

Rally Cap Practice Plan

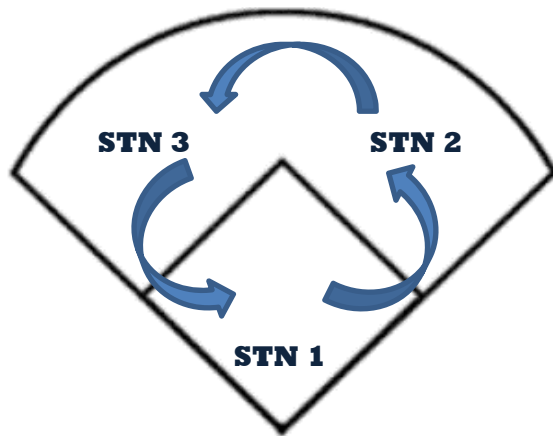
Week: 1

White & Grey Cap

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Practice Plan

		Day	Drill	Practice Plan Ref.	
Warm-up & Agility		10 min.	1 & 2	"Warm-up" (without throwing)	Practice Plan #1
Skills Station 1	Hitting	15 min.	1	"Between the Two" & "Tee Ball"	Practice Plan #1
Skills Station 2	Throwing	15 min.	1	"Hand Cuffs" & "The Wheel"	Practice Plan #1
Skills Station 3	Receiving	15 min.	1	"Catch like an Egg" & "Crocodile"	Practice Plan #1
Skills Station 1	Base running	15 min.	2	"The Train" & "Musical Base"	Practice Plan #1
Skills Station 2	Throwing	15 min.	2	"The Net" & "The Relay"	Practice Plan #2
Skills Station 3	Receiving	15 min.	2	"Catch like an Egg" & "Crocodile"	Practice Plan #2
Competition/Fun Game		15 min.	1 & 2	Mini-game in the infield. Everyone gets a turn to hit. Rotate through all players	
Cool Down/Pack Up		5 min.			

Field Layout



This Weeks Practice Goals

Introduce athletes to basic baseball concepts.
Hitting, Throwing, Receiving, and base running.

Field Set-up:

Fields to be set-up with stations to correspond to the weeks drills.

Rotation:

Teams shall rotate to each station, allowing each team to occupy different areas of the field each practice.

Rally Cap Practice Plan

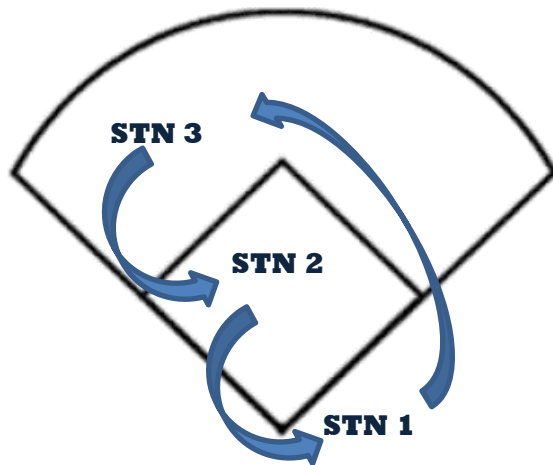
Week: 2

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Practice Plan

		Day	Drills	Practice Plan Ref.	
Warm-up & Agility		10 min.	1 & 2	"Warm-up"	Practice Plan #2
Skills Station 1	Hitting	15 min.	1 & 2	Game Play	
Skills Station 2	Fielding	15 min.	1 & 2	Game Play	
Skills Station 3	Receiving	5 min.	1	"Catch like an Egg" & "The Crocodile"	Practice Plan #2
	Throwing	10 min.	1	"The Net" & "The Relay"	Practice Plan #2
	Base running	5 min.	2	"The Relay"	Practice Plan #3
	Throwing	10 min.	2	"The Net" & "The Relay"	Practice Plan #2
Competition/Fun Game		15 min.	1 & 2	Competition: Base Running Relay Fun Game: Freeze Tag	
Cool Down/Pack Up		5 min.			

Field Layout



This Weeks Practice Goals

Work on baseball skills in the outfield and practice game play on the infield. Tee ball games.

Field Set-up:

Games will take place on the infield and this weeks drills are to be set-up in the outfield space.

Rotation:

Teams shall rotate to each station, allowing each team to occupy different areas of the field each practice.

