



# COACH PRACTICE PLAN

## SNAPSHOT

PRACTICE LENGTH: 1 hour & 30 minutes

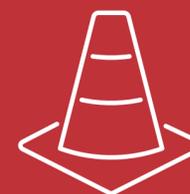
AGE GROUP:

12-15 years old

PRACTICE TYPE: **Balanced**

SPORT & LEVEL: **Baseball - Intermediate**

### RECOMMENDED EQUIPMENT:



### PRACTICE OVERVIEW:

Warm-up (20 min)

Static & Dynamic Stretching

Run & Guns

Baserunning (15 Min)

Stealing 2nd Base

Tagging Up

Water Break (5 min)

**Station Work (45 Min) \*Split Team Into 3 Groups**

Hitting (15 min).

Positional Breakdown (15 Min Each)

High Tee, Low Tee

Outfield: Outfield Cutoffs

Infield: Around the World Groundballs

Water Break (5 min)

Team Game (15 Min)

Relay Throws

Recap (5 Min)

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## COACHES BOX

PRACTICE GOALS:

COACH NOTES:

Equipment Needed:  
(none)

WARM-UP



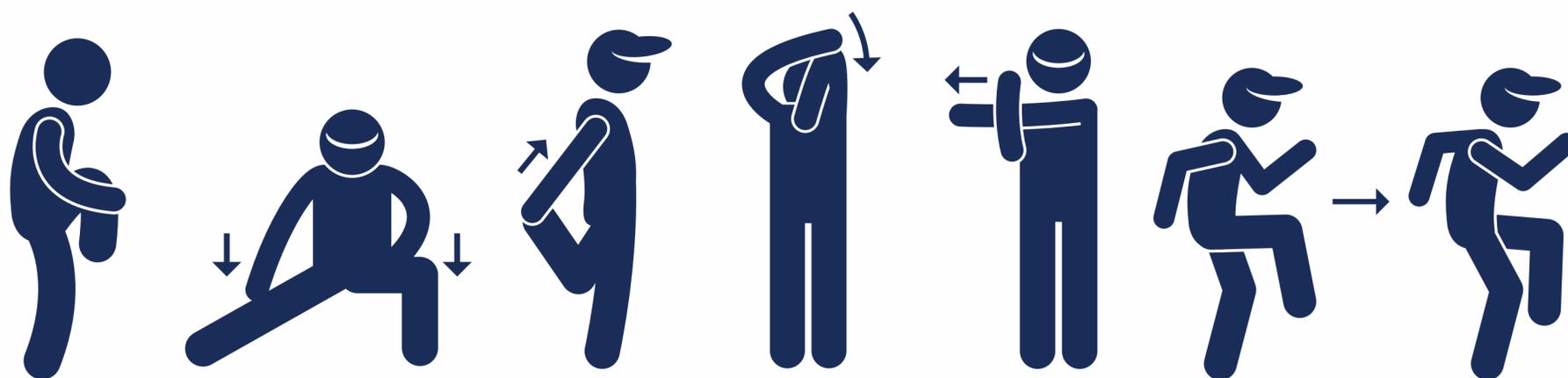
## STATIC + DYNAMIC STRETCHING

Prior to any practice or activity, players should stretch and warm up. Stretching and warming up should be used at all levels and will vary depending on age group. Younger groups can use more active and moving activities while older groups should focus on fully stretching muscles.

### POTENTIAL GROUP STRETCHES AND ACTIVITIES:

- Jumping jacks (count of 10-15)
- High Knees (5-10 seconds)
- Arm circles gradually increasing from small to large (forward and backward)
- Posterior Shoulder Stretch (10-15 seconds and switch arms)
- Reverse shoulder stretch (15-20 seconds)
- Assisted triceps stretch (10-15 seconds and switch arms)
- Trunk twists (5-10 seconds)
- Standing quad stretch (10-15 seconds and switch legs)
- Standing hamstring stretch (10-15 seconds)
- Leaning thigh stretch (10-15 seconds and switch legs)
- Sitting butterfly (5-10 seconds)
- Standing or laying down knee to chest (5-10 seconds and switch legs)

Warming up should also include some light throwing to warm up the player's arms.



