



10-WEEK

YOUTH BASEBALL

SEASON PLAN

PRACTICE PLAN #3: 60 MINUTES

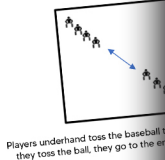
DYNAMIC WARMUP

5-10 Minutes

Hip circles, arm circles, jog in place, high knees, sidesteps, hopping, Frankenstein's monster walks, heel-to-toe walk, step and lunge walk, exaggerated skip

WARMUP DRILL UNDERHAND TOSS

5-10 Minutes



Players underhand toss the baseball to the player on the opposite line then go to the end of the other line.

STATION 1 SIDE TO SIDE



Coach will roll a baseball left or right to each player in line and the player has to track the ball

STATION 2 UNDERHAND TOSS



Coach will throw an underhand toss into the air for each player to catch, ensuring they squeeze their mitt and secure the ball with the non-mitt hand

STATION 3 SIDESTEP FIELDING



Players will sidestep to their legs and work to field the ball

PRACTICE PLAN #1: 60 MINUTES

Beginner

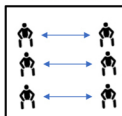
DYNAMIC WARMUP

5-10 Minutes

Hip circles, arm circles, jog in place, high knees, sidesteps, hopping, Frankenstein's monster walks, heel-to-toe walk, step and lunge walk, exaggerated skip

WARMUP DRILL ONE-KNEE DRILL

5-10 Minutes



Players get down on one knee and toss to a partner, working on their follow through.

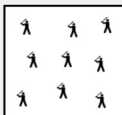
Split team into 2 or 3 groups. Assign each group to one station. Run the station for 10 minutes then rotate (30 minutes total)

STATION 1 AIR THROW



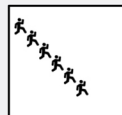
Players spread out with their mitts and go through the proper mechanics of throwing without a ball

STATION 2 AIR SWING



Players spread out with their bats and go through the proper mechanics of hitting without a ball

STATION 3 SPRINTING / BASE RUNNING



Players practice their base running by sprinting together in the outfield

GAME SITUATION DRILL FOLLOW YOUR THROW

15-20 Minutes



One player should go to each base with the remaining players making a line behind home plate. The player at home will throw the ball to first base and then follow their throw to first base. First base throws it to second and follows that

PRACTICE PLAN #2: 60 MINUTES

Beginner

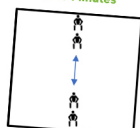
DYNAMIC WARMUP

5-10 Minutes

Hip circles, jog in place, sidesteps, hopping, Frankenstein's monster walks, heel-to-toe walk, step and lunge walk, exaggerated skip

WARMUP DRILL THROW & SWITCH

5-10 Minutes



Players will toss the ball to their teammate on the opposite line then go to the end of the other line.

Split team into 2 or 3 groups. Assign each group to one station. Run the station for 10 minutes then rotate (30 minutes total)

STATION 1



Coach will roll a baseball left or right to each player in line and the player has to track the ball

STATION 2 TEE WORK IN CAGE



Players hit balls off a tee in a batting cage with new players rotating in every few minutes

STATION 3 RUNNING TO FIRST



Players make a line by first base and take turns sprinting to the base

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CONSULT YOUR PHYSICIAN

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INTRODUCTION

Welcome to the 10-Week Youth Baseball Season Plan! This resource is designed to give volunteer coaches the structure and tools they need to develop their team, save time, and enjoy the process.

WHAT'S INCLUDED

10-Week Season Plan: A one-page roadmap outlining the weekly progression of skills, tactics, and goals for the entire season.

10 Individual Practice Plans: Detailed, easy-to-follow plans for every practice, including detailed diagrams and instructions. Each session includes:

- **Dynamic Warm-Up:** Quick exercises to prepare players for physical activity.
- **Skill Development Drills:** Targeted activities to build core baseball skills like hitting, catching, and baserunning.
- **Scrimmage or Small-Sided Games:** Game-like activities that encourage skill application in a competitive setting.

Additional Resources and Templates: This packet also includes downloadable checklists, player awards, templates and other printable resources to help you save time, eliminate stress, and have a more successful season.

Here's a quick preview

- Baseball Skill Development Checklists
- Baseball Coaching Templates
- Baseball Strategy Cheat Sheets
- Parent Communication Templates
- Baseball Award Certificates
- 5 Bonus Baseball Practice Plans

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10-WEEK YOUTH BASEBALL SEASON PLAN

	ACTIVITY	KEY GOALS
PRE-SEASON	Tryouts/Evaluations	Identify players' strengths, effort, and coachability for balanced team composition.
	Pre-Season Parent Meeting	Set expectations, explain coaching philosophy, and encourage parental support for the season.
WEEK 1	Practice 1	Teach basic throwing, hitting, and baserunning. Evaluate player skills through simple drills and movement-based exercises.
	Game 1	Emphasize hustle, communication, and applying basic skills. Focus on proper throws and smart baserunning decisions.
WEEK 2	Practice 2	Focus on fielding grounders, hitting off a tee, and running to first. Introduce basic defensive game situations.
	Game 2	Apply defensive skills and baserunning strategies. Emphasize confident throws, aggressive running, and fielding communication.
WEEK 3	Practice 3	Improve footwork and glove control. Work on side-to-side fielding, underhand catches, and sidestep movements.
	Game 3	Reinforce footwork and quick transitions. Focus on strong defensive positioning and calling for balls.
WEEK 4	Practice 4	Develop fast hands, quick glove-to-throw transitions. Add pepper drills and competitive base running challenges.
	Game 4	Focus on quick plays under pressure. Emphasize communication, smooth transitions, and game-speed decision-making.
WEEK 5	Practice 5	Strengthen defensive footwork with zig-zags, soft toss hitting mechanics, and long toss for stronger, accurate throws.
	Game 5	Emphasize hustle, defensive readiness, and strong throws. Reinforce confidence handling routine plays and quick throws.
WEEK 6	Practice 6	Teach backing up plays, sliding home, and hitting into nets to sharpen swing mechanics and running instincts.
	Game 6	Focus on defensive backups, teamwork, and smart positioning. Reinforce quick reactions and supportive defensive communication.
WEEK 7	Practice 7	Build hand-eye coordination and quickness with juggling, soft toss bunts, hard grounders, and sprinting to second.
	Game 7	Focus on aggressive baserunning and bunt defense. Reinforce quick plays and smart positioning in key situations.
WEEK 8	Practice 8	Sharpen agility, footwork, and endurance using fancy footwork drills, relays, and controlled jogging for conditioning.
	Game 8	Emphasize conditioning, hustle, and smart baserunning decisions. Apply defensive communication skills in game situations.
WEEK 9	Practice 9	Focus on backhand catches, charging grounders, and applying game-like defensive reaction drills like the "OFC" challenge.
	Game 9	Reinforce charging the ball, accurate throws, and defensive communication. Build confidence handling live plays under pressure.
WEEK 10	Practice 10	Refine soft hands, quick pivots, and advanced footwork using triangle drill and backwards short hops practice.
	Game 10	Emphasize defensive versatility, confident throws, and teamwork. Prepare players for unpredictable plays and quick decisions.



PRACTICE PLAN #1: 60 MINUTES



DYNAMIC WARMUP

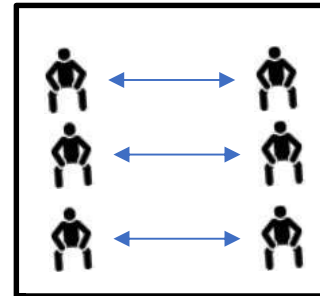
5-10 Minutes

Hip circles, arm circles, jog in place, high knees, sidesteps, hopping, Frankenstein's monster walks, heel-to-toe walk, step and lunge walk, exaggerated skip

WARMUP DRILL

ONE-KNEE DRILL

5-10 Minutes

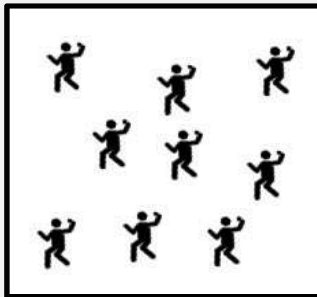


Players get down on one knee and toss to a partner, working on their follow through.

Split team into 2 or 3 groups. Assign each group to one station. Run the station for 10 minutes then rotate (30 minutes total)

STATION 1

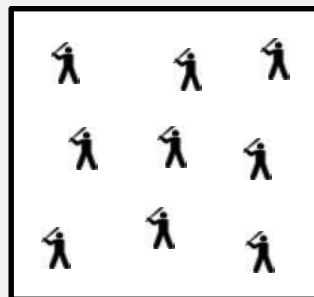
AIR THROW



Players spread out with their mitts and go through the proper mechanics of throwing without a ball

STATION 2

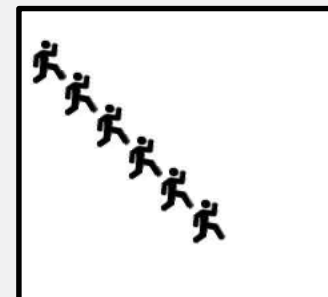
AIR SWING



Players spread out with their bats and go through the proper mechanics of hitting without a ball

STATION 3

SPRINTING / BASE RUNNING

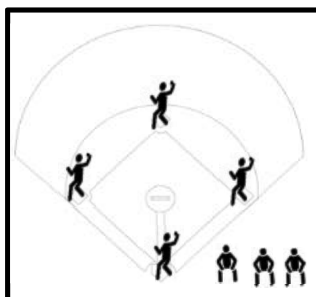


Players practice their base running by sprinting together in the outfield

GAME SITUATION DRILL

FOLLOW YOUR THROW

15-20 Minutes



One player should go to each base with the remaining players making a line behind home plate. The player at home will throw the ball to first base and then follow their throw to first base. First base throws it to second and follows that throw, replacing the player at second. The same pattern continues, but when the player at third throws it home, they go to the end of the line as the newest player in line will receive the throw from third base.



PRACTICE PLAN #2: 60 MINUTES



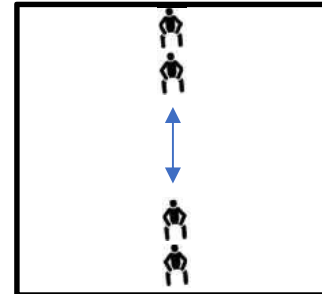
DYNAMIC WARMUP

5-10 Minutes

Hip circles, arm circles, jog in place, high knees, sidesteps, hopping, Frankenstein's monster walks, heel-to-toe walk, step and lunge walk, exaggerated skip

WARMUP DRILL THROW & SWITCH

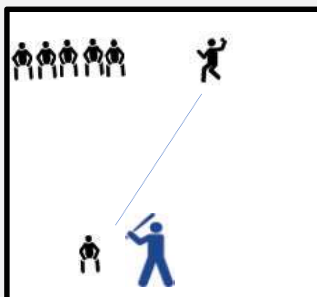
5-10 Minutes



Players will toss the ball to their teammate on the opposite line then go to the end of the other line.

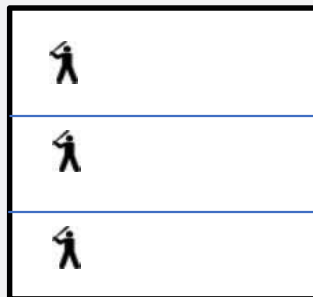
Split team into 2 or 3 groups. Assign each group to one station. Run the station for 10 minutes then rotate (30 minutes total)

STATION 1 GROUNDERS



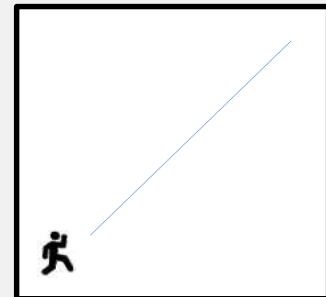
Players form a line and the coach will hit ground balls to the players, who throw the ball to the catcher

STATION 2 TEE WORK IN CAGE



Players hit balls off a tee in a batting cage with new players rotating in every few minutes

STATION 3 RUNNING TO FIRST



Players make a line by first base and take turns sprinting to the base

GAME SITUATION DRILL

GAME SITUATIONS

15-20 Minutes



Coach will hit ground balls to players on the field, who will have to make plays at various bases to get runners out.



PRACTICE PLAN #3: 60 MINUTES



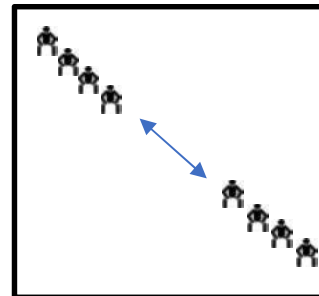
DYNAMIC WARMUP

5-10 Minutes

Hip circles, arm circles, jog in place, high knees, sidesteps, hopping, Frankenstein's monster walks, heel-to-toe walk, step and lunge walk, exaggerated skip

WARMUP DRILL UNDERHAND TOSS

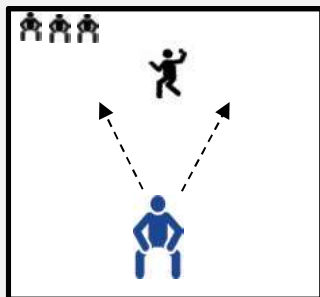
5-10 Minutes



Players underhand toss the baseball to one another. Once they toss the ball, they go to the end of the other line.

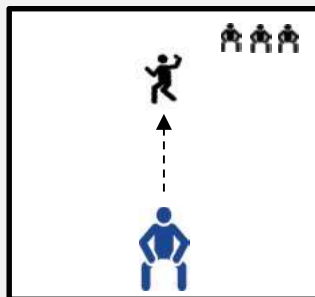
Split team into 2 or 3 groups. Assign each group to one station. Run the station for 10 minutes then rotate (30 minutes total)

STATION 1 SIDE TO SIDE



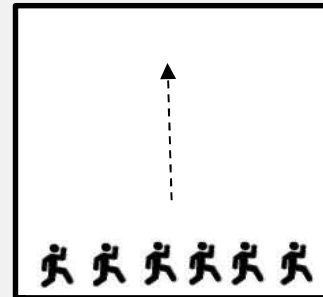
Coach will roll a baseball left or right to each player in line and the player has to track the ball

STATION 2 UNDERHAND TOSS



Coach will throw an underhand toss into the air for each player to catch, ensuring they squeeze their mitt and secure the ball with the non-mitt hand

STATION 3 SIDESTEP FIELDING DRILL

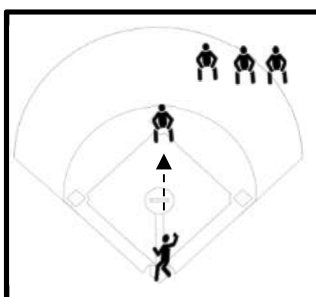


Players will sidestep without crossing their legs across a specific area to work on footwork

GAME SITUATION DRILL

SIMULATION TAG

15-20 Minutes



Players form a line behind second base. One at a time, the catcher will throw the ball to second base, where the fielder will have to catch the ball and apply an imaginary tag.



PRACTICE PLAN #4: 60 MINUTES



DYNAMIC WARMUP

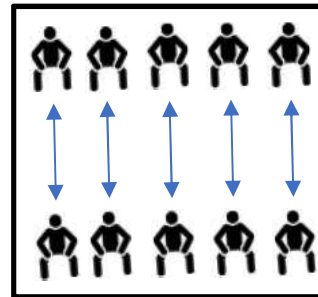
5-10 Minutes

Hip circles, arm circles, jog in place, high knees, sidesteps, hopping, Frankenstein's monster walks, heel-to-toe walk, step and lunge walk, exaggerated skip

WARMUP DRILL

QUICK HANDS

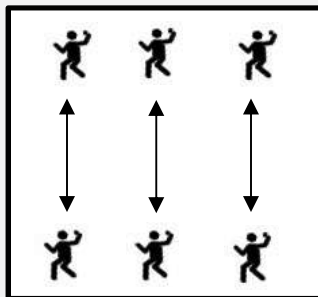
5-10 Minutes



Players stand about 10 feet apart and catch the ball, then immediately take it out of the glove and throw it back, focusing on their footwork.

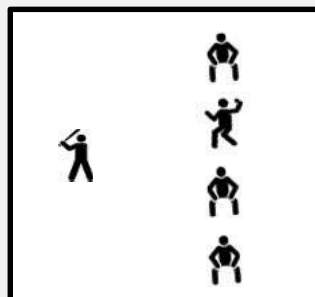
Split team into 2 or 3 groups. Assign each group to one station. Run the station for 10 minutes then rotate (30 minutes total)

STATION 1 NO-STEP THROW



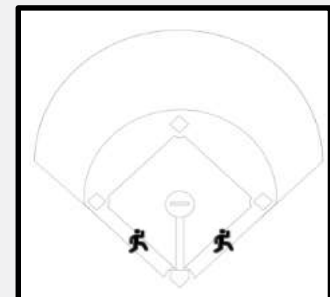
Players throw the ball to their partner without stepping while keeping feet shoulder-width apart to get their hips into their throw

STATION 2 PEPPER



One player with a bat will get a ball tossed to them and they have to gently track and contact the ball to a player who catches it and throws it again

STATION 3 RACE TO SECOND

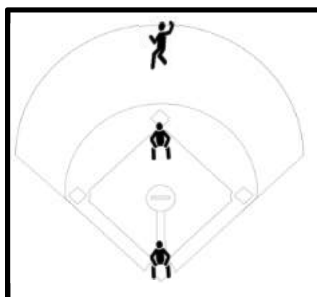


Two players stand on home plate and race to get to second base before the other player

GAME SITUATION DRILL

'2, 1, 8'

15-20 Minutes



This is a relay / cut-off drill using the positions of catcher (2), pitcher (1) and center fielder (8). The catcher will throw the ball to the pitcher who catches the ball. The pitcher will turn glove side and throw to the center fielder. Once the ball travels to each player, it now goes in reverse order. They should do this for 2 minutes, then switch spots. The coach can have multiple groups go at a time.



PRACTICE PLAN #5: 60 MINUTES

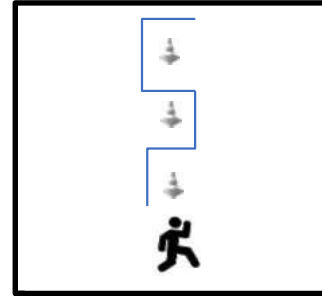
DYNAMIC WARMUP

5-10 Minutes

Hip circles, arm circles, jog in place, high knees, sidesteps, hopping, Frankenstein's monster walks, heel-to-toe walk, step and lunge walk, exaggerated skip

WARMUP DRILL SIDESTEP ZIG-ZAGS

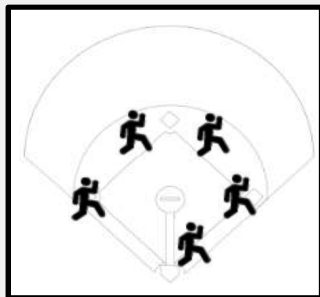
5-10 Minutes



A defensive drill that will teach the players to stay low and use proper footwork as they zig-zag through cones

Split team into 2 or 3 groups. Assign each group to one station. Run the station for 10 minutes then rotate (30 minutes total)

STATION 1 BASES CONDITIONING



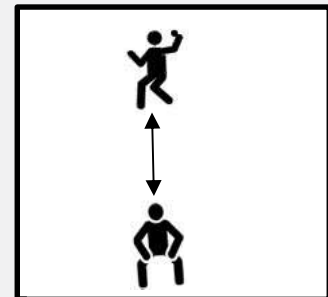
A simple drill where the players jog around the bases for a period of time selected by the coach to improve their endurance

STATION 2 SOFT TOSS



The coach will stand on the side of the player and toss the 'no fly' balls to the player to work on their swinging mechanics

STATION 3 LONG TOSS

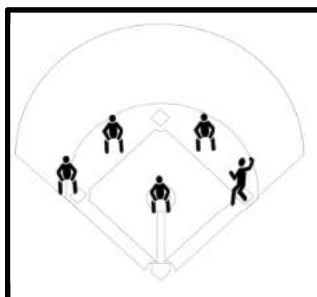


Once the players are properly warmed up, they will long toss the baseball to each other, throwing the ball for distance and accuracy

GAME SITUATION DRILL

INFIELD WARMUP

15-20 Minutes



Players take the infield; the first baseman will throw ground balls to the players, who will sidestep to the ball, field it and throw it back to first base.



