



YOUTH BASEBALL
SUCCESS SYSTEM

Pre-Designed Practice Plans

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How To Use This Resource

Welcome to the pre-designed practice plans section of the Youth Baseball Success System!

Below, you'll find a collection of step by step practice schedules you can take directly to the field. Each one of the drills referenced below comes from the Drill PDFs included with Bob Bennett's Video Coaching System.

The Drill PDFs will lay out the drills using photos and diagrams. The videos will explain everything with live demonstrations.

For each practice plan, we've provided a recommended age level and practice length. These are not written in stone! Many of these drills will work very well with multiple age levels, so feel free to pick and choose from multiple practice plans, or use the practice planning template on the last page to create your own.

Let's get started!

60 Minute Youth Baseball Practice For Ages 4-6

| Time | Practice Block | Reference | Notes |
|---------|---|--|-------|
| 5 mins | <p>Run the bases</p> <ul style="list-style-type: none"> • Practice running through first base • Play follow the leader around the basepaths | | |
| 5 mins | <p>Stretching</p> <ul style="list-style-type: none"> • Hamstrings, quads, groin back, shoulders, triceps | Baserunning pg 4 | |
| 30 mins | <p>Stations</p> <ul style="list-style-type: none"> • Hitting Station: Dry Run Hitting, Batting Tee Drill • Catching: Open Pocket Drill, Glove Drill • Throwing: Play catch, teach throwing fundamentals | Hitting pg 3, 6 Position Drills pg 11, 12 | |
| 15 mins | <p>Run the bases and review</p> <ul style="list-style-type: none"> • Have a relay race around the bases in teams • Let kids slide into home plate to finish | | |

60 Minute Youth Baseball Practice For Ages 4-6 (B)

| Time | Practice Block | Reference | Notes |
|---------|--|---------------------------------|-------|
| 5 mins | Form Running Games <ul style="list-style-type: none"> • Run relay races with the players doing high knees, buttkickers, skipping | | |
| 5 mins | Stretching <ul style="list-style-type: none"> • Hamstrings, quads, groin back, shoulders, triceps | | |
| 30 mins | Stations <ul style="list-style-type: none"> • Hitting Station: Soft Toss, Batting Tee Drill • Fielding: Stance Drill • Throwing: Play catch, teach throwing fundamentals | Hitting pg 6 Infielding pg 4 | |
| 15 mins | Play a scrimmage or other instructional game <ul style="list-style-type: none"> • Play with 4-6 players – infield only • Allow players to try each position • Have a parent or coach play 1st base • The other players will run drills in the outfield | | |

60 Minute Youth Baseball Practice For Ages 7-9

| Time | Practice Block | Reference | Notes |
|---------|---|--|-------|
| 5 mins | Form Running <ul style="list-style-type: none"> • High knees, butt-kickers, grapevines, bounding, running backwards | Baserunning pg 3 | |
| 5 mins | Baserunning <ul style="list-style-type: none"> • Lead Drill | Baserunning pg 4 | |
| 5 mins | Stretching <ul style="list-style-type: none"> • Hamstrings, quads, groin back, shoulders, triceps | | |
| 10 mins | Throwing Drills <ul style="list-style-type: none"> • One Hop Throwing • One Knee Throwing | Outfielding pg 4 | |
| 30 mins | Hitting Stations (3 groups, 10 mins per station) <ul style="list-style-type: none"> • Hitting Station I: Bag Drill • Hitting Station II: Two Hand Ball Toss Drill • Hitting Station III: Pepper Drill | Hitting pg 5 Hitting pg 7 Hitting pg 8 | |
| 15 mins | Controlled game, game situation, or rules session | | |

75 Minute Youth Baseball Practice For Ages 7-9

| Time | Practice Block | Reference | Notes |
|---------|---|--|-------|
| 5 mins | Form Running <ul style="list-style-type: none"> • High knees, butt-kickers, grapevines, bounding | Baserunning pg 3 | |
| 10 mins | Baserunning <ul style="list-style-type: none"> • Sequence Drill | Baserunning pg 6 | |
| 5 mins | Stretching <ul style="list-style-type: none"> • Hamstrings, quads, groin back, shoulders, triceps | | |
| 30 mins | Fielding Stations (3 groups, 10 mins per station) <ul style="list-style-type: none"> • Lead Drill • Turn to the Ball Drill • Look Over the Shoulder Drill Pitcher Fundamentals (break out separately) <ul style="list-style-type: none"> • Target Throwing Drill • Dry Run Pitching • Stick Drill Catcher Fundamentals (break out separately) <ul style="list-style-type: none"> • Catcher Stance Drill & Step to the Ball • Bunt Fielding Drill | Outfielding pg 6 Outfielding pg 7 Outfielding pg 8 Pitching pg 3 Pitching pg 4 Pitching pg 6 Position Drills pg 3, 4 Position Drills pg 8 | |
| 30 mins | Hitting Stations (3 groups, 10 mins per station) <ul style="list-style-type: none"> • Target Hitting Drill • Pepper Drill • Dry Run Drill | Hitting pg 5 Hitting pg 7 Hitting pg 8 | |

