



BISMARCK YOUTH BASEBALL

Sample Practice Plan

5:30-5:35 Team introductions

Name, school favorite food

5:35-5:45 Dynamic throwing

Knee Dart throws

Knee Elbow throws

Knee T-throws

Standing T-throws

Full Throwing

5:45-6:45

Divide into two (or four) groups

Grounders/Pop Flys

Innies:

Land the plane

Roll to each other

Take grounders

Outies:

Drop step

Pop-Flys

Hitters

Circle swing

Lower body

Squish the bug

Full body

Row the boat

Two-three groups

Cage

T-Work

Soft toss

6:45-7:00

Go over Positions

Situations

Base running: