YOUTH LEAGUE PRACTICE ORGANIZATION #1

Date:_____/_____/_____
Thought of the day:_____

- **Lap / dynamic – static flexibility routine (8 min)**
- **Throwing progressions (12)**
- **Pitcher routine (20)**
  - Dry series
  - Short work @ 45 ft & 50%
  - PFP
  - Pickoff work
  - Live bullpens
- **IF/OF mass throwing** (relays, cut-offs, communication) **(5)**
- **Individual defense (15)**
  - Fundamental periods
  - Defensive breakdown
- **IF/OF mass groundball/fly ball routine (10)**
  - IF mass routine
  - OF mass routine
- **Team defense (no live hitter/pitcher) (15)**
  - Infield pops – tennis racket
  - IF/OF pops
  - Run downs
  - Bunt coverage
  - 1st and 3rd situations
  - Random plays – vary the situation
  - Pressure plays
- **Pick, clean, pack, debrief, dismiss (5)**

YOUTH LEAGUE PRACTICE ORGANIZATION #2

Date:_____/_____/_____
Thought of the day:_____

- **Lap / dynamic – static flexibility routine (8)**
- **Throwing progressions (12)**
- **Base running (10)**
  - 5 man routine

- o Primary / secondary lead technique all bases
- o Dirt reads all bases
- o Bunt reads all bases
- o Steal reads vs. RHP
- o Steal reads vs. LHP
- **Hitting routine (55)**
  - o #1 – cage/main field combination with base running
  - o #2 – cage/main field combination with defense
  - o #3 – main field only with defense and base running
  - o #4 – all cage routine
  - o #5 – all ½ cage routine ; all ½ simulated game with tasks

Sample of tasks

- ➢ 0-0 count, runner on 1st base, sac
- ➢ 0-0 or (1-0)(0-1) count, runners on 1st and 2nd or runner on 2nd, sac
- ➢ 0-0 count, runner on 2nd , 0 outs, get him over
- ➢ 1-1 count, runner on 3rd, 1 out, CI in – MI back, get him in
- ➢ 0-0 or (1-0)(0-1) count hit and run

- **Pick, clean, pack, debrief, dismiss (5)**

YOUTH LEAGUE PRACTICE ORGANIZATION #3

Date:_____/_____/____
Thought of the day:_____

- **Lap / dynamic – static flexibility routine (8 min)**
- **Throwing progressions (12)**
- **Game day IF/OF routine (10)**
- **Explanation of scrimmage objectives / scenarios (5)**

  - ✓ **Offense_____**
  - ✓ **Defense_____**
  - ✓ **Pitching_____**
  - ✓ **Other_____**

PITCHING ORDER # of pitches

1_____/____
2_____/____
3_____/____
4_____/____
5_____/____
6_____/____
7_____/____
8_____/____

HITTING ORDER

1_____
2_____
3_____
4_____
5_____
6_____
7_____
8_____
9_____
10_____

- **Simulated game (50)**
- **Pick, clean, pack, debrief, dismiss (5)**

Submitted by Hal Bagwell, Ardrey Kell High School Baseball - 1/28/2020