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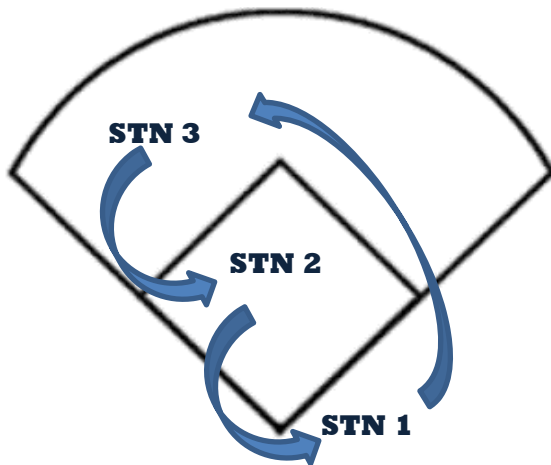
Week: 3

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Practice Plan

		Day	Drills	Practice Plan Ref.	
Warm-up & Agility		10 min.	1 & 2	"Warm-up"	Practice Plan #3
Skills Station 1	Hitting	15 min.	1 & 2	Game Play	
Skills Station 2	Fielding	15 min.	1 & 2	Game Play	
Skills Station 3	Receiving	5 min.	1	"Skyball"	Practice Plan #3
	Throwing	10 min.	1	"The Target"	Practice Plan #3
	Base running	5 min.	2	"Gotcha"	Practice Plan #3
	Throwing	10 min.	2	"The Target"	Practice Plan #3
Competition/Fun Game		15 min.	1 & 2	Competition: Catching Sky Balls Fun Game: Sliding to a Base	
Cool Down/Pack Up		5 min.			

Field Layout



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Rotation:

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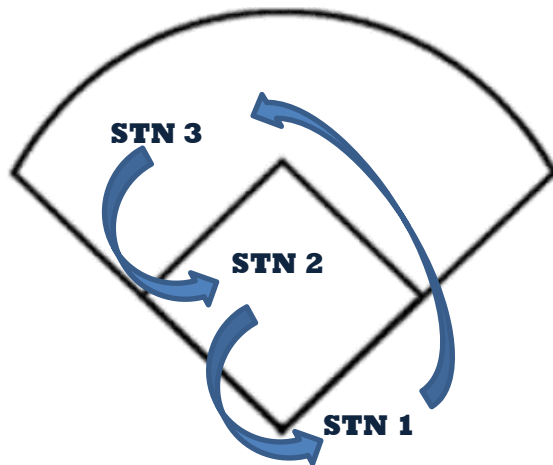
Week: 4

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Practice Plan

		Day	Drills	Practice Plan Ref.	
Warm-up & Agility		10 min.	1 & 2	"Warm-up"	Practice Plan #4
Skills Station 1	Hitting	15 min.	1 & 2	Game Play	
Skills Station 2	Fielding	15 min.	1 & 2	Game Play	
Skills Station 3	Receiving	5 min.	1	"Catch like an Egg"	Practice Plan #4
	Base running	10 min.	1	"The Relay"	Practice Plan #4
	Base running	5 min.	2	"The Train"	Practice Plan #4
	General	10 min.	2	"Names & Numbers" & "Around the Horn"	Practice Plan #4
Competition/Fun Game		15 min.	1 & 2	Competition: Coaches Choice Fun Game: Athletes Choice	
Cool Down/Pack Up		5 min.			

Field Layout



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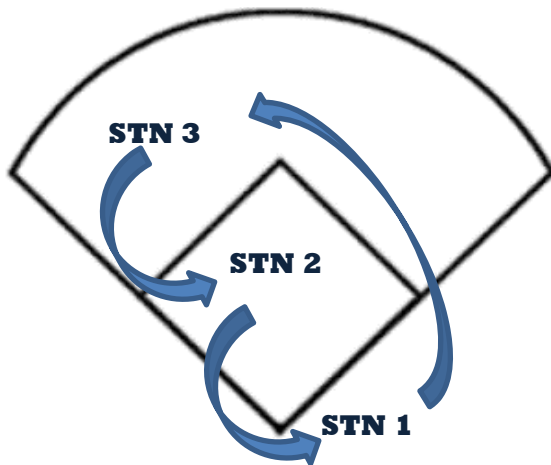
Week: 5

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Practice Plan

		Day	Drills	Practice Plan Ref.	
Warm-up & Agility		10 min.	1 & 2	"Warm-up"	Practice Plan #5
Skills Station 1	Hitting	15 min.	1 & 2	Game Play	
Skills Station 2	Fielding	15 min.	1 & 2	Game Play	
Skills Station 3	Throwing	5 min.	1	"The Guardian"	Practice Plan #5
	Hitting	10 min.	1	"Drill with Pitcher"	Practice Plan #5
	Receiving	5 min.	2	"Skyball"	Practice Plan #5
	Throwing	10 min.	2	"The Relay"	Practice Plan #5
Competition/Fun Game		15 min.	1 & 2	Competition: Coaches Choice Fun Game: Athletes Choice	
Cool Down/Pack Up		5 min.			

Field Layout



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Work on baseball skills in the outfield and practice game play on the infield. Tee ball games.

Field Set-up:

Games will take place on the infield and this weeks drills are to be set-up in the outfield space.