## FENWAY FUNDAMENTALS

Stretching is a fundamental part to any practice, activity, or game. Stretching is typically followed up with light throwing to ensure the player's throwing arm is loose. Stretching and throwing will change due to the age group but for younger groups, keep it upbeat and fun!



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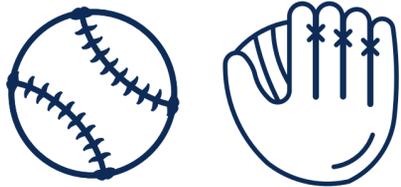


For More Resources

[RedSoxFoundation.org/CoachesBox](https://RedSoxFoundation.org/CoachesBox)

## Equipment Needed:

- Gloves
- Balls



# WARM-UP



## RUN AND GUNS

### Setup:

- Set-up target area. Grab a bucket of balls and place a ball on a batting tee 10-15 feet away from the target area
- Players will go one at a time and start halfway between the target area and tee.



### Instructions:

- Player runs back to the tee, grabs ball with their throwing hand, and then turns to make a throw into the target area
- Goal is to perform the tasks as smoothly as possible and hit the target area with a crisp throw
- As players hit the target more frequently, move the tee back to increase the distance, therefore increasing the challenge of the drill
- Be sure to emphasize that players should be focusing on;
  - Being athletic
  - Grabbing the ball in a 4-Seam/Fastball grip
  - Using their body to deliver the ball to the target area

## FENWAY FUNDAMENTALS

This drill is a great way to help bring out your athletes' natural athleticism. By challenging them to complete a simple task (throw hard and hit target) and making them perform athletic movements (running, stopping, pivoting), their body will learn how to cut inefficient movements that may exist in their throwing mechanics.



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## Equipment Needed:

- Bases
- Cones



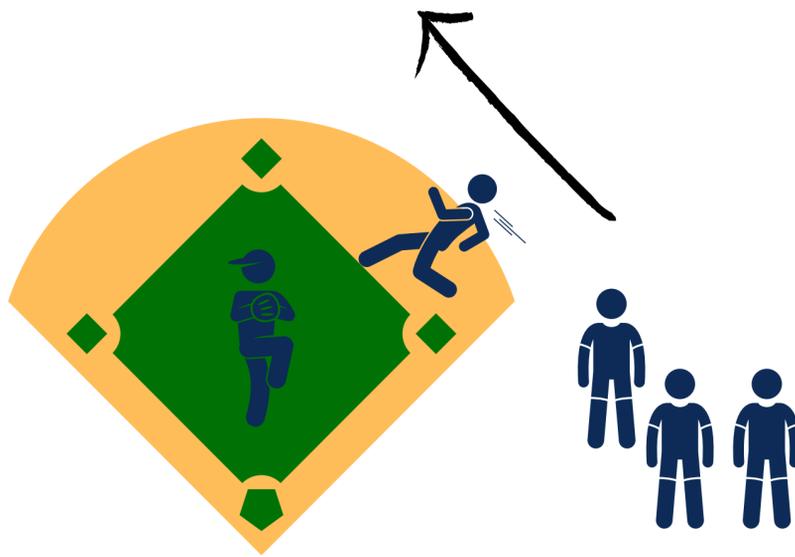
# BASERUNNING



## STEALING 2ND BASE

### Setup:

- Athletes line up behind 1st Base in a single file line. One baserunner is up at a time
- Place a pitcher on the mound and 1st Basemen cover 1st Base



### Instructions:

- Baserunner takes lead off of 1st Base. Pitcher comes to set position with 1st Baseman covering the bag. The pitcher can decide to either:
  - 1) Make a pickoff throw to 1st Base
  - 2) Deliver the ball to home plate (Dry wind-up, ball doesn't have to be thrown)
- Baserunner must read pitcher and successfully steal 2nd Base, or safely return to 1st Base if the pitcher decides to throw over.

## FENWAY FUNDAMENTALS

Baserunners should watch front/back heel of the pitcher.

If back heel (touching pitching rubber) comes up first, pitcher will be throwing to 1st Base.

If front heel comes up first, then pitcher will be delivering ball to home. For left-handed pitchers, runners either steal on first movement from pitcher or wait until lead leg starts towards home plate.



