

Date : _____ Practice Time: _____ Location: _____

Majors 11-12 yr old Practice (1 1/2 -2 hrs)

2-3 Minutes: Pre-Start Meeting - Today's Points to Emphasize:

8-10 minutes: Functional Warm-Ups, Throwing, and/or Base Running

Warm-Up activity #1: _____

Warm-Up activity #2: _____

Warm-Up activity #3: _____

5 Minutes: Base running Drill: _____

8-10 Minutes – Throwing/Receiving Drills:

Drill / Activity #1: _____

Drill / Activity #2: _____

3-4 Minutes: Group meet – Explain Hitting & Fielding Rotations and divide players into groups

25-30 Minutes - Fielding Rotations (Make DEFENSE a priority by working on it first!)

Fielding station #1: _____

Fielding station #2: _____

Fielding station #3: _____

Fielding station #4: _____

25-30 Minutes – Hitting Rotations

Hitting station #1: _____

Hitting station #2: _____

Hitting station #3: _____

Hitting station #4: _____

10-15 Minutes : Team Defense – Situations – Competitions – Bullpen Sessions for pitchers

Activity #1: _____

Activity #2: _____

Activity #3: _____

Tip of the Day: _____

Info to pass on before dismissal:

Coaching Notes:

Practice tips for Majors level Coaches:

- Have hitters (no bat in hand) stand in at times while pitchers throw a bull pen.
- Have hitters face kid pitch.
- Prior to games focus on the basic situations.
- Use live runners at times for situations (work on both aspects of the game)
- Make small portions of the practice competitive
- At this level practices should be designed around areas of situational improvement
 - ex: Covering bunts, pick offs, run downs, 1st and 3rd

Areas of Strength this practice	Areas to work on next practice