90 Minute Youth Baseball Practice For Ages 7-9

| Time | Practice Block | Reference | Notes |
|---------|---|--|-------|
| 5 mins | Form Running <ul style="list-style-type: none"> • High knees, butt-kickers, grapevines, bounding, running backwards | Baserunning pg 3 | |
| 5 mins | Baserunning <ul style="list-style-type: none"> • Turn to the Base Drill | Baserunning pg 5 | |
| 5 mins | Stretching <ul style="list-style-type: none"> • Hamstrings, quads, groin back, shoulders, triceps | | |
| 15 mins | Throwing Drills <ul style="list-style-type: none"> • 4 Seam Grip Throwing, • Stationary Throwing | Infielding pg 3 Outfielding pg 3 | |
| 35 mins | Stations (3 groups, ~12 mins per station) <ul style="list-style-type: none"> • Hitting Station: Dry Run Hitting, Batting Tee Drill • Fielding Station I: Charge the Ball Drill • Fielding Station II: Outfield Footwork Drill | Hitting pg 3, 6 Infielding pg 5 Outfielding pg 5 | |
| 15 mins | Team Drills <ul style="list-style-type: none"> • Scolinas Drill (extra players will play backup, then rotate in) | Infielding pg 9 | |
| 10 mins | Basic rules session or a fun drill (ie. Home run derby, practice sliding on the slip and slide) | | |

75 Minute Youth Baseball Practice For Ages 10-12

| Time | Practice Block | Reference | Notes |
|---------|---|--|-------|
| 5 mins | Form Running <ul style="list-style-type: none"> • High knees, butt-kickers, grapevines, bounding, running backwards | Baserunning pg 3 | |
| 5 mins | Stretching <ul style="list-style-type: none"> • Hamstrings, quads, groin back, shoulders, triceps | | |
| 25 mins | Fielding Stations (3 groups, ~8 mins per station) <ul style="list-style-type: none"> • Ground Ball Drill Progression • Fly Ball Footwork Drill • Outfield Agility Drill Pitcher Fundamentals (break out separately) <ul style="list-style-type: none"> • Dry Run Pitching • Towel Drill • One Hop Throwing Catcher Fundamentals (break out separately) <ul style="list-style-type: none"> • Catcher Stance Drill & Step to the Ball • Ball in the Dirt Drill | Position Drills pg 14 Position Drills pg 15 Position Drills pg 16 Pitching pg 4 Pitching pg 7 Pitching pg 11 Position Drills pg 3, 4 Position Drills pg 7 | |
| 30 mins | Hitting Stations (3 groups, 10 mins per station) <ul style="list-style-type: none"> • Bag Drill • Batting Tee Drill • Two Hand Soft Toss | Hitting pg 5 Hitting pg 6 Hitting pg 7 | |
| 10 mins | Controlled game, soft toss game or T-ball game, or game situations | | |

90 Minute Youth Baseball Practice For Ages 10-12

| Time | Practice Block | Reference | Notes |
|---------|---|--|-------|
| 5 mins | Form Running <ul style="list-style-type: none"> • High knees, butt-kickers, grapevines, bounding, running backwards | Baserunning pg 3 | |
| 10 mins | Baserunning <ul style="list-style-type: none"> • Turn to the Base Drill • Lead Drill | Baserunning pg 5 Baserunning pg 4 | |
| 5 mins | Stretching <ul style="list-style-type: none"> • Hamstrings, quads, groin back, shoulders, triceps | | |
| 30 mins | Fielding Stations (3 groups, 10 mins per station) <ul style="list-style-type: none"> • Barehand Catch Drill • Back of the Glove Drill • Short Hop Drill | Position Drills pg 9 Position Drills pg 10 Position Drills pg 13 | |
| 30 mins | Hitting Stations (3 groups, 10 mins per station) <ul style="list-style-type: none"> • Dry Run Hitting • Target Hitting Drill • Pepper Drill | Hitting pg 3 Hitting pg 6 Hitting pg 8 | |
| 10 mins | Controlled game, soft toss game or T-ball game, or game situations | | |

90 Minute Youth Baseball Practice For Ages 10-12 (B)

| Time | Practice Block | Reference | Notes |
|---------|---|---|-------|
| 5 mins | Form Running <ul style="list-style-type: none"> • High knees, butt-kickers, grapevines, bounding, running backwards | Baserunning pg 3 | |
| 5 mins | Stretching <ul style="list-style-type: none"> • Hamstrings, quads, groin back, shoulders, triceps | | |
| 20 mins | Baserunning <ul style="list-style-type: none"> • Turning for the Double Drill • Bent Leg Sliding Drill | Baserunning pg 5 Baserunning pg 4 | |
| 30 mins | Fielding Stations (3 groups, 10 mins per station) <ul style="list-style-type: none"> • Ground Ball Drill Progression • Fly Ball Footwork Drill • Outfield Agility Drill Pitcher Fundamentals (break out separately) <ul style="list-style-type: none"> • Dry Run Pitching • Towel Drill • Pivot Foot and Stride Foot Balance Drills | Position Drills pg 14 Position Drills pg 15 Position Drills pg 16 Pitching pg 4 Pitching pg 7 Position Drills pg 19-23 | |
| 30 mins | Hitting Stations (3 groups, 10 mins per station) <ul style="list-style-type: none"> • Bag Drill • Batting Tee Drill • Two Hand Soft Toss | Hitting pg 5 Hitting pg 6 Hitting pg 7 | |
| 10 mins | Controlled game, soft toss game or T-ball game, or game situations | | |

