesses through various scenarios.

### TEAM STRATEGY SESSION (10-20 mins)

- › Break down key plays and discuss strategies to counter specific opponent tendencies.
- › Use video footage if available or walk through scenarios on the field to visualize game situations.

# OUR BEST SELLING PRODUCTS



## YOUTH BASEBALL SUCCESS SYSTEM

Packed with 71 game-tested drills to rapidly improve your youth baseball team. Engage your players in practice. Develop their skills. Win more games starting today!

<https://baseballtutorials.com/sp/ybss/>



## ULTIMATE FIELDING DRILLS

Discover 61 fun and effective fielding drills for a rock-solid, error-free defense! Download, print and practice today!

<https://baseballtutorials.com/sp/ultimate-fielding/>



## BASEBALL PRACTICE PAD

5 x 8" notepad with 25 "fill in the blanks" practice planning template. Each plan includes daily goals, field diagrams, practice schedule and practice review. Get yours free for a limited time! (just pay S&H)

<https://baseballtutorials.com/practicepad/>

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