
Practice Plan

1 Week Plan & Baseball Practice Template

Pro Baseball Insider



What do you get when a player with 30 years of baseball playing experience (from Youth League to Major League) takes the MLB spring training practice and creates an *age appropriate* practice plan for high school and college players? Keep reading to find out!

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A Note to Coaches

I hope this practice plan is helpful. I believe this template covers many of the basic skills that need to be worked on to play competitive baseball. I know it doesn't cover everything but it can be modified to best suit your team.

Part I. My thought is you can post the first page of this template (called “**Today’s Practice Agenda**”) for your team to see exactly what is going to happen in practice on a particular day.

Part II. The rest of the pages are for you, and will explain in more detail how to run through each practice phase and hopefully clarify any questions that may come up.

As I mentioned, page 3 of this practice plan is a template sheet that is meant to be printed out and marked for that day’s workout. For example the team defense A,B, and C you would pick one and circle or highlight the team defense you would like to do on that day. I personally would do Team Defense A more than the other two, but reviewing the other two probably once a week or two will keep the defense sharp. Usually when you call a bunt play or pick off attempt it is in a big situation and it would make you more confident if you covered these in practice periodically.

Conditioning is flexible. As you feel necessary circle one of the conditioning programs provided or include your own type of conditioning to keep it fresh.

Remember this is a basic template, if you want to add drills to the team defenses, do it. Also, if you have more than 12 hitters you can either add an extra hitter to each group or you can have 4 groups. If you choose to have 4 hitting rotations I suggest having two defensive groups. You can get so much done on defense during batting practice that simulates game like situations. I personally like fielding balls hit off the bat in batting practice. It is much more game like.

Our goal is to provide knowledge and tools for coaches and parents to help players reach their potential. If there are products that would help you in the future, need advice, or just want to talk baseball. You can always email us at Doug@probaseballinsider.com.

Thanks and Good Luck,

Doug Bernier

Today's Practice Plan

1.) **Stretch** (10 min)

2.) **Throwing Program** (11min)

- 2 min. at 60 ft
- 3 min at 90 ft
- 3 min at 120 ft
- 2 min at 150-180 ft
- Infielders and catchers 1 minute at 60 ft (quick hands)
- Outfielders 1 minute at 180 ft (throwing long hops)

3.) **Infield / Outfield** (10 min)

4.) **Team Defense** _____ (20 - 30 min)

A	B	C
Individual Def drills	Bunt plays	Pick-offs & Rundowns
Infield a) Short hops b) Catcher throws; infielders in position Outfield a) Run & Plant Drill b) Back to fungo hitter Catchers a) Blocking b) Throw to bases	a) Runner at 1st b) Runner at 1st & 2nd - bunt play #1 - bunt play #2 - bunt play #3 c) Squeeze play	a) Runner at 1st, pick-off b) Runner at 2nd, inside move c) Runner at 2nd, daylight d) Pop-up priorities

5.) **Hitting Rotation** (45-60 min)(Rotation order: BP > cage > defense)

Group 1 (On field BP)	Group 2 (tee, soft toss, bunt)	Group 3 (Defense)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

6.) **Conditioning** (10 min)

Base running (2 circuits) | Arc Runs (5 times) | Other: _____ | None

Today's Practice Plan (SAMPLE)

1.) **Stretch** (10 min)

2.) **Throwing Program** (11min)

2 min. at 60 ft

3 min at 90 ft

3 min at 120 ft

2 min at 150-180 ft

Infielders and catcher 1 minute at 60 ft (quick hands)

Outfielders 1 minute at 180 ft (throwing long hoes)

3.) **Infield / Outfield** (10 min)

4.) **Team Defense** **B** (20 - 30 min)

A	B	C
Individual Def drills	Bunt plays	Pick-offs & Rundowns
Infield a) Short hops b) Catcher throws; infielders in position Outfield a) Run & Plant Drill b) Back to fungo hitter Catchers a) Blocking b) Throw to bases	a) Runner at 1st b) Runner at 1st & 2nd - bunt play #1 - bunt play #2 - bunt play #3 c) Squeeze play	a) Runner at 1st, pick-off b) Runner at 2nd, inside move c) Runner at 2nd, daylight d) Pop-up priorities

5.) **Hitting Rotation** (45-60 min)(Rotation order: BP > cage > defense)

Group 1 (On field BP)	Group 2 (tee, soft toss, bunt)	Group 3 (Defense)
Joey Smith	Richard Acosta	Joey Perez
Landon Slugger	Casey Atthebat	Tripp Kelley
Trot Murphy	Jim Rollins	Marty Preston
JP Collins	Juan Vargas	Nick Reed

6.) **Conditioning** (10 min)

Base running (2 circuits) | **Arc Runs (5 times)** | Other: _____ | None

Practice Plan - Full Breakdown

1.) Stretch

(Start on right or left field line)

Jog 90 ft. and Jog back to foul line

High knees 40 ft.

Butt kicks 40 ft. (back to foul line)

Shuffle 40 ft

Shuffle 40 ft (back to foul line)

Karioka 40 ft

Karioka 40 ft (back to foul line)

Hips open 40 ft

Hips close 40 ft (back to foul line)

Knee to chest 40 ft

Quad stretch 40 ft (back to foul line)

Side Lunge 40 ft

Side lunge 40 ft (back to foul line)

Forward Lunge elbow to ground 40 ft.

Backwards Lunge with rotation 40 ft (back to foul line)

Arm circles forward and back

Arm stretch (left and right arm) pull across in front

Arm stretch (left and right arm) pull overhead

Forearm stretch (left and right arm)

Hands on hips clockwise and counterclockwise rotation

Spread legs stretch to left leg (10 sec), right leg (10 sec), and middle (10 sec)

Catcher stance groin stretch

Calf stretch (left and right leg)

Run 90 ft

Run 90 ft back to foul line

Run 90 ft

Backpedal 90 ft back to foul line

2.) Throwing program

Infielders with Infielders, Outfielders with Outfielders, Catchers with Catchers, Pitchers with Pitchers.

Throw for 2 minutes at 60 ft

Throw for 3 minutes at 90 ft

Throw for 3 minutes at 120 ft

Throw for 2 minutes at 150-180 ft

Infielders and catchers 1 minute at 60 ft (quick hands)

Outfielders 1 minute at 180 ft (throwing long hops)

Pitchers once you are loose spend a few minutes at 60 ft working on different pitches.

3.) Infield / Outfield

Outfield

ground ball left fielder throw to second base (2 throws)
ground ball center fielder throw to third base (2 throws)
ground ball right fielder throw to third base (2 throws)

On the throws home if it's a good throw, cut off man lets it go. If the cut off man needs to cut the ball because its off line or weak throw, cut the ball and throw to 2nd base.

ground ball left fielder throw home (2 throws)
ground ball center fielder throw home (2 throws)
ground ball right fielder throw home (2 throws)

Infield

- a.) Throw ball around horn. Catcher to 3rd base to SS to 2b to 1b back home. (1 time)
- b.) Regular depth throw to first base and then cover. (2 times)
 - 3rd base throw ball back home after you catch throw from catcher
 - SS and 2b throw ball to 3rd base after you catch throw from catcher
 - 1st base (3-6-3 double play)
- c.) Double play (2 times. 1st one infielders cover, 2nd one no cover)
 - This time when infielders cover their base and catch the throw from the catcher the infielders are throwing the ball back home (simulating a runner trying to score from third base)
- d.) Backhand long throw across the infield (1 time)
- e.) Slow roller (1 time)
- f.) Infield in, ground ball throw home. Tag play at home plate.

4.) Team Defense

Team Defense A

Defense drills by position

Infielders

1st basemen go to first base and coach will stand at 2nd base and hit short hops (or hopping ground balls that simulate short hops) with a fungo bat.

2b/SS/3b get a partner and get about 10 feet from each other. Get on your knees and face your partner. Throw short hops to each other.

- Starting with right at your partner. (10 short hops each).
- Get on left knee (right foot on ground) and face your partner sideways. (Throw 10 short hop backhands)
- Get on right knee (left foot on ground) spin and face other direction. (Throw 10 short hop forehands)

Make sure you only use one hand when trying to field the short hops.

Now get in fielding position and throw short hops back and forth between your partner. Alternating between right at you, backhand, forehand. Throw 9 short hops to each other using 3 for backhand, 3 for forehand, and 3 for right at you.

Once infielders are done go to positions to get ready for catcher throwing.

Outfielders

Run and plant drill: Coach and player start by being 5 feet apart facing each other. The coach will have three balls in his hand and follow the player as he makes his turns. The player will start off by taking 3 hard steps back to his left at a 45 degree angle and plant his outside foot in the ground and change directions going keeping the angle back at a 45 degree angle. As soon as the player plants his foot and starts to spin his head (away from the ball, taking his eye off the ball) the coach will throw the ball so he has to run and catch it. Once the player secures it, drop it and get ready to plant in the opposite direction. Do this for three baseballs. Players need to explode out of the plant and make a hard first step when looking for the baseball.

This drill is good for changing direction, using an explosive first step, and not panicking if they happen to take their eyes off the ball for a split second when running after the ball. It is also a good closing on the ball drill.

Back to fungo hitter: Outfielders stand in the outfield and have one player going at a time. The players is to be in a ready position but not look at the coach hitting the fly ball. Once the outfielders

hears the crack of the bat he is to find the ball and catch it.

This drill teaches outfielders not to panic if they don't see the ball clearly off the bat. Once they pick up the ball they have to close efficiently on the baseball.

Run through these drills until catchers and infielders are done throwing to bases.

Catchers (Put the gear on)

Have one catcher behind the plate and have the other catcher or coach throw him balls to work on blocking. Switch after a few for each catcher. Go through blocking a few times each.

Once infielders are ready a coach (or extra catcher) will stand in front of the pitchers mound and throw balls to the catcher. He needs to catch ball first and throw to the bases. Make about 5 throws (depending on how arms feel and how the throws are) to each base.

- 1st 5 throws are back picks to first base
- 2nd 5 throws are throwing out runner trying to steal second base
- 3rd 5 throws are throwing out runner trying to steal third base.

