

PONY Baseball - Sample Practice Plan

Squads:

- A- Patrick, Joe, Ryan
- B- Leif, Arran, Cairo
- C- Liam, Aidan, Gonzalo
- D- Harry, Robert, Paul

- 4:30 A<B<C<D Warm-up (training/same ability/short -10 right, then back up)
- 4:50 A<B<C<D Player Introductions / Team Jog
- 5:00 A<B<C<D XX Drill Train then Try By Squads
- 5:25 A<B Infield bucket toss grounders
C<D Outfield practice catching wiffles up high then BBs (by squads)
- 5:35 SWITCH
- 5:45 Base Running
 - A<B< Dropped 3rd Strike rule explained
 - C<D Race: Me vs. Me (record baseline times from home to 2nd sprint.)
- 5:35 SWITCH
 - Goal: improve next week.
- 5:45 5 Live Rotations (Players must SPRINT to stations). 7 min/per station
 - A< Hit to Net (focus: eye on the ball, contact)
 - B< Batting Cage (focus: power)
 - C< Live Pitches (focus: timing)
 - D< Fielding -Rotate each batter (focus: apply drillss) Parents AssistRotate A->Cages, B->Live, C->Fielding, D->Net etc.
- 6:15 Players Clean up/Coaches & parents help
- 6:30 Parent Meeting
- 6:45 Bases away, drag, water,
lock equipment room

Next: Saturday, 1-3pm Focus, Hitting, Pitching, Base Running