PRACTICE PLAN #6: 90 MINUTES



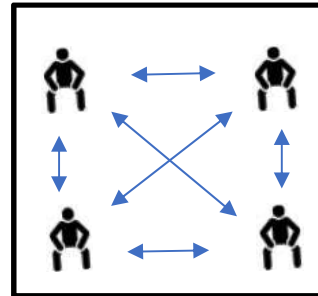
DYNAMIC WARMUP

5-10 Minutes

Hip circles, arm circles, jog in place, high knees, karaoke, sidesteps, hopping, Frankenstein walks, heel-to-toe walk, step and lunge walk, exaggerated skip

WARMUP DRILL THROW & FOLLOW

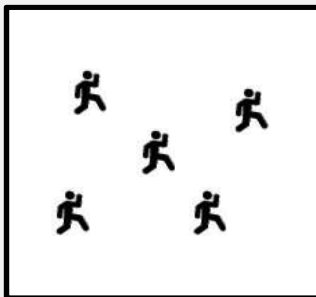
5-10 Minutes



Four players form a square shape about 20 feet apart and then throw a ball to a partner from the group. They must follow the ball and take the spot of the person they threw it to

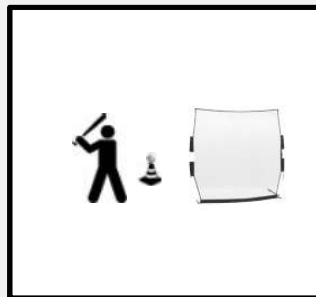
Split team into 2 or 3 groups. Assign each group to one station. Run the station for 15 minutes then rotate (45 minutes total)

STATION 1 RUNNING SIT



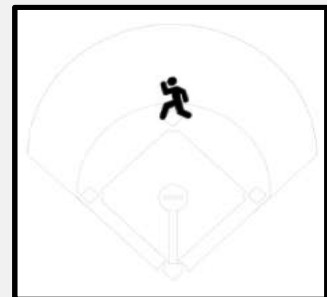
Players will sit on the field with their legs extended in front of them and start moving their arms forward and back simulating running

STATION 2 HIT INTO NET



Players will take turns hitting a ball off a tee into a batting net

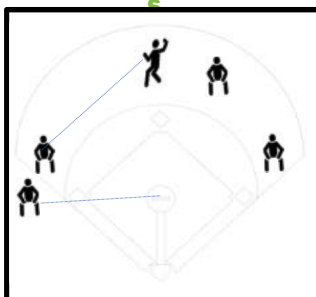
STATION 3 SECOND BASE TO HOME



Players will practice running from second to home plate with a slide to home plate.

GAME SITUATION DRILL BACKUP

15-20 Minute



Backing up plays is very important in baseball. For example, the diagram to the left shows the shortstop making a throw to third base with the pitcher backing up the throw. In this drill, the coach will call out specific situations, then hit the ball as the players have to react to the situation and back up throws for each other.



PRACTICE PLAN #7: 90 MINUTES



INTERMEDIATE

DYNAMIC WARMUP

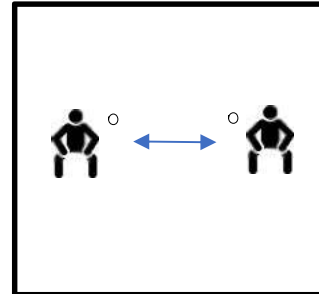
5-10 Minutes

Hip circles, arm circles, jog in place, high knees, karaoke, side steps, hopping, Frankenstein walks, heel-to-toe walk, step and lunge walk, exaggerated skip

WARMUP DRILL

2-BALL JUGGLE

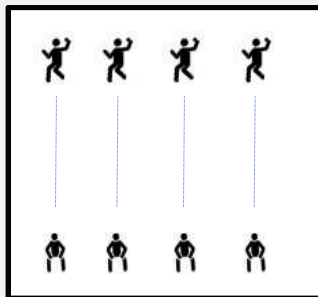
5-10 Minutes



Players will partner off in pairs and practice juggling 2 balls at the same time by underhanding baseballs back and forth

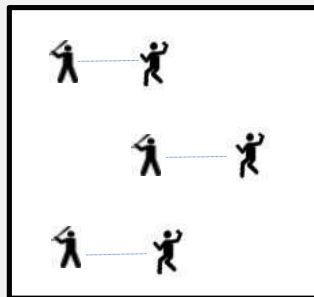
Split team into 2 or 3 groups. Assign each group to one station. Run the station for 15 minutes then rotate (45 minutes total)

STATION 1 HARD GROUNDERS



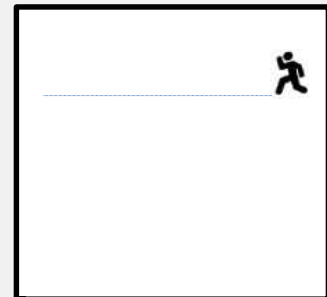
Players will form 2 lines and partner off with someone on the other line and then throw hard ground balls back and forth to each other