Team Defense B

(Bunt plays with pitchers and infielders. Use outfielders as runners) Coaches roll balls to simulate bunts.

Runner at 1st base: Coach will roll (simulated bunted) balls to 3rd base, pitcher, and 1st baseman. 3rd base charges, SS covers 2nd base, 2nd base covers first base. 1st base waits for pitcher to start motion towards home then charges. Out is usually at first base unless it's a bad bunt right at the 3rd baseman or pitcher.

Runner at 1st and 2nd base: Run through bunt plays (here are some basic bunt plays)

- **Bunt play 1:** (get an out). 1st baseman can charge, 2nd baseman covers 1st base, SS covers 2nd base, 3rd baseman reads bunt and charges if its bunted hard at him and gets back to third base for force out if bunted to pitcher or first baseman.
- **Bunt play 2:** (trying to get lead out). SS break to second for a fake pick off attempt for runner at second base. Our goal is to try to get third base coach to yell “back” or have the runner take a step back towards the second base bag. 2nd baseman covers first base, 1st base charges, 3rd baseman reads bunt again but we are hoping to get lead out at third base. But if bunt is bunted correctly and toward the third baseman, he needs to come in field the ball and get out at first base. Even though we are looking for the lead out, an out is most important even if the out is at first base
- **Bunt play 3:** (wheel play). When pitcher comes set the SS takes off to third base. Once the SS is past runner at 2nd base the pitcher will start motion home. 1st and 3rd basemen charge. Our goal is to get bunt and throw it to the SS who is covering 3rd base. If any problems happen the 2nd baseman will be covering first base and we can always get an out at first base.

Runner at 3rd base: (squeeze play). Bunt back to pitcher, glove flip or quick flip to catcher. One or two times for each pitcher.

Team Defense C

Pick offs and rundowns with pitchers and infielders. Outfielders are used as runners on the bases. Pitchers follow their throws. The base they pick towards is the base they cover.

Runner at 1st base: Pitchers come set and pick over to first base. Runner get in run down. Defense complete the out. SS/2b/1b/P involved in this play.

Runner at 2nd base: Pitcher come set and inside move to second base. Runner get in run down. Defense complete the out. SS/2b/3b/P involved in this play.

Runner at 2nd base: Same as the play before but the pitcher use a daylight play (instead of inside move) with one of the middle infielders.

Pop-up Priorities

This is great to throw in on a windy or very sunny day. It makes your team communicate as well as understand who has priority over the other positions on the field.

Coach will hit pop-ups and fly balls and the players will communicate and catch every ball.

Defensive Pop-up priority

Centerfield has priority over the left and right fielder.

All outfielders have priority over the infielders.

Shortstop has priority over all infielders.

Middle infielders have priority over the corner infielders.

Corner infielders have priority over pitcher and catcher.

5.) Hitting Rotation:

Keep middle infielders together in one group so they can work on defense together.

Keep corner infielders together in one group so they can work on defense together.

Have catchers hit in the last group so they can catch bullpens (if necessary) during the first two groups of batting practice.

Mix outfielders into the groups to even out numbers.

There are 3 rotating groups during batting practice:

- **Station 1** : on field batting practice (group 1 starts here)
- **Station 2** : tee, soft toss, bunting station (group 2 starts here)
- **Station 3** : defense (group 3 starts here)

Rotation is (Group 1 moves to station 2. Group 2 moves to station 3. Group 3 moves to station 1.)
Rotation to next station starts when on field batting practice group is done.

On field batting practice routine:

Round 1: 5 swings opposite field

Round 2: 2 swings hit and run, 2 swings move a runner up from second base to third base with 0 outs. 2 swings score runner from 3rd base (infield back), 2 swings score runner from 3rd base (infield in)

Round 3: 5 line drives off L-screen.

Round 4: 5 swings. Drive balls from gap to gap.

Round 5: 5 swings.

Defense during batting practice:

Outfielders take live reads off the bat.

Infielders have coaches or pitchers hit ground balls to get work in. Have infielders make throws when you feel necessary. You can have a pitcher, or a coach catch balls for infielders at first or second base. When done with fungos, infielders should take live reads off the bat during batting practice.

6.) Conditioning:

Running bases

- Home to first base (run through the bag)
- Take lead and secondary lead go 1st to 3rd.
- Take lead and tag up and score
- Home to 2nd base (double)
- 2nd to home (score)

Those 5 base running situations equal one circuit of conditioning.

Arc runs: 3 or 4 players in a group. Line up on right or left field foul line a few feet apart just onto the outfield grass. Run to the other foul line following the contour of the infield dirt and outfield grass and come back to where you started. Once group one gets back, second group starts. Make sure group stays together. Make it about 80% effort.



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About the Author

Doug Bernier has been a professional infielder for 14 years and has played 2B, SS, and 3B at the MLB level. He debuted in the Major Leagues in 2008 with the Colorado Rockies. Since then, Bernier has spent time in the NY Yankees, Pirates and MN Twins organizations. Bernier founded Pro Baseball Insider in 2012 as a way for pro players to connect and share their knowledge with coaches, parents, and players who are passionate about baseball.

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