

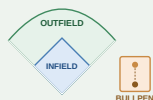


How to run every station, drill and game.

Goes with the practice plan Even Innings prints. Works for any age; see the age guide on page 2.

HOW A PRACTICE RUNS A sample 90-minute practice for 11–12s. Your printed plan works out the times for your team.

- 1 Warm-up**
0:00 · 20 min
Jog, stretch, then a throwing progression, short to long.
- 2 Station rounds**
0:20 · 40 min
3 rounds of 10 min, 2 water breaks. Rotate on the whistle.
- 3 Team situations**
1:00 · 10 min
Whole team in the field. Coach hits.
- 4 Finishing game**
1:10 · 15 min
End on something with a score.
- 5 Wrap-up**
1:25 · 5 min
One thing that went well, one to work on.



THREE STATIONS AT ONCE

Infield

1B, 2B, SS, 3B. Grounders, feeds, tags.

Outfield

LF, CF, RF. Fly balls, angles, throws to the cutoff.

Bullpen

Pitcher to catcher, mound or circle. Count depends on age; pitchers on rest sit out.

STATION DRILLS What each group does and something the coach should watch.

Ground ball footwork

SET UP Coach rolls or hits from about 40 ft. Fielders take turns; one player at first catches throws.

INFIELD Easy grounders. Field the ball out in front, glove down early, then throw to first.

OUTFIELD Charge the grounder, crow hop, and throw through the cutoff.

Watch for: Glove on the ground before the ball gets there.

Forehand & backhand

SET UP Coach rolls two or three steps to each side, alternating. Reset to ready after each rep.

INFIELD Grounders to both sides. Bend at the knees and keep your eyes close to the glove.

OUTFIELD Balls hit into the gap. Take the angle that cuts the ball off, not the one that chases it.

Watch for: Bend the knees, not the waist.

Transfers & exchange

SET UP Partners 30 ft apart, closer for young players. Count clean catch-and-throws in 30 seconds.

INFIELD Partners play catch. Glove to hand in one motion, quick feet into the throw.

OUTFIELD Catch, crow hop, and make a long throw to the cutoff.

Watch for: Hands meet in the middle of the body.

Fly balls & routes

SET UP Coach tosses high balls before hitting real ones. Tennis balls help beginners.

INFIELD Pop-ups around the mound and down the lines.

OUTFIELD Angle drill: drop step, crossover, run to the spot, then find the ball.

Watch for: Ball over your head: drop step back first, not in.

Communication

SET UP Two or three fielders, one ball tossed between them. Nobody moves until someone calls it.

INFIELD Pop-up priority. The corners give way to the middle infielders.

OUTFIELD Outfield weave. Call "I got it!" early, three times, and keep going until it is in the glove.

Watch for: Loud and early. Whoever did not call it peels off and backs up.

Relays & throwing accuracy

SET UP Two lines race across the outfield. A drop starts that line over.

INFIELD A relay line of three or four players. Move the ball down and back; spread out as arms get stronger.

OUTFIELD Chest-high throws to the relay. No rainbows.

Watch for: Receiver shows a target, glove up and chest open.

Catcher receiving & blocking

SET UP Coach kneels 20 ft away and tosses balls in the dirt. Catcher, in full gear, keeps it in front.

INFIELD Force plays and tags at every bag.

OUTFIELD Long toss ladder, starting at twenty feet and working out to forty.

Watch for: Catch and hold the pitch; drop to the knees to block.

General infield work / General outfield work

SET UP Coach hits a mix at game speed. Rotate positions every five reps.

INFIELD Grounders and routine plays at game speed.

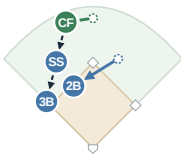
OUTFIELD Fly balls and footwork, or long toss while the infield works.

Watch for: Pick these when you just want reps.



GAME SITUATIONS

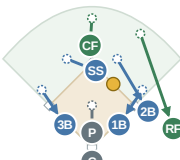
● Infielder ● Outfielder ● Runner → Runs to - - - -> Throw



Cutoffs & relays

I Gap to the left: SS goes out as the relay, lined up with the base. 2B trails; 3B covers the bag.

