

Machine Pitch Practice Plan ~ 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**
2 Stations hitting grounders
1 coach hitting to 3B/SS from 1st base side ~ w/catcher
1 coach hitting to 2B/1B from 3rd base side ~ w/catcher
throw to catcher by the coach (longer throws)
- 0:25-0:35
(10 minutes) **Fielding (some start hitting)**
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
- 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
(40 minutes) **Batting Practice in cage or in outfield**
If team can only use field for hitting with a machine, then all fielding practice will be done on the outfield grass near fences**
2 stations ~ 3 boys at a time: live hitting (15 feet-45 feet pitching by coach OR by machine; 12-15 good pitches each) for one boy, and short toss with other 2 boys (to each other while other boy hits ~ need a jugs net)
- 0:50-1:00 or 0:50-1:15 (10 or 25 minutes)
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!