

## Running a Successful Practice

### Philosophy

- Teams will hold regular practices at least once per week.
- Efficient practices will require a measure of discipline. Coaches are expected to have a practice plan, while players are expected to arrive on time and follow the instructions of coaches.
- Disruptive players that affect the entire team will be asked to sit out or leave altogether.
- Coaches should have their teams work each of the skills areas (hitting, base running, fielding and pitching) every other practice. Teams should not go two practices in a row without working each of these.

### Practice Structure

- Warm up and stretch – “Warm up to throw. Do not throw to warm up.”
- Segment 1
- Segment 2
- Segment 3....

### Equipment

- Ideal practices make full use of all resources available.
- Equipment, including, but not limited to tees, baseballs, softballs, tennis balls, and whiffles will be used by the coaches. Such equipment will be provided by the CHLL, and made available, in storage at the various practice fields.
- Take advantage of the batting cages and other such resources at our various fields to allow for a greater number of reps for the players and greater flexibility for coaches at practice.

### Sample A Practice Outline

90 MIN	ACTIVITY	NOTES
10 Minutes	Warm-up	<ul style="list-style-type: none"> <li>• “warm up to throw” NOT “throw to warmup”</li> <li>• Full body exercises and warmup</li> <li>• Fundamentals of warming up the body to prepare for exertion</li> </ul>
10 Minutes	Introduce teaching principles for practice e.g. <ul style="list-style-type: none"> <li>• Basic throwing technique</li> <li>• Basic fielding/catching</li> <li>• Hitting</li> <li>• Baserunning</li> </ul>	Introduce meta themes and teaching points <ul style="list-style-type: none"> <li>• Footwork and body position/leverage plays a big role in all that we do</li> <li>• Understanding to move to and in front of the ball when playing defense</li> <li>• Always be thinking about the “situation” and what you’ll do with the ball or when on base</li> </ul>
15 Minutes	Stations X 3 <ol style="list-style-type: none"> <li>1. Throwing</li> <li>2. Fielding (grounders)</li> <li>3. Hitting</li> </ol>	
20 Minutes	Group exercise/drill/game	
5 Minutes	Close: Reinforce key teaching points	Stick with a teaching theme

### Sample AA Practice Outline

90 MIN	ACTIVITY	NOTES
10 Minutes	Warm-up	<ul style="list-style-type: none"> <li>• Warm up to throw</li> <li>• Light jogging and full body warmup</li> <li>• Throwing progression from flips all the way to full throws</li> </ul>
10 Minutes	Intro key teaching principles: <ul style="list-style-type: none"> <li>• Emphasis on mental aspect of the game</li> <li>• Fundamentals, fundamentals fundamentals</li> <li>• Movement without the ball on Defense</li> </ul>	Examples: <ul style="list-style-type: none"> <li>• Situational awareness</li> <li>• Body position and preparing to throw, field or hit</li> <li>•</li> </ul>
15 Minutes	Stations X 3 <ul style="list-style-type: none"> <li>• Fielding and Catching</li> <li>• Pitching</li> <li>• Hitting</li> </ul>	
20 Minutes	Group exercise/drill/game	
5 Minutes	Close: Reinforce key teaching points	