

**Mustang Practice Plan Suggestion~ 1 Hour and 1:15 length**  
**3 Stations: need 3 coaches/dads**

- 0:00-0:10  
(10 minutes)      **Warm up** ~ short jog out to fence and back  
Arm circles/arm stretch  
throw short toss ~ 10-15 throws (crisp, but not high velocity)  
throw longer toss ~ 10-15 throws  
Stress accuracy of throws, NOT velocity
- 0:10-0:25  
(15 minutes)      **Fielding (longer throws)**  
2 Stations hitting grounders  
1 coach hitting to 3B/SS from 1st base side ~ w/someone to catch next to coach who rotates in to 3B, SS, 2B  
1 coach hitting to 2B from 3rd base side ~ w/someone to catch next to coach who rotates in to 3B, SS, or 2B
- 0:25-0:35  
(10 minutes)      **Fielding (short throws)**  
2 Stations hitting grounders  
1 coach hitting to 3B/SS from 3rd base side (no catcher)  
1 coach hitting to 1B/2B from 1st base side (no catcher)  
3B throws to SS; SS throws to 3B; player rolls ball back to coach/  
2B throws to 1B; 1B throws to 2B; player rolls ball back to coach
- 0:35-0:50  
(15 minutes)      **Fly Balls (EVERYONE, if not hitting)**  
2 groups ~ 2 coaches hitting to a separate group
- 0:10-0:50 or  
0:10-1:00  
(40-50 minutes)      **Batting Practice in cage, or in outfield**  
2 stations ~ 3 boys at a time: live hitting (15 feet-45 feet pitching by coach; 12-15 good pitches each) for one boy, and short toss with other 2 boys (to each other while other boy hits ~ need a short toss net)
- 0:20-1:00  
(40 minutes)      **Pitching Workout (if didn't pitch previous day)**  
throw to a catcher ~ 15-20 pitches  
focus on follow through; low strike zone; some inside outside)

0:50-1:00 or 0:50-1:15 ~ (10 or 25 minutes)

If pitchers aren't done, they keep throwing on the side

### **Games**

- Live game situation play ~ with or without live hitting; WITH outfielders
- 4/4/4 ~ live game with 4 players on a team; 2 out game with coaches pitching
- Relay throwing drills ~ competition

**Keep them moving; keep them on-task; Keep it FUN!**