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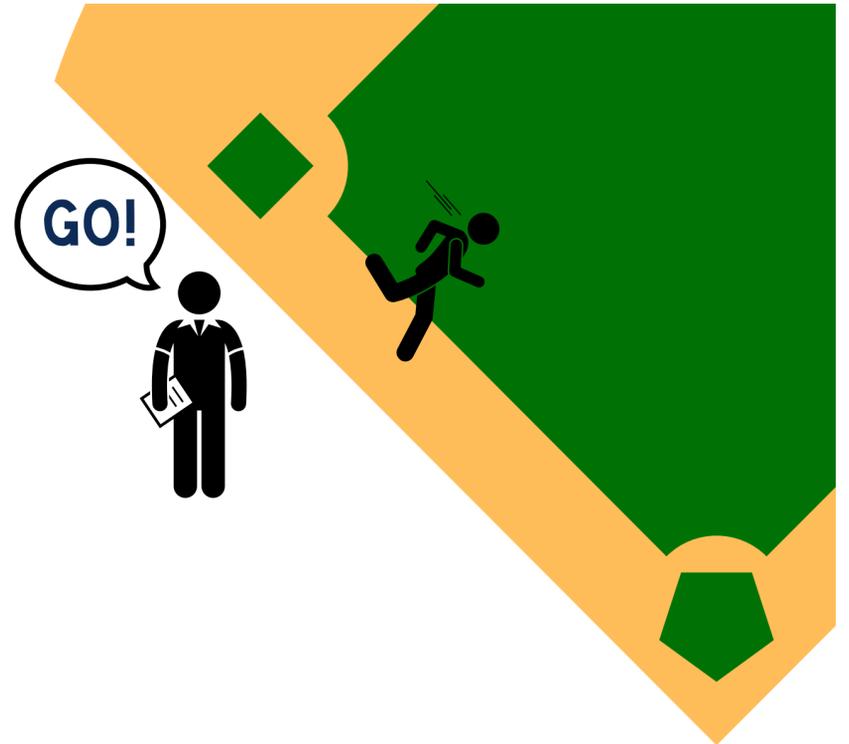
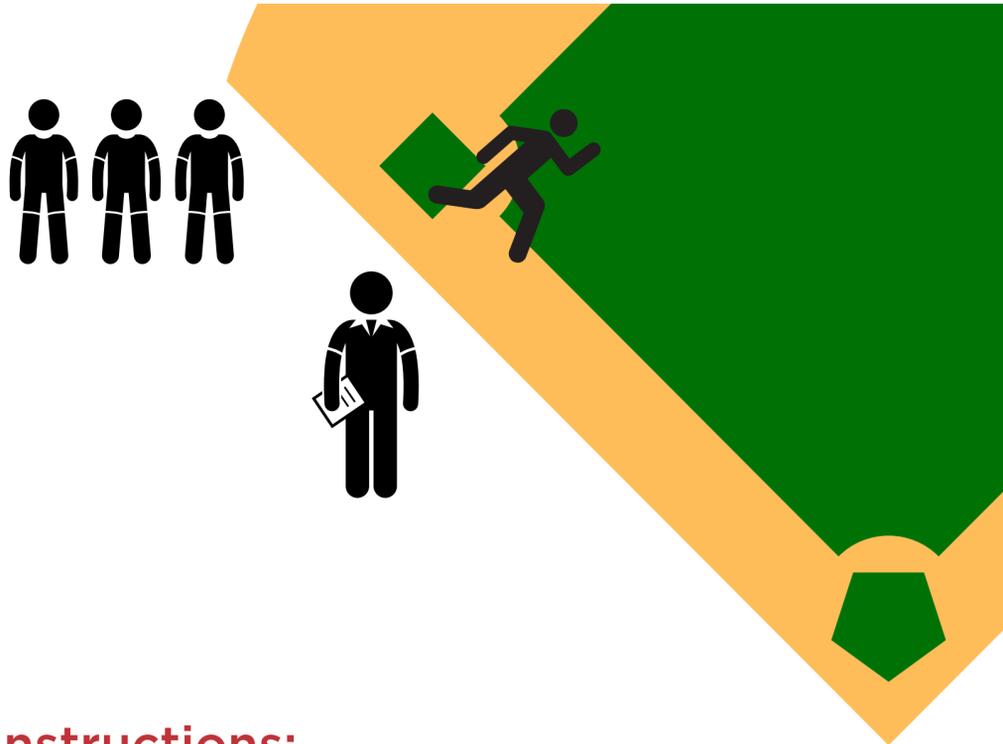
# BASERUNNING



