



Lebanon Youth Baseball Association

Rookie Ball Practice Plan

Practice 1 _____ **Date** _____

<i>Today's Objectives: To learn, practice, and reinforce these skills:</i>				
Skill Work	Concepts	Concepts	Specialty Work	Small Games/Fun
___ Hitting	<i>Offensive Concepts</i>	<i>Defensive Concepts</i>	___ Infield Drills	___ Full Field Games
___ Catching	___ Base running	___ Infield hit	___ Outfield Drills	___ Zone Game
___ Throwing	___ Balls/Strikes	___ Outfield hit		___ Restricted Area Games
___ Stretching	___ Outs	___ Tag/Base		

Time	Activity Drill Notes	Key Points
10	Team overview and names on shirts/hats	Set goals, address concerns
10	Team warm up -Run the bases -Jumping jacks -Leg stretches (quad & groin stretch) -Back stretches (x-leg stretch) -Arm rotations (circles)	Warm up and stretch
2	Baseball equipment review -Glove, bat, ball, helmet -Safety review	Fit and safety
2	WATER BREAK	
	Break into teams then rotate	All Doing the same drill
10	Station 1 - Basic Fielding (catch, ground ball) -Feet, knees, glove, eye on the ball	Ready and safe
10	Station 2 - Basic throwing -Which hand, grip, step, follow thru -Underhand and overhand throw to bucket	Short accurate toss
10	Station 3 – Ground Ball catch & throw to bucket	Stance, catch
10	Station 4 – Underhand Toss and catch w/ partner	Stance, catch, throw
2	Team wrap up and cheer	Fun, Learn, plan for next week

Evaluation/Comments	Equipment
Junior high ball field	Balls, buckets, bats



Lebanon Youth Baseball Association

Rookie Ball Practice Plan

Practice 2 _____ **Date** _____

<i>Today's Objectives: To learn, practice, and reinforce these skills:</i>				
Skill Work	Concepts	Concepts	Specialty Work	Small Games/Fun
___ Hitting	<i>Offensive Concepts</i>	<i>Defensive Concepts</i>	___ Infield Drills	___ Full Field Games
___ Catching	___ Base running	___ Infield hit	___ Outfield Drills	___ Zone Game
___ Throwing	___ Balls/Strikes	___ Outfield hit		___ Restricted Area
___ Stretching	___ Outs	___ Tag/Base		___ Games

Time	Activity Drill Notes	Key Points
5	Team game of freeze tag	Warm up and fun
10	Team warm up -Run the bases -Jumping jacks -Leg stretches (groin stretch) -Back stretches (x-leg stretch) -Arm rotations (circles)	Warm up and stretch
2	Rookie Ball Bat rule -Don't pickup a bat unless a coach hands it to you	Bat safety
2	WATER BREAK	Quick Drink
	Break into teams and rotate as team	Set Stations w/ different drills
10	Station 1 - Basic throwing, toss and catch -Which hand, grip, step, follow thru "rocking chair" -Basket catch and glove up catch	Short accurate toss
10	Station 2 – Ground Ball catch & throw w/ partner -Stance, lateral movement, "gator"	Stance, catch, throw
10	Station 3 – Hit off tee into backstop -Tee, stance, swing, contact, drop bat	Stance, contact, safety (3) Tees
10	Station 4 – Hit off tee, drop bat, run to first base -Tee, stance, swing, contact, drop bat	Stance, contact, safety (1) Tee
2	Team wrap up and cheer	Fun, Learn, plan for next week

Evaluation/Comments	Equipment
Riverdale field	Balls, buckets, tee, bats



Lebanon Youth Baseball Association

Rookie Ball Practice Plan

Practice 3 _____ **Date** _____

<i>Today's Objectives: To learn, practice, and reinforce these skills:</i>				
Skill Work	Concepts	Concepts	Specialty Work	Small Games/Fun
___ Hitting	<i>Offensive Concepts</i>	<i>Defensive Concepts</i>	___ Infield Drills	___ Full Field Games
___ Catching	___ Base running	___ Infield hit	___ Outfield Drills	___ Zone Game
___ Throwing	___ Balls/Strikes	___ Outfield hit		___ Restricted Area
___ Stretching	___ Outs	___ Tag/Base		___ Games

