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) – Beep Beep

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

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

-Big Foot (catching, throwing)

-Hitting from a coach (hitting)

-can be done in the outfield

-one child hits, one child fields balls, parent pitches underhand to player

-helmets to be worn

-Boomerang (throwing, catching at 1st)

-Gimmie 5 (base running)   
  
-Bullseye (throwing, fielding)

**Cool down activity** (5 min)

-Roadrunner