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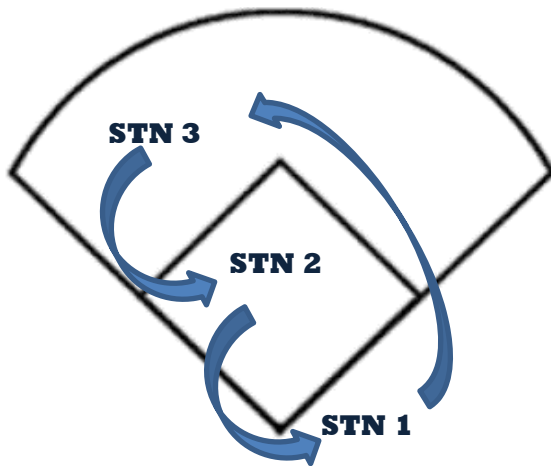
Week: 6

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Practice Plan

		Day	Drills	Practice Plan Ref.	
Warm-up & Agility		10 min.	1 & 2	"Warm-up"	Practice Plan #6
Skills Station 1	Hitting	15 min.	1 & 2	Game Play	
Skills Station 2	Fielding	15 min.	1 & 2	Game Play	
Skills Station 3	Base running	5 min.	1	"Gotcha"	Practice Plan #6
	Hitting	10 min.	1	"Drill with Pitcher"	Practice Plan #6
	Receiving	5 min.	2	"The Crocodile"	Practice Plan #6
	General	10 min.	2	"Names & Numbers" & "Around the Horn"	Practice Plan #9
Competition/Fun Game		15 min.	1 & 2	Competition: Coaches Choice Fun Game: Athletes Choice	
Cool Down/Pack Up		5 min.			

Field Layout



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Work on baseball skills in the outfield and practice game play on the infield. Tee ball games.

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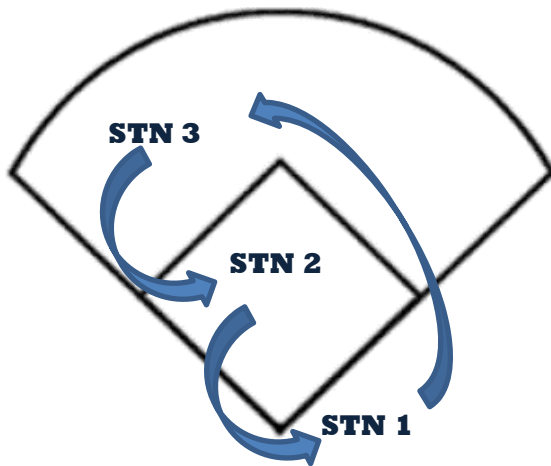
Week: 7

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Practice Plan

		Day	Drills	Practice Plan Ref.	
Warm-up & Agility		10 min.	1 & 2	"Warm-up"	Practice Plan #7
Skills Station 1	Hitting	15 min.	1 & 2	Game Play	
Skills Station 2	Fielding	15 min.	1 & 2	Game Play	
Skills Station 3	Throwing	5 min.	1	"The Target"	Practice Plan #7
	Hitting	10 min.	1	"Drill with Pitcher"	Practice Plan #6
	Receiving	5 min.	2	"Big Foot"	Practice Plan #8
	General	10 min.	2	"The Out"	Practice Plan #8
Competition/Fun Game		15 min.	1 & 2	Competition: Coaches Choice Fun Game: Athletes Choice	
Cool Down/Pack Up		5 min.			

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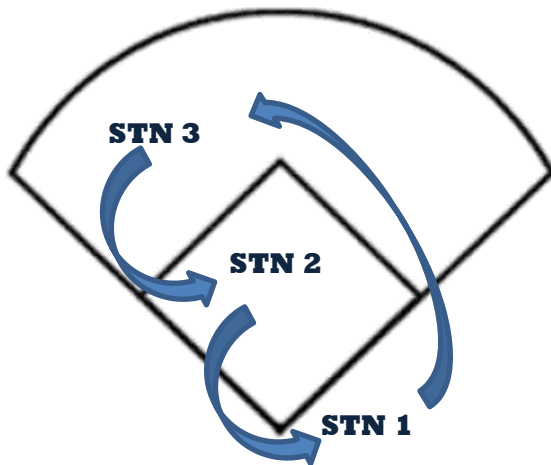
Week: 8

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Practice Plan

		Day	Drills	Practice Plan Ref.	
Warm-up & Agility		10 min.	1 & 2	"Warm-up"	Practice Plan #8
Skills Station 1	Hitting	15 min.	1 & 2	Game Play	
Skills Station 2	Fielding	15 min.	1 & 2	Game Play	
Skills Station 3	Throwing	5 min.	1	"The Target"	Practice Plan #7
	General	10 min.	1	"The Out"	Practice Plan #8
	Receiving	5 min.	2	"Big Foot"	Practice Plan #8
	Hitting	10 min.	2	"Wiffle BP"	Practice Plan #9
Competition/Fun Game		15 min.	1 & 2	Competition: Coaches Choice Fun Game: Athletes Choice	
Cool Down/Pack Up		5 min.			

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