

Date : \_\_\_\_\_ Practice Time: \_\_\_\_\_ Location: \_\_\_\_\_

## Instructional 7-8 yr old Practice (1.5 hrs)

**2-3 Minutes: Pre-Start Meeting - Today's Points to Emphasize:**

\_\_\_\_\_  
\_\_\_\_\_

**8-10 minutes: Functional Warm-Ups, Throwing, and/or Base Running**

Warm-Up activity #1: \_\_\_\_\_

Warm-Up activity #2: \_\_\_\_\_

Warm-Up activity #3: \_\_\_\_\_

**5 Minutes: Base running Drill:** \_\_\_\_\_

**8-10 Minutes – Throwing/Receiving Drills:**

Drill / Activity #1: \_\_\_\_\_

Drill / Activity #2: \_\_\_\_\_

**3-4 Minutes: Group meet** – Explain Hitting & Fielding Rotations and divide players into groups

**25-30 Minutes – Hitting Rotations**

**Hitting station #1:** \_\_\_\_\_

**Hitting station #2:** \_\_\_\_\_

**Hitting station #3:** \_\_\_\_\_

**Hitting station #4:** \_\_\_\_\_

**25-30 Minutes - Fielding Rotations**

**Fielding station #1:** \_\_\_\_\_

**Fielding station #2:** \_\_\_\_\_

**Fielding station #3:** \_\_\_\_\_

**Fielding station #4:** \_\_\_\_\_

**10-15 Minutes : Team Defense – Situations – Competitions – Bullpen Sessions for pitchers**

**Activity #1:** \_\_\_\_\_

**Activity #2:** \_\_\_\_\_

**Activity #3:** \_\_\_\_\_

**Tip of the Day:** \_\_\_\_\_

**Info to pass on before dismissal:**

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**Coaching Notes:**

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Areas of Strength this practice	Areas to work on next practice