## TAGGING UP

### Setup:

- Players create a line behind 3rd base with the first player starting at the base



### Instructions:

- The player begins with a lead (if applicable)
- On the coach's signal, the ball is simulated to be hit in the air to the outfield
  - If leading, the player should immediately return to the bag and prepare to run on the coach's signal
- The player should have one foot on the bag and ready to push off in a sprinter's position
- The coach will say "GO" when the simulated ball hits the outfielder's glove
- Repeat with the next player

## FENWAY FUNDAMENTALS

Remind your athletes to take their lead off 3rd Base In foul territory (just outside the foul line). This way, they won't be called out If they're hit by a batted ball. Runners on 3rd Base In general should lead off In foul territory, and come back In fair territory.



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## Equipment Needed:

- Balls
- Bat



# HITTING DRILLS

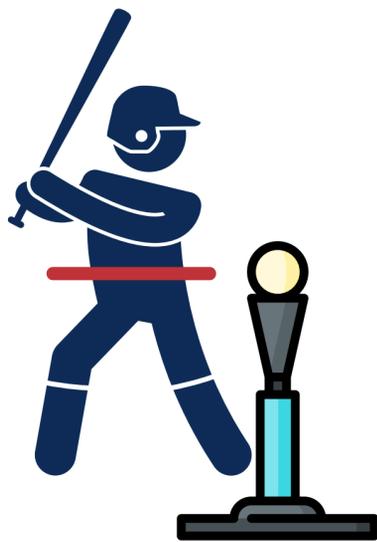


## HIGH TEE, LOW TEE

### Setup:

- Hitters start in a comfortable stance at the tee. Have hitters hit into a net, fence, or open field
- High-Tee reps should be taken at chest height (think jersey letters). Front knee should be close to in line with the center of the tee.
- Low-Tee reps can be taken at knee height with the tee placed just behind batter's front knee.

1



2



### Instructions:

- Hitters will take 10 swings with the High-Tee, and 10 swings with the Low-Tee.
- The goal is for solid hard contact and line drives to the middle part of the field, as well as opposite field for the Low-Tee round
- Both of these locations are meant to challenge hitters to stay through the ball as long as possible (don't swing around the ball) and to keep their hands inside the ball ("casting" your hands around the ball will cause mis-hits).

## FENWAY FUNDAMENTALS

One of the best things a young hitter can learn is adjustability. Hitters must learn how to give themselves opportunities to make solid contact, even on pitch locations they may not feel comfortable with. By using their natural athleticism and learning how to hit multiple spots in the strike zone, hitters can be more well rounded and able to compete at the plate!