STATION 2 SOFT TOSS BUNTS



Players will partner off and stand about 5 feet apart where 1 player underhand tosses a ball to the batter who has to bunt it back

STATION 3 RUNNING TO SECOND



Players will make a line by first base and take turns sprinting to second base

GAME SITUATION DRILL

RACE HOME

15-20 Minutes



Two players stand on home plate. When the coach says 'go' one player will run the bases starting with first base while the other player runs in reverse starting with third base. Each player must run around the bases as quickly as they can. Their objective is to get to home plate first before the other player gets home.



PRACTICE PLAN #8: 90 MINUTES



WARMUP DRILL FREE BASE

5-10 Minute

DYNAMIC WARMUP

5-10 Minutes

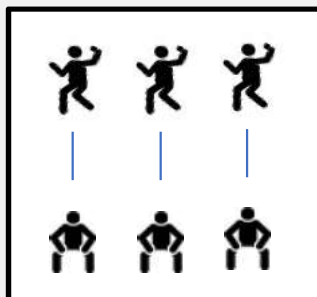
Hip circles, arm circles, jog in place, high knees, sidesteps, hopping, Frankenstein's monster walks, heel-to-toe walk, step and lunge walk, exaggerated skip



Put a player at each base. On 'go' the player at home will run with a baseball in their hand to first base. They hand the ball off to the player at first base who now runs to second, then third who runs home. The next player in line stands on home waiting for the ball.

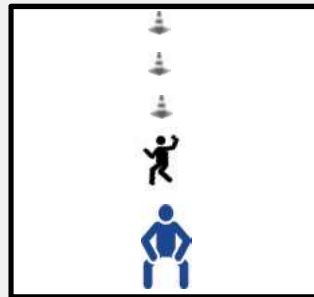
Split team into 2 or 3 groups. Assign each group to one station. Run the station for 15 minutes then rotate (45 minutes total)

STATION 1 MINI BALL CATCH



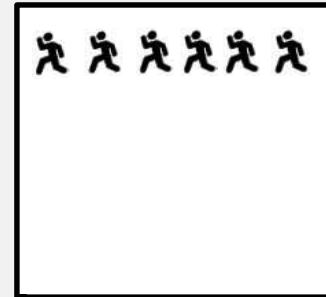
To improve hand-eye coordination, have the players toss a mini whiffle ball back and forth to each other - no mitt needed

STATION 2 FANCY FOOTWORK



Players will work on footwork by sidestepping through cones using a figure-8 pattern ending with the coach rolling them a ground ball to field

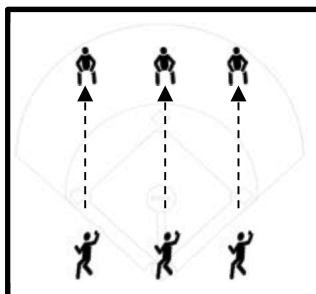
STATION 3 JOGGING



Set up an area at your playing field and have your team jog laps to improve their muscular strength and endurance

GAME SITUATION DRILL

TAG CATCH 15-20 Minutes



Players will pair up with a partner and play catch, but with each catch they must apply a make-believe tag. They should follow the pattern of throw, catch, and then tag before the partner throws the ball back.



PRACTICE PLAN #9: 90 MINUTES



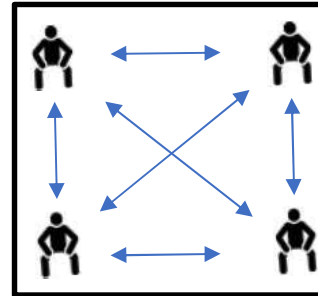
DYNAMIC WARMUP

5-10 Minutes

Hip circles, arm circles, jog in place, high knees, sidesteps, hopping, Frankenstein's monster walks, heel-to-toe walk, step and lunge walk, exaggerated skip

WARMUP DRILL GROUND ROUND

5-10 Minutes



Groups of 4 will underhand toss a ground ball to one player in their group who securely catches it and follows the pattern by rolling it in any direction to another player from their group

