

BASEBALL

YOUTH LEAGUE – WHAT TO FOCUS ON DURING A 90 MINUTE PRACTICE

Hal Bagwell – Head Baseball Coach
Ardrey Kell High School, Charlotte NC
james.bagwell@cms.k12.nc.us
704-606-4358 (cell)

I. Coaching staff

- Organization – how to put it together
- Expectations – positive, energetic, realistic
- Philosophy – must be on the same page
- Strengths and weaknesses – utilize your staff accordingly

II. Daily practice goals

- Players must read the plan and understand the expectations (beginning at age 9 or so)
- Thought of the day – ask the players to repeat it
- Skill emphasis of the day – defensive and offensive
- Everyone (players and coaches) is on the same page
- Enthusiastic
- Focus on the basic fundamentals
- Improve skill level – get better everyday
- Focus on the process – don't get caught up in the result
- Listen, learn, execute – make sure to have key words
- 100% effort

III. Overall team goals

- Is it all about winning?
- Is it about teaching them how to play the game correctly?
- Is it about giving each player a positive, meaningful experience?

IV. Things to consider when developing your practice plan(s)

- Time limitations
- Facilities
- Number of players
- Number of coaches
- Player development in all phases of the game
- Individual training
 - Group training
 - Team training
- Identify each players skill level as it pertains to:
Hitting-Throwing-Catching-Fielding-Speed-Pitching
- Group your players according to skill level

V. Practice plans – we must be organized to maximize time

- Practice organization #1
- Practice organization #2
- Practice organization #3