



CLAYTON PARKS AND RECREATION DEPARTMENT COACH PITCH PRACTICE PLAN

Here's a one-hour practice plan for Coach Pitch Baseball:

****Warm-Up (10 minutes):****

1. ****Light Jog:**** Begin with a light jog around the field to get players' blood flowing.
2. ****Dynamic Stretching:**** Perform dynamic stretching exercises such as arm circles, leg swings, high knees, and lunges to warm up muscles and increase flexibility.
3. ****Throwing and Catching:**** Pair players up and have them do some light throwing and catching to further warm up their arms and hands.

****Skill Development (30 minutes):****

1. **Hitting Drills (15 minutes):**

- ****Tee Work:**** Set up batting tees for each player. Allow them to take turns hitting off the tee, focusing on proper stance, grip, and swing mechanics.
- ****Soft Toss:**** Have a coach or another player soft toss balls to hitters, allowing them to practice timing and contact.
- ****Coach Pitch:**** Progress to coach pitch, where the coach pitches to the players using an underhand motion. Encourage hitters to focus on making solid contact.

2. **Fielding Drills (15 minutes):**

- ****Ground Balls:**** Divide players into infield and outfield groups. Have infielders practice fielding ground balls while outfielders practice catching fly balls.
- ****Throwing Accuracy:**** Set up targets on the field and have players work on throwing accuracy by aiming for specific targets.

****Game Situation Practice (15 minutes):****

1. ****Scrimmage:**** Divide the team into two groups and set up a coach pitch scrimmage. Allow players to practice hitting, fielding, and base running in a game-like situation.
2. ****Coach Feedback:**** Provide feedback and coaching tips as the scrimmage progresses. Encourage players to apply what they've learned during drills to the game situation.

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

1. ****Light Jog and Stretch:**** End the practice with a light jog around the field followed by static stretching exercises to help players cool down and prevent injury.
2. ****Team Talk:**** Gather the players together for a brief team talk. Praise their efforts, review key points from the practice, and encourage them to continue working hard and improving.

Remember to keep the practice fun and engaging for the players while focusing on skill development and teamwork. Adjust the drills and activities based on the skill level and needs of your team. All drills do not need to be completed but watch your team to adjust as needed.