

Jr. RBI Coaches Clinic Practice Plan

1. Open with Prayer
2. Start with a group stretch: head to toe for 3-5 minutes
3. Warm up the arms; have each of your players pair up in and play catch in lanes for five to ten minutes
4. Fungo (two options)-1) outfield grass/turf -or- 2) infield/outfield run through
5. 3-minute water break
6. Live hitting from the mound; the distance varies and can be adjusted by division: 8U, 10U & 12U, the rest of the team will shag balls or make a play on batted balls.
 - a. This is a time to train 8U fielders on what to do with the fielded ball, where to throw the ball
 - b. All batters should get five hits and will run the bases (situationally) on the fifth batted ball
7. 3-minute water break
8. Base running-several options* "A game within the game" concept
 - a. Individual base runners, time trial.
 - i. In this version of base running, have each player run out a virtual ground ball to first base. Inform batter/runner to "run through first base" and turn out into foul territory
 - ii. Alternately, teach batter/runner to round first base and retreat back to first base, or "turn and look," on a base hit into the outfield
 - iii. Teach batter/runner to extend a single into a double
 - iv. Teach batter/runner to extend a single into a triple
 - v. Teach batter/runner to extend a triple into an in-the-park home run

NOTE: these individual runs can be timed for training and improvement

- b. Baserunning relay race
 - i. Divide your squad into two even teams
 - ii. Start one team at 2B and the other at Home plate
 - iii. On "go" or using a whistle to start the relay race, each individual runner will run the bases, touching each base (4 bases). After a runner touches the last base in their run, the next runner can start. Repeat until the last teammate completes the circuit. The first team to complete the run wins.

NOTE: The baserunning relay is a great way to end practice with HIGH ENERGY and FUN

9. End practice with competitive IQ questions
 - a. Ask relevant baseball questions related to what you went over in practice
 - b. Talk about the game of baseball and your team's goals and expectations for the season
 - c. Announce the next game on the schedule and motivate your players to be ready to win the next game.

NOTE: Remind your players to DO THEIR BEST, always GIVE THEIR BEST EFFORT, and always HAVE FUN.