Time	Activity Drill Notes	Key Points
5	Team game of leap frog	Fun, warm up
10	Team warm up -Run the bases -Jumping jacks -Leg stretches (groin stretch) -Back stretches (x-leg stretch) -Arm rotations (circles)	Warm up and stretch
2	Rookie Ball Bat rule -Don't pickup a bat unless a coach hands it to you	Bat safety
2	WATER BREAK	Quick Drink
	Break into teams, warm up, and game (2) Fields with (2) Games	All Doing the same drill
10	Station 1 - Toss and catch w/ partner -Grounders and toss, "Rocking chair" & "gator" -Pop up toss (gloves up) 5 & 10 yards	Short accurate toss
10	Station 2 – Batting practice - 1 hit and rotate	Stance, mechanics, drop bat
40	Mini game with each team -Each player hits, 3 teams in field, 1 team hitting -Field a "hit" and throw to coach at first base -Infield position review -Team handshake after game	Basic positions Throw to first Hit and run Base running
2	Team wrap up and cheer	Fun, Learn, plan for next week

Evaluation/Comments

Equipment

Junior high field	Balls, buckets, bats, tee



Lebanon Youth Baseball Association

Rookie Ball Practice Plan

Practice 4 _____ **Date** _____

Today's Objectives: To learn, practice, and reinforce these skills:

Skill Work	Concepts	Concepts	Specialty Work	Small Games/Fun
___ Hitting	<i>Offensive Concepts</i>	<i>Defensive Concepts</i>	___ Infield Drills	___ Full Field Games
___ Catching	___ Base running	___ Infield hit	___ Outfield Drills	___ Zone Game
___ Throwing	___ Balls/Strikes	___ Outfield hit		___ Restricted Area Games
___ Stretching	___ Outs	___ Tag/Base		

Time	Activity Drill Notes	Key Points
5	Team game of freeze tag	Warm up and fun
10	Team warm up -Run the bases -Jumping jacks -Leg stretches (groin stretch) -Back stretches (x-leg stretch) -Arm rotations (circles)	Warm up and stretch
2	Rookie Ball Bat rule -Don't pickup a bat unless a coach hands it to you	Bat safety
2	WATER BREAK	Quick Drink
	Break into teams and rotate as team	Set Stations w/ different drills
10	Station 1 - Basic throwing, toss and catch -Which hand, grip, step, follow thru "rocking chair"	Short accurate toss
10	Station 2 – Ground Ball catch & throw w/ partner -Stance, lateral movement, "gator"	Stance, catch, throw
10	Station 3 – Hit off tee into backstop -Tee, stance, swing, contact, drop bat	Stance, contact, safety
10	Station 4 – Hit off tee, drop bat, run to first base -Tee, stance, swing, contact, drop bat	Stance, contact, safety
2	Team wrap up and cheer	Fun, Learn, plan for next week

Evaluation/Comments

Equipment

Riverdale field	Balls, bats, buckets, tee



Lebanon Youth Baseball Association

Rookie Ball Practice Plan

Practice 5 _____ **Date** _____

Today's Objectives: To learn, practice, and reinforce these skills:

Skill Work	Concepts	Concepts	Specialty Work	Small Games/Fun
___ Hitting	Offensive Concepts	Defensive Concepts	___ Infield Drills	___ Full Field Games
___ Catching	___ Base running	___ Infield hit	___ Outfield Drills	___ Zone Game
___ Throwing	___ Balls/Strikes	___ Outfield hit		___ Restricted Area
___ Stretching	___ Outs	___ Tag/Base		___ Games

