



**PRACTICE PLANNING-
PRACTICE WITH GOALS IN
MIND**



First things first...There is more than one way to skin a cat...just some ideas for you to think about...



College Practice Plans-YEARLY

-FALL

Team Defense
Install Systems
Program Culture

-WINTER

Player Development
Skill Instruction

-SPRING

Review
Game Preparation
Pitch Counts
Repetition

#1 HAVE A PLAN!

A. What is the end goal? Work Backwards

B. What is the focus of your practice?

C. What is the time frame/length?

D. What do you have available to you?

- Facilities (Where)

- Equipment

- Personnel

#2 Be Prepared-Be Organized

- A. Have your plan setup prior to practice
 - Could do it for the full week, or each day
- B. Post your practice
- C. Send it to your entire team, managers, assistant coaches
- D. Have a copy on you
 - Clipboard
 - Clear Plastic
 - Pocket Plan

#3 Execute Your Objectives

- A. How much time do you want to spend on each theme?
- B. Who has the expertise to speak on that theme?
- C. Are you learning something new today? If so, could be the bulk of practice.





#4 Most Important To You And Your Team
(Not every practice needs everything)

- A. Mental Game-Short Memory/Focus
- B. Hitting
- C. Fielding
- D. Baserunning
- E. Pitching
- F. Team Defense
- G. Team Offense
- H. Warm-up/Cool-down/Conditioning/Primers



GET EM' READY

“THE BEAST”



Lincoln University Baseball Team Practice

October 3, 2019

- 3:00pm- Outfielder-Training Room-**Mental Prep**
- 3:30pm- Outfielders-Primers (Glove Work/Drop Steps/Pro-Step Drill/Throwing Progressions)
- 3:30pm- Pitchers/Catchers/Outfielders-Training Room-**Mental Prep**
- 3:50pm- Communication Work
 - Wall Ball w/throws
 - X-Drill from Machine
- 4:00pm- Pitchers-J-Bands/Throwing Program
 - Catchers-Primers (Receiving matrix/Transitions/Blocking)
 - Infielders-Primers (Ozzies/5-foot hops/Forehand-Backhand Lane 20-foot Drill)
- 4:15pm- Infielders/Outfielders/Catchers-Bating Practice On Field w/3-base Baserunning
 - Needs: FULL BP SETUP-Helmets-Base Screens
- 4:20pm- Pitchers Long-Toss Program (Day 3 Pitchers)
- 4:30pm- 35 Pitch Bullpens- Hoskins, Alvarez, Sutton, McKnight, Hines
- 5:00pm- Infielders- Throwing progressions-end with arm slot throws
- 5:15pm- Box Drill
- 5:25pm- Range Plays with Runner on 1B
- 5:35pm- Runner on 3B, plays at the plate
- 5:45pm- Catchers-Bunt Play progressions (OF/IF/Pitchers-TR)
- 5:55pm- Block and throw
- 6:05pm- Tag Plays w/secondary throw from machine
- 6:15pm- Pop-ups
- 6:30pm- Catchers- TR



#5 How Can You Keep Control Of Your Practice?

- A. Time- Wrist-Watch/Stop-Watch/Practice Plan Handy
- B. By number of attempts/getting it right/not getting it wrong
- C. Pace of Play!!!
- D. Game Speed or Repetition
- E. **BE ORGANIZED**



PROBLEMS MAY COME UP?



Inclement Weather
Minimized Space
Multiple Teams
Short Time Frame
Minimal Staff

Coach Plá has been the only Coach for 12 seasons!

**Maximize
Your
Space**



Be Creative





#6 Make It Yours



- A. Your Style
- B. Your Tempo
- C. Asses Each Practice-Plan Ahead-Review
- D. Make Changes If Necessary
 - Inside/Outside/On The Fly
- E. Be Specific and Be Concise
- F. Know The Attention Span



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