



# **GWGSA Practice Plan Template**

## **T-Ball & 8U (60–75 Minute Practice)**

Goal: Keep players moving, keep instruction simple, and maximize repetitions with fun drills.

### **1. Warm-Up (10 Minutes)**

- Light jog around bases or foul line and back
- Arm circles and stretching
- Partner throwing (short distance)
- Quick ground ball warm-ups

### **2. Skill Stations (20–25 Minutes)**

Divide players into 2–3 small groups and rotate every 5–7 minutes.

#### Station 1 – Hitting

- Tee work or machine pitches
- Focus on stance, contact, and running through first base

#### Station 2 – Fielding

- Ground balls
- Ready position and two-hand fielding
- Throw to first base

### Station 3 – Throwing / Catching

- Step and throw mechanics
- Catching with glove in front
- Accuracy games

### **3. Team Drill (15–20 Minutes)**

Examples:

- Infield practice (coach hits ground balls)
- Throw to first base drills
- Base running practice (run through first, rounding bases)
- Situational play (where to throw the ball)

### **4. Mini Scrimmage or Game (10–15 Minutes)**

- Live hitting
- Rotate players through positions
- Focus on fun and learning game flow

### **5. Fun Competition (5 Minutes)**

- Relay race
- Home run derby (tee or machine)
- Target throwing challenge

Coaching Tip: At these ages, energy and encouragement matter more than perfection. Keep lines short, rotate positions often, and celebrate effort and improvement.