90 Minute Youth Baseball Practice For Ages 10-12 (C)

| Time | Practice Block | Reference | Notes |
|---------|---|--|-------|
| 5 mins | Form Running <ul style="list-style-type: none"> • High knees, butt-kickers, grapevines, bounding, running backwards | Baserunning pg 3 | |
| 5 mins | Stretching <ul style="list-style-type: none"> • Hamstrings, quads, groin back, shoulders, triceps | | |
| 40 mins | Game Situation Fielding Go through all 7 drills, rotating players in as needed. Inactive players should do soft toss or batting tee drills while they wait. <ul style="list-style-type: none"> • Pitchers and First Basemen • Pitchers, First Basemen and Second Basemen • Pitchers, First Basemen, Second Basemen and Shortstops • Pitchers, Third Basemen, Catchers, and First Basemen • Pitchers, Shortstops, Third Basemen, and Outfielders • Pitchers and Catchers | Game Situation Defense pg 4-10 | |
| 30 mins | Hitting Stations (3 groups, 10 mins per station) <ul style="list-style-type: none"> • Dry Run Hitting • Target Hitting Drill • Pepper Drill | Hitting pg 3 Hitting pg 6 Hitting pg 8 | |
| 10 mins | Controlled game, soft toss game or T-ball game, or game situations | | |

90 Minute Youth Baseball Practice For Ages 13-16

| Time | Practice Block | Reference | Notes |
|---------|--|--|-------|
| 5 mins | Form Running <ul style="list-style-type: none"> • High knees, butt-kickers, grapevines, bounding, running backwards | Baserunning pg 3 | |
| 5 mins | Stretching <ul style="list-style-type: none"> • Hamstrings, quads, groin back, shoulders, triceps | | |
| 30 mins | Outfield Fundamentals (break out separately) <ul style="list-style-type: none"> • Ground Ball Drill Progression • Fly Ball Footwork Drill • Outfield Agility Drill Infield Fundamentals (break out separately) <ul style="list-style-type: none"> • Barehand Catch Drill • Back of the Glove Drill • Short Hop Drill Catcher Fundamentals (break out separately) <ul style="list-style-type: none"> • Catcher Stance Drill & Step to the Ball • Bunt Fielding Drill Pitcher Fundamentals (break out separately) <ul style="list-style-type: none"> • Dry Run Pitching • Towel Drill • Pivot Foot and Stride Foot Balance Drills | Position Drills pg 14 Position Drills pg 15 Position Drills pg 16 Position Drills pg 9 Position Drills pg 10 Position Drills pg 13 Position Drills pg 3, 4 Position Drills pg 8 Position Drills pg 19-23 | |
| 30 mins | Hitting Stations (3 groups, 10 mins per station) <ul style="list-style-type: none"> • Bag Drill • Batting Tee Drill • Two Hand Soft Toss | Hitting pg 5 Hitting pg 6 Hitting pg 7 | |
| 15 mins | Controlled scrimmage | | |

120 Minute Youth Baseball Practice For Ages 13-16

| Time | Practice Block | Reference | Notes |
|---------|---|--|-------|
| 5 mins | Form Running <ul style="list-style-type: none"> • High knees, butt-kickers, grapevines, bounding, running backwards | Baserunning pg 3 | |
| 5 mins | Stretching <ul style="list-style-type: none"> • Hamstrings, quads, groin back, shoulders, triceps | | |
| 15 mins | Baserunning <ul style="list-style-type: none"> • Turning for the Double Drill • Bent Leg Sliding Drill | Baserunning pg 5 Baserunning pg 4 | |
| 60 mins | Game Situation Fielding Go through all 7 drills, rotating players in as needed. Inactive players should do soft toss or batting tee drills while they wait. <ul style="list-style-type: none"> • Pitchers and First Basemen • Pitchers, First Basemen and Second Basemen • Pitchers, First Basemen, Second Basemen and Shortstops • Pitchers, Third Basemen, Catchers, and First Basemen • Pitchers, Shortstops, Third Basemen, and Outfielders • Pitchers and Catchers | Game Situation Defense pg 4-10 | |
| 30 mins | Hitting Stations (3 groups, 10 mins per station) <ul style="list-style-type: none"> • Bag Drill • Batting Tee Drill • Two Hand Soft Toss | Hitting pg 5 Hitting pg 6 Hitting pg 7 | |
| 5 mins | Team Drills <ul style="list-style-type: none"> • Scolinas Drill (extra players will play backup, then rotate in) | Infielding pg 9 | |

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