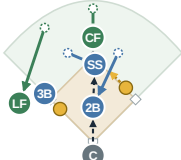
O Get to the ball, then a chest-high throw to the relay. The other outfielder backs up.



Bunt defense

I Runner on first: corners and pitcher charge. 2B covers first, SS covers second.

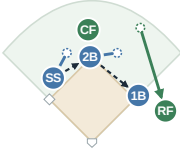
O RF backs up first. CF backs up second.



First and third

I Runner steals: 3B holds the bag, SS covers second, 2B is the cut, in line with home.

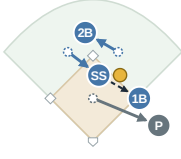
O CF backs up the throw to second. LF backs up third.



Double play feeds

I Grounder to SS: chest-high feed to 2B on the bag, who touches it and throws to first.

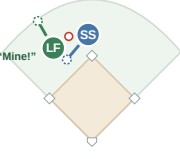
O CF backs up second. RF backs up first.



Rundowns

I Run the runner back to the base they came from. Two throws at most; P and 2B fill in behind.

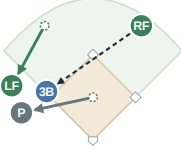
O RF and CF drift in behind the bases.



Pop-up priority

I Middle infielders take all they can reach. Corners and the pitcher give way.

O Coming in beats going back. Call it early and loud.



Backing up bases

I On throws from the outfield, the pitcher backs up third or home.

O LF backs up third on throws from right. RF backs up first on throws across the infield.

Coaching points

A minute of talk, not five. Show it once, then let them do it.

Every rep has a target. Call the base before the ball is hit.

Nobody stands still. If they are waiting, they are not learning.

Fix one thing at a time. Praise effort out loud; correct quietly.

FINISHING GAMES Drills with a twist. Keep score and make it fun.

6 vs 6 scrimmage 20 min · 12+ players

Coach pitches to keep it moving. Two short-handed sides, everyone in the field. Rotate positions between innings.

Live BP with full defense 20 min · 10+ players

Hitters take live rounds while a full defense plays every ball out. Fielders call the base before the pitch.

21 clean outs 12 min · Any number

Coach hits. The defense needs 21 clean outs; an error takes one away. Time it, and beat it next practice.

Relay race — infield baserunning 8 min · Any number

Two teams run home to first to second and back. Tag the next runner. Hit the inside corner of each bag.

Two-pitch game 15 min · 12+ players

Coach pitches, two pitches per hitter, and they must swing at the second. Full defense. Lots of reps, very little time.

Arena baseball 15 min · 10+ players

Home and second base only. The hitter runs to second and back; the defense races the ball home. Everyone bats, then switch.

Rundown tournament 10 min · Any number

Runners between two bases, two fielders each. Two throws at most. The runner who is tagged rotates to defense.

Relay race — outfield throws 8 min · Any number

Two lines from the outfield fence to the infield. The ball travels by chest-high relay throws. A drop goes back one thrower.

ADJUST FOR AGE Station length, bullpen pitches per arm, and the throwing warm-up.

8U 5–8 min stations 10-pitch pen 10 ft, out to 20. Two hands, step and throw.	10U 6–9 min stations 12-pitch pen 15 ft, out to 30.	11–12 7–10 min stations 15-pitch pen 20 ft, out to 40, then long toss.	13–14 8–12 min stations 20-pitch pen 20 ft, out to 60, then long toss.	15–18 10–14 min stations 25-pitch pen Long toss out to 90 ft, then back down.
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Softball. Every station and game here runs the same way. Pitchers work from the circle.

8U coach-pitch? Skip the bullpen and add a hitting or baserunning station.

Safety. Helmets on anyone batting or running bases. Catchers in full gear, including in the bullpen. Keep throwing lines pointed away from other groups, and nobody stands near a swinging bat.