



DUBLIN YOUTH ATHLETICS

2025 DYA RECREATIONAL BASEBALL **PRACTICE PLAN EXAMPLE**

From The Director

Recreational Baseball is a unique offering, especially compared to the club & travel offerings that are prolific in youth sports today.

There are many differences between the offerings, but perhaps none is greater than the difference on emphasis on **INDIVIDUAL SKILL DEVELOPMENT**. Whereas the club & travel offerings compete at a high level on player **INDIVIDUAL SKILL DEVELOPMENT**, a RECREATIONAL offering does not typically have the dedicated time, resources, and coaching expertise to make this a core part of our offering.

In addition to this realization, RECREATIONAL baseball does emphasize the need for practices to be individually enjoyable with maximum repetition and participation for each of the kids that are present.

The following practice plan example adheres heavily to the above two admissions, and you will be able to see this as you review it.

The practices maximize individual repetition in key TEAM LEVEL skill areas while preparing a team for the game season and game process.

Here are some disclaimers and helpful hints on the following practice plan:

- This plan is meant to be as high a level and broadly defined as possible so that coaches can feel free to edit and scale it down to their own individual team needs, players ages, and available resources.
- This plan utilizes the “station concept” of practicing to maximize and teach typical game role repetition for the players present at a practice. The ‘station concept’ for practice is used in many sports at various levels of play.
- The plan assumes 1 dozen players are present, and the players are divided up into 4 ‘groups’ and 3 players per individual group.
- The practice plan assumes 1 head coach, 2 assistant coaches, and 2 adult volunteers to assist.
- The stations and events can be collapsed and condensed by the coach if there are shortages in either players and/or volunteer help.
- The practice plan can also be expanded or contracted due to differing practice times.

Thank you for volunteering!

Mike Matthews



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90 Minute Practice Plan Example

Time	Drill
00 to :05	Light Throwing in Pairs
:05 to :10	Light Stretching & Light Jog Around the Outfield
:10 to :20	Station Rotation 1 (Group A – Infield, Group B – Base Runners, Group C – Hitting, Group D – Outfield))
:20 to :30	Station Rotation 2 (Rotate Groups to New Station, Group A – Hitting, Group B – Infield, Group C - Outfield, Group D – Base Running)
:30 to :40	Station Rotation 3 (Rotate Groups to New Station)
:40 to :50	Station Rotation 4 (Rotate Groups to New Station)
:50 to :55	Water Break
:55 to :85	Full Inning Scrimmage Per League Rules
:85 to :90	Coach De-Brief



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Station Descriptions & Ideas

Infield Station (Location = Infield, 1 Adult for the entire practice of station rotations, don't rotate the adults, just the kids, this station is usually HEAD COACH who also manages rotations, times, etc.)

It is important for younger players to understand what happens when the ball is hit and it comes to them. Most will be focused on actually stopping the ball, but when they do secure it in their gloves, they need to know to throw it.

What you need (set up) The kids should have their gloves on and, depending on number of kids in the station A, you can send them out to second base and short stop. Have one player play first base to field the throws.

How this drill works: You can either toss or lightly hit the ball to the infielders (batted ball is preferred). Explain to them that when they get the ball, one of the first places they are going to throw is first base. So, they practice their fielding skills, and then add one more step to it by throwing it to first base. Then the first baseman can throw it home. This will be with a LIVE RUNNER that is from another GROUP ("Base Running" group, below).

Base Running Station (Location = Infield, 1 Adult, usually **HEAD COACH** can do BOTH Infield & Base Running at Same Time)

What you need (set up): All you need for this drill is the attention of the kids you are coaching. The kids will need a batting helmet for safety.

How this drill works: Have the players stand safely and to the side of you, between home plate and the backstop in a line. After you toss OR hit a ball to the infielder, have the base runner run to first base to try to beat the throw from the infielder to the first basement (make it a competitive game!). Make sure to emphasize running **HARD** thru the base (not letting up, etc.) and veering towards foul territory after they cross the base. Explain to the youngsters what happens after you hit the ball, running hard thru first base and veering into foul territory on an infield hit.

Results: The kids will have a fundamental understanding of what happens during the baseball game when they hit the ball and when they have to run the bases.

This is extremely important for kids to learn. Once they understand the fundamentals of what they are supposed to do when they hit the ball, they get excited about running the bases.



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Live Hitting Station (Location = Right Field, 2 Adult, usually **ASST COACH** and Parent Volunteer)

What you need (set up): You should place a home plate in proximity to the right field corner so that the kids are hitting towards the outfield. The kids will need a batting helmet for safety and their bats.

How this drill works: Have one player live bat for a few minutes with one of the adults throwing live batting practice. Have another player “on deck” in a safe area taking practice swings so that transition to a new batter can be as quick as possible. Other players in the group can be in the field to assist in tracking down batted baseballs. Rotate the batters until the time is up.

Outfield “Fly Balls” Station (Location = Left Field, 2 Adult, usually **ASST COACH** and Parent Volunteer)

What you need (set up): Single adult line up on the left field line in deep left field (safely away from the infield) hitting or throwing ‘fly balls’ to all of the kids in the group (taking turns, either lined up in a row or in a line). Make sure kids are safely located in center left field.

How this drill works: Single adult line up on the left field line in deep left field (safely away from the infield) hitting or throwing ‘fly balls’ to all of the kids in the group (taking turns, either lined up in a row or in a line). Make sure kids are safely located in center left field. Hit Fly balls until time is up.



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Station Locations On the Practice Field

