Practice Plan Example– U7  
\*Drills not explained here are in the LTP 1- activity cards  
  
Notes;

-Warm up, stretch, & cool down activity done as a whole group

-Drills done in stations, 1 parent runs each station and players rotate through

-Use bean bags/whiffle balls for catching stations

-Helmets worn any time bats are involved

-If something isn’t working move on, keep stations and games quick

-Make it your own, do what works, don’t be afraid to repeat drills that have worked in previous practices

**Warm up** (5 min) – What time is it Mr. Wolf

**Stretch** (5 min ) – form circle with coach in the middle leading basic stretch (great time to learn names)

**Drills** (5-10 min each)

-Sky Ball (catching)

-Hitting from a T (hitting)

-Set up T’s facing fence or wall

-have kids hit ball from T into fence

-focus on lining up at the T properly, stepping with front foot towards the fence and swinging through the ball

-Powerball (throwing)

-Gimmie 5 (base running)

**Cool down activity** (5 min)

-Ball red rover