

PRACTICE PLANS

- I. Where to start
 - a. Variables
 - 1. Level of competition
 - 2. Facility
 - 3. Staff
 - b. Calendars
 - c. Checklists
 - d. Pitching priority
 - e. Prioritize
- II. Quality
 - a. Perfect practice
 - b. What's the secret?
 - c. Individualize
 - d. Small groups
 - e. Keep it simple – repeat
- III. Organization
 - a. Two hours for every hour of work
 - b. Don't mistake activity for achievement – not aerobic practice
 - c. One step at a time
- IV. Mental Training
 - a. Incorporate in plan
 - b. Goals
 - c. Notebook
 - d. Confidence
 - e. Competitiveness
 - f. Discipline
 - g. Game-like intensity
- V. Player and Team Development
 - a. Classroom approach
 - b. Whole part whole
 - c. Commit more time to those who need it
 - d. Take winning out of equation
 - e. Team vs. Team Drills

VI. Miscellaneous

- a. Rewards and penalties
- b. Charts
- c. Feedback sheets
- d. Fundamentals
- e. Education yourself about your team
- f. Don't do things you don't practice
- g. Develop routines
 - 1. Individual defensive routines
 - 2. BP
 - 3. Base running
 - 4. Catch
 - 5. INF/OF
 - 6. Combo drills
- h. Video tape
- i. Flow charts
- j. Practice everything
- k. Develop combination environments
- l. Short sessions – quality not quantity
- m. Use aids for staff
- n. Coach hard in practice – let them “play” the game
- o. Notice everything
- p. Rapid fire vs. Def. – H&R or GR ball vs. Def
- q. Fungo game
- r. W's/L's – team & individual
- s. Little notebooks
- t. Drills & concepts for success
- u. End day with positive drill or statement