60-MINUTE PRACTICE PLAN

Conshohocken Baseball & Softball League

Team	Division	Date	Field

Coaches & helpers

0:00–0:10 Baserunning warmup (both teams)		
0:10–0:38 · Four stations. Rotate every _____ minutes. Mix teams at each station. Coaches use the typewriter method (down the line and back).		
	COACH	**DRILL & COACHING POINTS**
Station 1 Throwing to target		
Station 2 Throwing progression (RF line)		
Station 3 Hitting progression (2nd base)		
Station 4 Fielding progression (LF line)		
0:38–0:42 Water break		
0:42–1:00 Game time!		
Notes Wins, next time, who needs help		

Safety: water breaks, helmets on batters and runners, clear the field at the first thunder and wait 30 minutes after the last.