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- Gloves



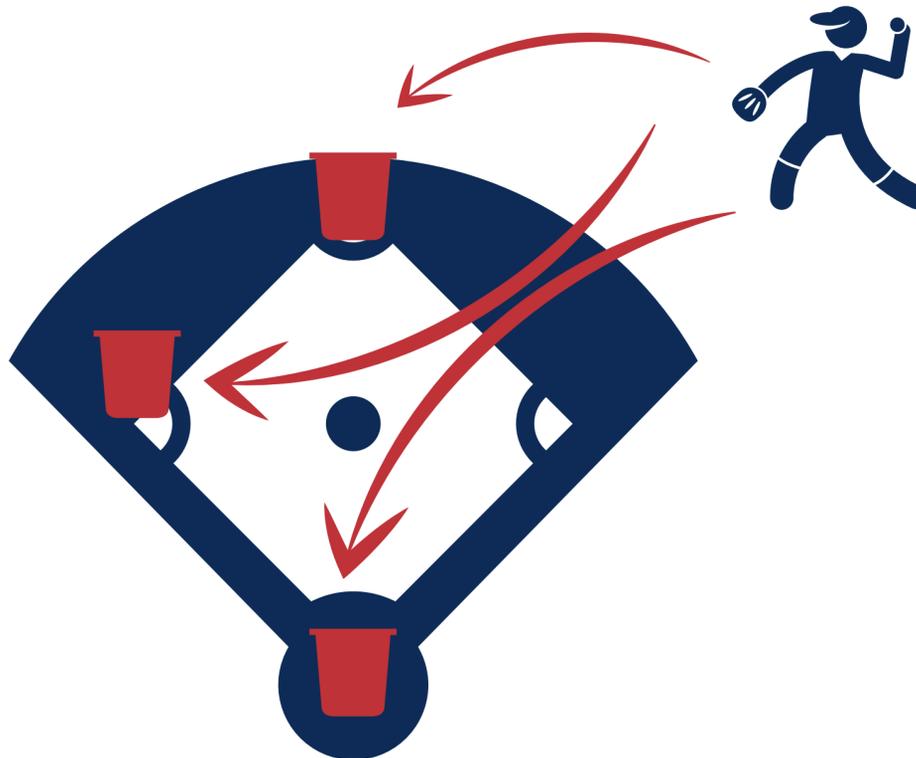
# POSITION BREAKDOWN



## OUTFIELDERS: OUTFIELD CUTOFFS

### Setup:

- Set up target areas at 2nd, 3rd, and Home Plate
- Outfielders start In LF, then move to CF, then finish In RF
- Position to hit balls from home plate, and grab an Infielder to help reset buckets and clean up thrown balls



### Instructions:

- Hit a mix of fly-balls, grounders, and line drives to outfielders. Call out which base outfielders should throw to as they work to field the ball
- Every outfielder should complete a throw to 3rd, 2nd, and Home from each outfield position. Every thrown ball that hits a bucket is worth 5 points. Most points win
- The target areas help outfielders focus on making a strong throw through (not to) their target. Calling out throwing location challenges fielders to make quick, athletic decisions

## FENWAY FUNDAMENTALS

Many Outfielders attempt to either throw directly to their cutoff man, or try to make a perfect throw to a base. There's a time and a place for these throws, but a better habit to get into is throwing "through" your cutoff man. This ensures you're making a crisp throw on a line to the bag, but also making a throw that can still be cut off if needed.