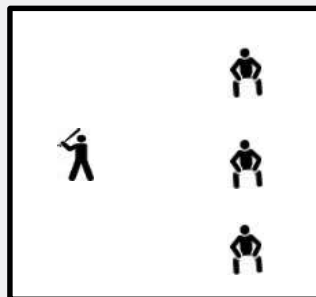
Split team into 2 or 3 groups. Assign each group to one station. Run the station for 15 minutes then rotate (45 minutes total)

STATION 1 BACKHAND CATCHES



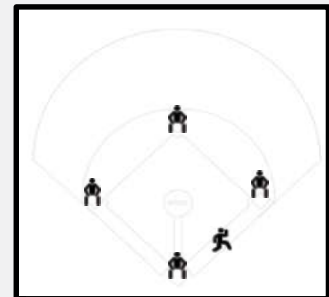
Players will partner up and play catch with one another, but each throw must be made to their partner's backhand for the catch

STATION 2 SQUARE UP & CHARGE



A simple drill where a player will pretend to square up to bunt and the teammates at this station must charge in hard to get the ball.

STATION 3 RACE TO SECOND

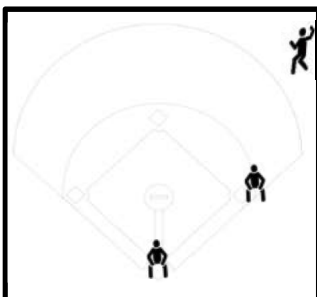


Five kids are in a group one at each base. On 'go' the extra player who starts at home will run to first. The player at first is kicked off and runs to second as the same pattern continues.

GAME SITUATION DRILL

OFC

15-20 Minutes



The O stands for outfield, the F stands for first base, and the C stands for catcher. On 'go' the catcher will throw to first, simulating trying to pick off a runner at first base. The first base player makes the tag to get the imaginary runner out. Next, the first base player throws a fly ball to the outfielder who crow hops it and throws the ball to the cutoff or all the way home to get the imaginary runner out. Once the catcher gets the ball, the pattern starts again.



PRACTICE PLAN #10: 90 MINUTES



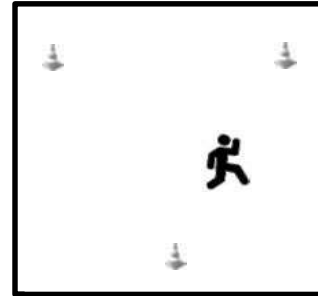
DYNAMIC WARMUP

5-10 Minutes

Hip circles, arm circles, jog in place, high knees, sidesteps, hopping, Frankenstein's monster walks, heel-to-toe walk, step and lunge walk, exaggerated skip

WARMUP DRILL TRIANGLE DRILL

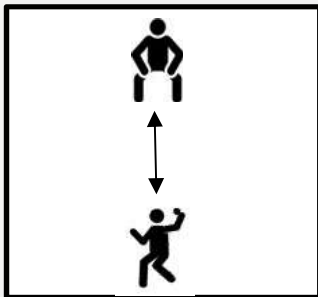
5-10 Minutes



Players take turns working on pivoting, agility and balance. On 'go' the first player must run to a cone, touch it with their foot, then pivot and run to a new cone while following this pattern for 30 seconds.

Split team into 2 or 3 groups. Assign each group to one station. Run the station for 15 minutes then rotate (45 minutes total)

STATION 1 SOFT HANDS



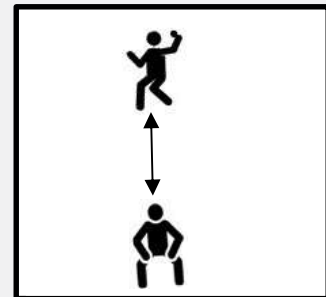
A simple drill where the players will roll a tennis ball back and forth and catch ground balls without a mitt to improve soft hands

STATION 2 HIGH SOFT TOSS



The coach will stand on the side of the player and toss the 'high' balls to the player to work on their swinging mechanics and timing

STATION 3 BACKWARDS SHORT HOPS



Players will partner up and throw short hops back and forth but only throwing it to their partner's backhand

GAME SITUATION DRILL

TURN AROUND

15-20 Minutes



Players will stand at the infield positions and the coach will rotate throwing ground balls to the infielders in order (3rd, SS, 2nd, 1st) so they know when the ball is coming. As soon as the coach is about the throw the ground ball to the player, they must do a complete 360 degree turn, then recover, lock in on the ball as they field it, then throw it back to the coach.

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