

Effective Practice Planning and Drills

Things We Need to Know Before Practice

How many coaches/managers/injured players are at my disposal?

How much space do I have?

Are we inside or outside?

Do we have a cage?

How much time do I have?

How many players do we have?

How will we incorporate pitchers? Are they live? Pen? Off?

The Goal

What is the goal of your practice?

Establishing the goal of practice is paramount to running a successful one

Make It Engaging

Have to find ways to not to work three kids while the rest watch

i.e front toss while everyone shags. Play DEFENSE!

Compete

Will have with engagement and teach to compete at all times

Stupid consequence for the loser

Drills

Incorporate everyone

Inside vs. Outside