



CLAYTON PARKS AND RECREATION DEPARTMENT 15U BASEBALL PRACTICE PLAN

****Warm-up (15 minutes):****

1. Jogging/running around the field for 5 minutes to get the blood flowing.
2. Dynamic stretching routine, focusing on arm, leg, and core mobility.
3. Light throwing and catch to warm up arms.

****Fundamental Skills (40 minutes):****

1. Fielding:

- Ground balls: Players rotate through infield positions, focusing on fielding technique, footwork, and quick releases.
- Fly balls: Outfielders work on tracking and catching fly balls, focusing on proper positioning and communication.

2. Hitting:

- Cage Work- Coaches or teammates provide pitching to designated batter inside batting cage. Focus on swing and driving the ball.
- Soft toss: Coaches or teammates provide soft toss pitches to hitters, focusing on timing and contact.
- Live batting practice: Players take turns hitting against pitchers or coaches to simulate game situations.

3. Pitching (Optional):

- Mechanics: Pitchers work on proper pitching mechanics, focusing on balance, arm action, and follow-through.
- Location drills: Pitchers practice hitting specific spots in the strike zone, working on command and control.
- Pitching grips: Coaches demonstrate and players practice different pitching grips for various pitches (fastball, curveball, changeup, etc.).

****Team Drills (30 minutes):****

1. Base running:

- Running drills: Players practice sprinting from base to base, focusing on proper technique and turns.
- Sliding drills: Players practice sliding techniques, focusing on safety and efficiency.

2. Cut-off and relay drills: Players work on fielding balls hit to the outfield and executing proper cut-off and relay throws to prevent runners from advancing.

3. Double play drills: Infielders work on turning double plays, focusing on communication, footwork, and quick transfers.

4. Baserunning situational drills: Players practice baserunning scenarios such as tagging up, advancing on wild pitches, and reading balls in the dirt.

****Game Simulation (30 minutes):****

1. Game Simulation:

- Coaches divide the team into two squads and simulate game situations, allowing players to apply the skills they've practiced.

- Emphasis on situational baseball, such as hitting with runners in scoring position, defensive shifts, and executing plays.

****Cool Down (5 minutes):****

1. Light jogging or walking around the field to bring heart rates down.
2. Static stretching routine, focusing on major muscle groups used during practice.
3. Team huddle for reflection and encouragement.

Remember to adjust the intensity and duration of each segment based on the specific needs and abilities of your players. Also, hydration breaks should be provided regularly throughout the practice session.