

## **Machine Pitch Practice Plan ~ 1 Hour and 1:15 length**

### **3 Stations: need 3 coaches/dads**

- 0:00-0:10  
(10 minutes) Warm up ~ short jog out to fence and back  
Arm circles/arm stretch  
throw short toss ~ 10-15 throws (crisp, but not high velocity)  
throw longer toss ~ 10-15 throws  
Stress accuracy of throws, NOT velocity
- 0:10-0:25  
(15 minutes) **Fielding**  
2 Stations hitting grounders  
1 coach hitting to 3B/SS from 1st base side ~ w/catcher  
1 coach hitting to 2B/1B from 3rd base side ~ w/catcher  
throw to catcher by the coach (longer throws)
- 0:25-0:35  
(10 minutes) **Fielding (some start hitting)**  
2 Stations hitting grounders  
1 coach hitting to 3B/SS from 3rd base side (no catcher)  
1 coach hitting to 1B/2B from 1st base side (no catcher)  
3B throws to SS; SS throws to 3B; player rolls ball back to coach
- 0:35-0:50  
(15 minutes) **Fly Balls (EVERYONE, if not hitting)**  
2 groups ~ 2 coaches hitting to a separate group
- 0:10-0:50  
(40 minutes) **Batting Practice in cage or in outfield**  
\*\*\*If team can only use field for hitting with a machine, then all fielding practice will be done on the outfield grass near fences\*\*\*\*\*  
2 stations ~ 3 boys at a time: live hitting (15 feet-45 feet pitching by coach OR by machine; 12-15 good pitches each) for one boy, and short toss with other 2 boys (to each other while other boy hits ~ need a short toss net)
- 0:50-1:00 or 0:50-1:15 (10 or 25 minutes)  
**Games**
- Live game situation play ~ with or without live hitting; WITH outfielders
  - 4/4/4 ~ live game with 4 players on a team; 2 out game with coaches pitching
  - Relay throwing drills ~ competition

**Keep them moving; keep them on-task; Keep it FUN!**