Time	Activity Drill Notes	Key Points
5	Team game of sharks and minnows	Warm up and fun
10	Team warm up -Run the bases -Jumping jacks -Leg stretches (groin stretch) -Back stretches (x-leg stretch) -Arm rotations (circles)	Warm up and stretch
	Break into 2 groups (2) Fields (2) Teams	All Doing the same
10	Station 1 – In field warm up -Team positions on diamond -Field a “hit” and throw to a coach at first base	Game awareness, catch, throw
10	Station 2 – Hit off tee into backstop -1 hit and rotate -Prep for the game	Stance, contact, safety
2	WATER BREAK	
30	First real ball game -Infield only, Coach at first base -1 hit per child, drop bat, run thru first, no slides -Rotate after each team cycles thru the tee -No Score kept -Team handshake after game	Basic positions Throw to first Hit and run Base running
2	Team wrap up and cheer	Fun, Learn, plan for next week

Evaluation/Comments

Equipment

Junior High field	Balls, buckets, tees, bats



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Rookie Ball Practice Plan

Practice 6 _____ Date _____

Today's Objectives: To learn, practice, and reinforce these skills:

Skill Work	Concepts	Concepts	Specialty Work	Small Games/Fun
___ Hitting	<i>Offensive Concepts</i>	<i>Defensive Concepts</i>	___ Infield Drills	___ Full Field Games
___ Catching	___ Base running	___ Infield hit	___ Outfield Drills	___ Zone Game
___ Throwing	___ Balls/Strikes	___ Outfield hit		___ Restricted Area Games
___ Stretching	___ Outs	___ Tag/Base		

Time	Activity Drill Notes	Key Points
5	Team game of sharks and minnows	Warm up and fun
10	Team warm up & feed back from game -Run the bases -Jumping jacks -Leg stretches (groin stretch) -Back stretches (x-leg stretch) -Arm rotations (circles)	Warm up and stretch
2	WATER BREAK	
	Break into teams then rotate as a team	Unique drill stations
10	Station 1 – Ground Ball throw to first -Coach hits to players in positions -Backup ground ball	Stance, catch, positions, controlled throw
10	Station 2 – Toss and catch with partner, side 2 side -Warm up toss, 5 then 10 yards -Lateral position movement w/ soccer ball	Stance, catch, throw, backup support, lateral movement
10	Station 3 – Hit off tee into backstop -3 hit and rotate -Focus on form, grip, stance	Stance, contact, safety
10	Station 4 – Fielding options on diamond -Coach hit to infield, player as a runner -Force play, touch the bag -Tag the runner, hold ball	Positions, stance, ground ball, throw to first, runner options and rules
2	Team wrap up and cheer	Fun, Learn, plan for next week

Evaluation/Comments

Equipment

Riverdale field	Balls, bats, buckets, tee



Lebanon Youth Baseball Association

Rookie Ball Practice Plan

Practice 7 _____ **Date** _____

Today's Objectives: To learn, practice, and reinforce these skills:

Skill Work	Concepts	Concepts	Specialty Work	Small Games/Fun
___ Hitting	Offensive Concepts	Defensive Concepts	___ Infield Drills	___ Full Field Games
___ Catching	___ Base running	___ Infield hit	___ Outfield Drills	___ Zone Game
___ Throwing	___ Balls/Strikes	___ Outfield hit		___ Restricted Area Games
___ Stretching	___ Outs	___ Tag/Base		

Time	Activity Drill Notes	Key Points
5	Team game of sharks and minnows	Warm up and fun
10	Team warm up -Run the bases -Jumping jacks -Leg stretches (groin stretch) -Back stretches (x-leg stretch) -Arm rotations (circles)	Warm up and stretch
	Break into 2 groups (2) Fields (2) Teams	Same drill at each station
10	Station 1 – In field warm up -Team positions on diamond -Field a “hit” and throw to a coach at first base	Game awareness, catch, throw
10	Station 2 – Hit off tee into backstop -1 hit and rotate -Prep for the game	Stance, contact, safety
2	WATER BREAK	
30	Second real ball game -Infield only, Coach at first base -1 hit per child, drop bat, run thru first, no slides -Rotate after each team cycles thru the tee -No Score kept -Team handshake after game	Stance, catch
2	Team wrap up and cheer	Fun, Learn, plan for next week

