

90-minute practice plan

*This plan has been specifically created as a support to new coaches and coaches who are unsure about how to incorporate covid safety protocols into a practice. Drills can be modified to suit various divisions although **this plan has been created with minor and rookie divisions in mind**. Feel free to make it your own and adjust according to the needs of the players. Timing of each section can be lengthened/shortened as appropriate.*

Equipment Needed

- equipment bag which contains practice balls, wiffle balls, bats
- tee (optional)

People

- Head coach (leader)
- Assistant coaches
- Team safety manager
 - Two coaches could accomplish this plan, three is much better, four or five is great

Supplementary Resources

- Practice Planning 101: <https://youtu.be/GLQAHpbqxyo>
- How to Set Up Baseball Drills for Little Boppers: <https://youtu.be/gN5-xX0zylg>

Objectives

Maximize: FUN, movement, reps, relationship building, fundamental skills through simple drills, confidence

*** create an environment where they feel comfortable, happy and want to come back to, especially key for players new to the game / those without a “buddy” on the team

Minimize: Standing around waiting, confusion caused by over complication, boredom

Tips to think about for the first time out (this is not a “to do” list, just a few things to consider)

- players may not have been active recently – ease them into it
- stickers on hats with names

Covid protocol notes:

In Step 1 of reopening, it's "training only" (no scrimmages) – 10 players maximum in a group. Two groups permitted on a diamond at one time PLUS coaches. Player groups cannot be combined during the practice. Coaches are assigned to a group, not to a station. Everyone needs to bring a mask – coaches, players and parents. A team safety manager is required at all games and practices. S/he is responsible to carry out/monitor covid safety protocols - hand sanitizing, sanitizing shared equipment (primarily bats), commonly touched surfaces such as gates/posts.

Masks are required for players and coaches off the field and when distancing cannot be accomplished. Masks are optional for players when on the diamond. Coaches are asked to wear masks on the field as they will be providing instruction and speaking in the direction of players on a regular basis.

Hand sanitizing and water break required every 30 minutes (or more)

Shared bats are to be sanitized after every player

Dugouts can be used only if distancing can be accomplished – usually not possible given size of dugouts.

TIME	ACTIVITY	DETAILS	NOTES
in advance	Planning	Decide on drills; what will each coach do; plan to delegate tasks (ie name tags) that take your focus away from players on the field	-if possible, plan for a practice leader who does not join one of the groups
20-30 mins prior	Pre practice	arrive in time to set up bases and set out equipment	
		as players arrive <ul style="list-style-type: none">• greet them• give name tag if using(delegate)• meet parent• get them on the field active in their groups	-split into groups depending on numbers of players and coaches – 2 groups of 6; 3 groups of 4- the smaller the ratio the more attention players get.

TIMING	ACTIVITY	DETAILS	NOTES
5 mins	Introduction	Intro coaches, team mates etc. Goals for today – Fun, make new friends, start learning.....etc..... Give them an age appropriate idea of what will happen today.	-get them comfortable – they will see teammates with more experience/less exp than them – it’s all fine. This is important – on day one especially, shorten a drill before you shorten this
10 mins	Warm up	dynamic stretching, arm circles, running	
20 mins	Throwing / Catching Drills	-any basic throwing/catching drills - two drills max	ie: in pairs, throw ball to one another . All down baseline – group 1 in outfield / group 2 on infield section. Start on knees/stand/ player not close to fence backs up gradually to progress the drill. Done well this will take 15-20 mins.
5 mins	Hand sanitizing/water break	-team safety manager sanitizes hand	-preferably on the field – their bag can be on the field by the fence(half down 1 st /half down 3rd). If they go off the field, mask goes on. Age (or comfort level on day 1) may dictate if bag and water with mom/dad is necessary.
20 mins (10 mins each)	Infield / Outfield	Infield: one group on infield in pairs	ie: in pairs, roll the ball to each other – practice stance, bending knees, moving behind the ball- can start on knees/then standing up
		Outfield: one group on outfield	ie: fly balls, ground balls – hit or thrown by coach
5 mins	Hand sanitizing/water break	-team safety manager sanitizes hand	
20 mins (10 mins each)	Hitting	1 group on infield	-group 1 coach pitches; players take turns hitting baseballs – others waiting field balls on infield, do not leave infield to retrieve missed ones – a coach or parent can shag balls to avoid slowing down
		1 group in deep outfield	-batting using wiffle balls either with tee or coach pitching
5 mins	Wrap Up	congrats on effort – encouraging words – practice at home.	-keep in separate groups – leader can stand in the middle distanced and talk to both – this only works briefly with young players -walk the field for balls – players can do this if still distancing / can be combined with a cool down jog