



## CLAYTON PARKS AND RECREATION DEPARTMENT 12U BASEBALL PRACTICE PLAN

Here's a practice plan for a 12U baseball team that lasts for one hour and fifteen minutes:

### **\*\*Warm-Up (10 minutes)\*\***

- Dynamic stretching: Arm circles, leg swings, high knees, butt kicks, etc. (5 minutes)
- Light jogging around the field or in place (2 minutes)
- Team jog with a few sprints mixed in (3 minutes)

### **\*\*Throwing and Catching Drills (15 minutes)\*\***

- Partner throwing: Players pair up and start close, gradually increasing distance as they warm up their arms (5 minutes)
- Ground ball toss: Players pair up again, one throws ground balls while the other fields them and throws back (5 minutes)
- Pop fly drills: Coaches hit pop flies or use a machine if available, players practice communication and catching (5 minutes)

### **\*\*Batting Practice (20 minutes)\*\***

- Soft toss: Coaches or teammates provide soft toss to batters, emphasizing proper swing mechanics (10 minutes)
- Live hitting: Divide the team into two groups, one hitting and one fielding, rotating after each batter. Coaches pitch or use a pitching machine if available (10 minutes)

### **\*\*Fielding Drills (15 minutes)\*\***

- Infield practice: Players rotate between positions, fielding ground balls and making throws to first base (5 minutes)
- Outfield practice: Focus on catching fly balls and making accurate throws back to the infield (5 minutes)
- Relay races: Divide the team into two groups, each group lines up behind home plate, the first player in line fields a ground ball, makes a throw to second base, then runs to the back of the opposite line. Repeat until all players have gone (5 minutes)

### **\*\*Cool Down (10 minutes)\*\***

- Light jogging or walking around the field (3 minutes)
- Static stretching: Hold stretches for major muscle groups, including legs, arms, and back (5 minutes)
- Team huddle: Recap the practice, acknowledge players' efforts, and encourage teamwork (2 minutes)

**\*\*Note:\*\* Adjustments can be made based on the team's specific needs, skill level, and available resources. Also, hydration breaks should be incorporated throughout the practice to ensure players stay hydrated, especially in warmer weather.**