Evaluation/Comments

Equipment

Junior High field	Balls, buckets, tees, bats



Lebanon Youth Baseball Association

Rookie Ball Practice Plan

Practice 8 _____ **Date** _____

Today's Objectives: To learn, practice, and reinforce these skills:

Skill Work	Concepts	Concepts	Specialty Work	Small Games/Fun
___ Hitting	Offensive Concepts	Defensive Concepts	___ Infield Drills	___ Full Field Games
___ Catching	___ Base running	___ Infield hit	___ Outfield Drills	___ Zone Game
___ Throwing	___ Balls/Strikes	___ Outfield hit		___ Restricted Area
___ Stretching	___ Outs	___ Tag/Base		___ Games

Time	Activity Drill Notes	Key Points
5	Team game of sharks and minnows	Warm up and fun
10	Team warm up & feed back from game -Run the bases -Jumping jacks -Leg stretches (groin stretch) -Back stretches (x-leg stretch) -Arm rotations (circles)	Warm up and stretch
2	WATER BREAK	
	Break into teams then rotate	Unique drills at each station
10	Station 1 – Ground Ball catch w/ partner -Roll/hit to player, toss back to a coach -Backup ground ball	Stance, catch
10	Station 2 – Base running -Run thru first -Turn for second -Stay on baselines	Stance, catch, throw, backup support
10	Station 3 – Hit off tee into backstop -1 hit and rotate	Stance, contact, safety
10	Station 4 – Fielding options -Force play, touch the bag -Tag the runner, hold ball	
2	Team wrap up and cheer	Fun, Learn, plan for next week

Evaluation/Comments

Equipment

Riverdale field	Balls, bats, buckets, tee



Lebanon Youth Baseball Association

Rookie Ball Practice Plan

Practice 9 _____ **Date** _____

Today's Objectives: To learn, practice, and reinforce these skills:

Skill Work	Concepts	Concepts	Specialty Work	Small Games/Fun
___ Hitting	Offensive Concepts	Defensive Concepts	___ Infield Drills	___ Full Field Games
___ Catching	___ Base running	___ Infield hit	___ Outfield Drills	___ Zone Game
___ Throwing	___ Balls/Strikes	___ Outfield hit		___ Restricted Area Games
___ Stretching	___ Outs	___ Tag/Base		

Time	Activity Drill Notes	Key Points
5	Team game of sharks and minnows	Warm up and fun
10	Team warm up -Run the bases -Jumping jacks -Leg stretches (groin stretch) -Back stretches (x-leg stretch) -Arm rotations (circles)	Warm up and stretch
	Break into 2 groups (2) Fields (2) Teams	Same drill at each station
10	Station 1 – In field warm up -Team positions on diamond -Field a “hit” and throw to a coach at first base	Game awareness, catch, throw
10	Station 2 – Hit off tee into backstop -1 hit and rotate -Prep for the game	Stance, contact, safety
2	WATER BREAK	
30	Third real ball game -Infield only, Coach at first base -1 hit per child, drop bat, run thru first, no slides -Rotate after each team cycles thru the tee -No Score kept -Team handshake after game	Stance, catch
2	Team wrap up and cheer	Fun, Learn, plan for next week

Evaluation/Comments

Equipment

Junior High field	Balls, buckets, tees, bats



Lebanon Youth Baseball Association

Rookie Ball Practice Plan

Practice 10 _____ **Date** _____

Today's Objectives: To learn, practice, and reinforce these skills:

