

## **Sample 1½ hr. Practice Schedule**

- 5-10 min.    - warm-up stretches, while waiting for teammates to arrive  
                  - end with team running infield and/or outfield positions, along with base running
  
- 5 min.        - explain station set-up and divide kids up  
                  - explain code of conduct and what is expected  
                  - ensure they will have fun
  
- 15-20 min.   - fundamental stations (hitting, fielding, catching/throwing)  
                  - rotate every 15-20 minutes  
                  - before beginning each station, be sure to tell kids what they will be doing, then show them how to do it  
                  - be sure to give drink breaks between rotations
  
- 10-15 min.   - fun drill/game (\*see Drills and Games sheet)
  
- 5 min.        - end with positive feedback and give reminder of next practice

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- Don't be afraid to ask parents to help out!
  
  - Make sure that kids are not being negative to themselves or others.
  
  - Practices should be done with safety in mind.
  
  - Maybe add an incentive to a game/drill  
          (i.e. candy/gum or let them decide on a game to play)
  
  - An active child is more focused, make sure to keep them busy and change activities when needed. Kids will find "other" things to do if you don't keep them busy.
  
  - Be sure to correct kids as they are learning. Setting up good form at practice is ensuring that they have a good game later in the season.