

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



## "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
3.30pm	Wall Ball w/throws
	X-Drill from Machine
4:00pm-	Pitchers-J-Bands/Throwing Program
4.00pm-	Catchers-Primers (Receiving matrix/Transitions/Blocking)
	Infielders-Primers (Ozzies/5-foot hops/Forehand-Backhand Lane 20-foot Drill)
1.15nm	`
4:15pm-	Infielders/Outfielders/Catchers-Bating Practice On Field w/3-base Baserunning Needs: FULL BP SETUP-Helmets-Base Screens
4.20	
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 RASER
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?

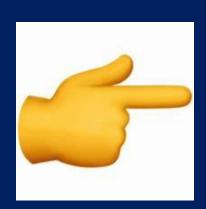


Inclement Weather
Minimized Space
Multiple Teams
Short Time Frame
Minimal Staff

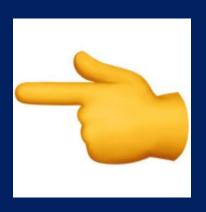
Coach Plá has been the only Coach for 12 seasons!







## #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