Skill Work	Concepts	Concepts	Specialty Work	Small Games/Fun
___ Hitting	<i>Offensive Concepts</i>	<i>Defensive Concepts</i>	___ Infield Drills	___ Full Field Games
___ Catching	___ Base running	___ Infield hit	___ Outfield Drills	___ Zone Game
___ Throwing	___ Balls/Strikes	___ Outfield hit		___ Restricted Area
___ Stretching	___ Outs	___ Tag/Base		___ Games

Time	Activity Drill Notes	Key Points
5	Team game of sharks and minnows	Warm up and fun
10	Team warm up & feed back from game -Run the bases -Jumping jacks -Leg stretches (groin stretch) -Back stretches (x-leg stretch) -Arm rotations (circles)	Warm up and stretch
2	WATER BREAK	
	Break into teams then rotate	Unique drills at each station
10	Station 1 – Ground Ball catch w/ partner -Roll/hit to player, toss back to a coach -Backup ground ball	Stance, catch
10	Station 2 – Base running -Run thru first -Turn for second -Stay on baselines	Stance, catch, throw, backup support
10	Station 3 – Hit off tee into backstop -1 hit and rotate	Stance, contact, safety
10	Station 4 – Fielding options -Force play, touch the bag -Tag the runner, hold ball	
2	Team wrap up and cheer	Fun, Learn, plan for next week

Evaluation/Comments

Equipment

Riverdale field	Balls, bats, buckets, tee



Lebanon Youth Baseball Association

Rookie Ball Practice Plan

Practice 11 _____ **Date** _____

Today's Objectives: To learn, practice, and reinforce these skills:

Skill Work	Concepts	Concepts	Specialty Work	Small Games/Fun
___ Hitting	Offensive Concepts	Defensive Concepts	___ Infield Drills	___ Full Field Games
___ Catching	___ Base running	___ Infield hit	___ Outfield Drills	___ Zone Game
___ Throwing	___ Balls/Strikes	___ Outfield hit		___ Restricted Area Games
___ Stretching	___ Outs	___ Tag/Base		

Time	Activity Drill Notes	Key Points
5	Team game of sharks and minnows	Warm up and fun
10	Team warm up -Run the bases -Jumping jacks -Leg stretches (groin stretch) -Back stretches (x-leg stretch) -Arm rotations (circles)	Warm up and stretch
	Break into 2 groups (2) Fields (2) Teams	Same drill at each station
10	Station 1 – In field warm up -Team positions on diamond -Field a “hit” and throw to a coach at first base	Game awareness, catch, throw
10	Station 2 – Hit off tee into backstop -1 hit and rotate -Prep for the game	Stance, contact, safety
2	WATER BREAK	
30	Fourth real ball game -Infield only, Coach at first base -1 hit per child, drop bat, run thru first, no slides -Rotate after each team cycles thru the tee -No Score kept -Team handshake after game	Stance, catch
2	Team wrap up and cheer	Fun, Learn, plan for next week

Evaluation/Comments

Equipment

Junior High field	Balls, buckets, tees, bats



Lebanon Youth Baseball Association

Rookie Ball Practice Plan

Practice 12 _____ **Date** _____

Today's Objectives: To learn, practice, and reinforce these skills:

Skill Work	Concepts	Concepts	Specialty Work	Small Games/Fun
___ Hitting	Offensive Concepts	Defensive Concepts	___ Infield Drills	___ Full Field Games
___ Catching	___ Base running	___ Infield hit	___ Outfield Drills	___ Zone Game
___ Throwing	___ Balls/Strikes	___ Outfield hit		___ Restricted Area Games
___ Stretching	___ Outs	___ Tag/Base		