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# POSITION BREAKDOWN



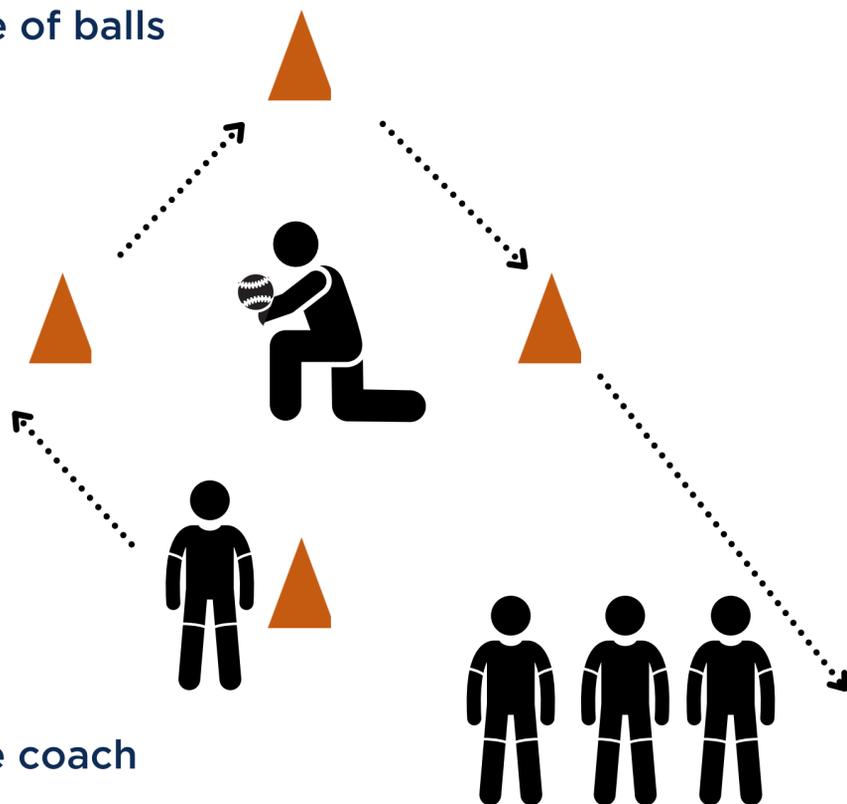
## INFIELDERS: AROUND THE WORLD GROUNDBALLS

### Setup:

- Set up 4 cones in a diamond pattern about 8-10 feet away from a middle point
- The coach will be in the middle with a couple of balls

### Instructions:

- The player begins at the first cone receiving a ground ball rolled or bounced directly to the player and the ball is tossed back to the coach
- Staying low and shuffling or jogging to the next cone, a ground ball will be rolled or bounced to give the player a backhand groundball and the ball is tossed back to the coach
- At the 3rd cone, the ground ball should engage their range to their glove side and the ball is tossed back to the coach
- At the final cone, a slow roller allows the player to attack the baseball before tossing it back to the coach and heading to the back of the line



### Fun Team Competition:

- See which player can be the last one standing without making an error by increasing the speed through the cones each time through the line

## FENWAY FUNDAMENTALS

Athletes should focus on being athletic, having soft hands and staying smooth as they work to field each ball cleanly. Though this drill should be done at a faster pace, it's important to emphasize to your athletes that being quick and efficient is better than just being fast. Fielding groundballs is like a dance, staying in rhythm is key!



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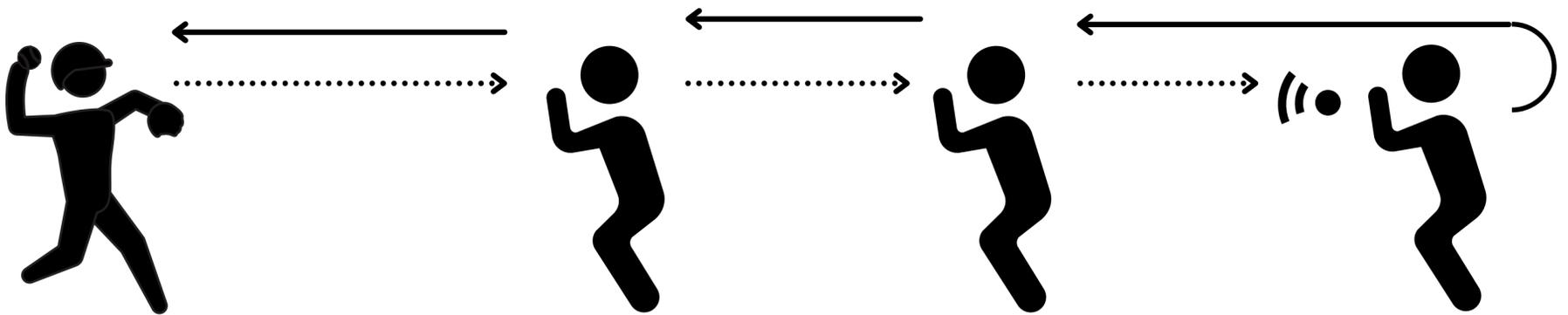
# TEAM GAME



## RELAY THROWS

### Setup:

- Group players in teams of 3-5 and have them stand in line 20-40 feet apart from each other
- The first player at one end of the line starts with the ball



### Instructions:

- The player with the ball begins by throwing to the closest partner
- Player receiving the throw is set with glove at their chest slightly on their glove side
- Player will catch and with quick feet, will turn in an athletic throwing position and throw to the next partner.
- When the player at the opposite end catches the ball, that player will throw to the next partner reversing the direction the ball was originally traveling

### Fun Team Competition:

- Even out the teams and have all start on coaches mark
- The team that gets the ball down and back to the beginning a predetermined amount of times, wins!

## FENWAY FUNDAMENTALS

Relay throws rely on speed during a game. In practice, youth do not have to go fast but they should be working towards a quick transfer by having their throwing hand as close to their glove as they feel comfortable with so they can quickly transfer the ball from their glove to their hand.



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