60 MINUTE BASEBALL PRACTICE - ALL AROUND SKILLS
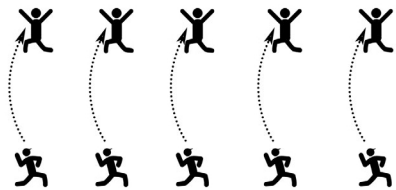
Required: 2 coaches, balls, bats, helmets, tees, bases, cones

Beginner/Intermediate
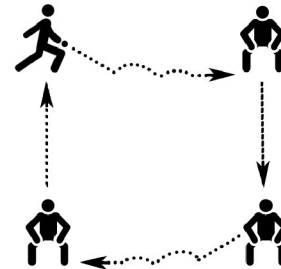
WARMUPS: 15 MINUTES (FULL TEAM)

Partner Knee Throws: 7 mins

1. Players pair up, kneeling 15-20 feet apart
2. Glove side knee is down
3. Play catch from the kneeling position
4. Increase the distance apart after two consecutive catches

Four Square: 8 mins

1. Divide team into groups of four (no gloves)
2. Each group makes a square 30-40 feet apart
3. Players roll and field ground balls around the square
4. Add a second ball to increase difficulty

STATIONS: 20 MINS (SPLIT TEAM INTO TWO GROUPS AND ROTATE THROUGH EACH DRILL FOR 10 MINS)

Rapid Fire Soft Toss: 10 mins (Infield)
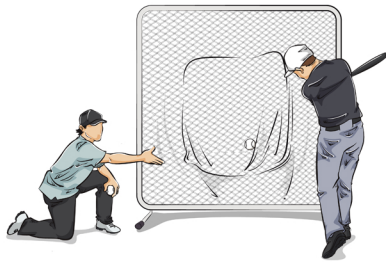
1. Hitters pair up with a tosser, kneeling 10 feet away
2. Hitter is facing into a net, fence or safe open space
3. Tosser throws five rapid fire soft tosses to the hitter
4. Hitter swings, reloads and swings again for all five balls
5. Reset and repeat

Baseball Golf: 10 mins (Outfield)
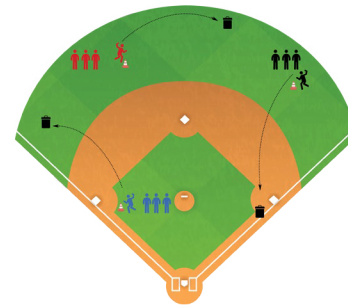
1. Create a series of "golf holes" around the field
2. Use cones to mark the tee box and green
3. Use a bucket or trash can to make the hole
4. Players compete to go from tee box to green and into the bucket in the fewest number of throws

GAME PREPARATION: 20 MINUTES (FULL TEAM)

3/6/9: 20 Mins

1. Divide your players into two teams - one takes the field while the other lines up at home plate as baserunners
2. Coach stands on the third baseline with a bat and balls
3. Coach hits the ball into play and the baserunner runs to first. The defense tries to make an out, while the baserunner tries to advance and score
4. The object of the game is for the defense to make three outs without making an error. If they make an error the count resets to zero.
5. After three outs (or 10 minutes) rotate the teams from offense to defense
6. As players get better, change the goal to six or nine consecutive outs without an error