Time	Activity Drill Notes	Key Points
5	Team game of sharks and minnows	Warm up and fun
10	Team warm up & feed back from game -Run the bases -Jumping jacks -Leg stretches (groin stretch) -Back stretches (x-leg stretch) -Arm rotations (circles)	Warm up and stretch
2	WATER BREAK	
	Break into teams then rotate	Unique drills at each station
10	Station 1 – Ground Ball catch w/ partner -Roll/hit to player, toss back to a coach -Backup ground ball	Stance, catch
10	Station 2 – Base running -Run thru first -Turn for second -Stay on baselines	Stance, catch, throw, backup support
10	Station 3 – Hit off tee into backstop -1 hit and rotate	Stance, contact, safety
10	Station 4 – Fielding options -Force play, touch the bag -Tag the runner, hold ball	
2	Team wrap up and cheer	Fun, Learn, plan for next week

Evaluation/Comments

Equipment

Riverdale field	Balls, bats, buckets, tee



Lebanon Youth Baseball Association

Rookie Ball Practice Plan

Practice 13 _____ **Date** _____

Today's Objectives: To learn, practice, and reinforce these skills:

Skill Work	Concepts	Concepts	Specialty Work	Small Games/Fun
___ Hitting	Offensive Concepts	Defensive Concepts	___ Infield Drills	___ Full Field Games
___ Catching	___ Base running	___ Infield hit	___ Outfield Drills	___ Zone Game
___ Throwing	___ Balls/Strikes	___ Outfield hit		___ Restricted Area Games
___ Stretching	___ Outs	___ Tag/Base		

Time	Activity Drill Notes	Key Points
5	Team game of sharks and minnows	Warm up and fun
10	Team warm up -Run the bases -Jumping jacks -Leg stretches (groin stretch) -Back stretches (x-leg stretch) -Arm rotations (circles)	Warm up and stretch
	Break into 2 groups (2) Fields (2) Teams	Same drill at each station
10	Station 1 – In field warm up -Team positions on diamond -Field a “hit” and throw to a coach at first base	Game awareness, catch, throw
10	Station 2 – Hit off tee into backstop -1 hit and rotate -Prep for the game	Stance, contact, safety
2	WATER BREAK	
30	Fifth real ball game -Infield only, Coach at first base -1 hit per child, drop bat, run thru first, no slides -Rotate after each team cycles thru the tee -No Score kept -Team handshake after game	Stance, catch
2	Team wrap up and cheer	Fun, Learn, plan for next week

Evaluation/Comments

Equipment

Junior High field	Balls, buckets, tees, bats



Lebanon Youth Baseball Association

Rookie Ball Practice Plan

Practice 14 _____ Date _____

Today's Objectives: To learn, practice, and reinforce these skills:

Skill Work	Concepts	Concepts	Specialty Work	Small Games/Fun
___ Hitting	<i>Offensive Concepts</i>	<i>Defensive Concepts</i>	___ Infield Drills	___ Full Field Games
___ Catching	___ Base running	___ Infield hit	___ Outfield Drills	___ Zone Game
___ Throwing	___ Balls/Strikes	___ Outfield hit		___ Restricted Area Games
___ Stretching	___ Outs	___ Tag/Base		

Time	Activity Drill Notes	Key Points
5	Team game of sharks and minnows	Warm up and fun
10	Team warm up -Run the bases -Jumping jacks -Leg stretches (groin stretch) -Back stretches (x-leg stretch) -Arm rotations (circles)	Warm up and stretch
	Break into 2 groups then rotate	Same drill at each station
10	Station 1 – In field warm up -Team positions on diamond -Field a “hit” and throw to a coach at first base	Game awareness, catch, throw
10	Station 2 – Hit off tee into backstop -1 hit and rotate -Prep for the game	Stance, contact, safety
2	WATER BREAK	
30	Parent vs. kids real ball game -Infield only, Coach at first base -1 hit per child, drop bat, run thru first, no slides -Rotate after each team cycles thru the tee -No Score kept -Team handshake after game	Stance, catch
2	Team wrap up and cheer	Fun, Learn, plan for next week

Evaluation/Comments

Equipment

Junior High field	Balls, buckets, tees, bats