

# RF Baseball Practice Principles

1. A minimum of 50% of every practice should be spent working on fundamentals
  - Not counting “warming up,” throw for accuracy or distance a combined 50 times
  - Run equivalent of 50 bases
  - Field a combination of 50 ground balls and/or fly balls
  - Swing the bat 50 times
2. Develop Assistant Coaches. Additional people are required to run multiple stations. All players should be busy all of the time.
3. **THROWING:** Throw against a wall, throw in the batting cage, throw at the side of the batting cage, throw with a coach or parent. Emphasize the fundamentals of throwing, velocity and accuracy.
4. **RUNNING:** Run the bases for time, do slide practice in the grass, practice lead offs, practice against pickoff moves or have the players race. Concentrate on proper running form at every practice.
5. **INFIELD:** Field balls thrown against a wall, throw ground balls to each other, have multiple coaches hitting grounders, work on short hops, work on charging dead balls, play pepper. Concentrate on the fundamentals of infield play.
6. **OUTFIELD:** Hit fungos, work on balls over the left or right shoulder, work on balls in front, work on sliding to catch the ball, introduce the fence to the players, work on crow hops, work on communication between outfielders and hitting the cut off.
7. **HITTING:** Hit wiffle balls, hit off of the tee, hit soft toss, hit short toss, have players practice hitting fungos, play pepper, work swinging the bat with each arm individually. Try to minimize the amount of batting practice taken on the field. Concentrate on the fundamentals of hitting at every practice.
8. Do some type of competition at every practice to keep the player’s interest and use the competition to measure skill level and improvement.
9. Players need to learn to play a variety of positions as they progress through the different age groups. No one can be certain what position a young 10 year old player may end up playing if he is skilled enough to play high school or college ball.