When planning their season, coaches put a lot of thought into planning their baseball practice sessions.

There are often several goals to accomplish, and when working with young players, things tend to move slower than anticipated. In order for practice to be effective, coaches should focus on quality, not quantity.

The team will be much better off if each player practices a move correctly 10 times, rather than practicing it rushed and incorrectly 20 times. Coaches should use the following tips as a guide to running smooth, effective practices.

**Drill Rotation**

The most efficient method for practicing several drills within a practice session is through the drill rotation. With this approach, the coach will set up various stations throughout the field where players will work on specific skills.

Players will be divided into small groups that rotate through the stations together.

The simpler the skills, the better, because explaining a complicated drill each time a group comes to a station will waste time that could be spent practicing.

**Help is Key**

For this method to be successful, it is very important to have assistants or parents to oversee each station. These helpers should be able to understand the drills and know what to watch for to make sure players are performing them correctly.

They don't have to have a coach's knowledge, but they should be told what improper form looks like so they will be able to correct players as needed. While the players are warming up, brief the helpers on each drill they will be overseeing. Ideally, enough helpers will be available so the coach can be free to observe all the stations.

**Watching the Time**

Before practice begins, the coach should determine how much time players should spend at each station. However, he should also be aware that sometimes more time is needed.

Being flexible is crucial when coaching young players, and coaches should remember that it is important for each player to be able to practice the skill correctly.

Make up for lost time by making sure players are hustling from station to station, and take notes on where each group left off so they can practice that drill at the next practice.

**Make it Fun**

Finally, coaches should focus on making practice fun.

In addition to regular drills, some of the stations should be games where the players work on the skill while competing with their teammates.

Young players can learn just as much from games as they can from drills, and they often work harder when there is a competitive element.

Additionally, having fun at practice will instill a love of the game and make the players excited to come back the next time.

Utilize the last 15 minutes to bring the team together and have a game.

Ultimate baseball (where you throw the ball to one of your players to reach the end zone but once the ball is caught you are not allowed to run with it you need to throw it).

Setup pitching machine to toss fly-balls to kids.
- Base-running races. Split kids into 2 teams; One team at 2B the other at home. At coaches signal, kids race from 2B to Home, while squad B runs from home to 2B.
- Hockeynet toss. Place net at 1B. Line kids up behind the three positions of 3B, SS and 2B. Players at each position begin drill by laying on their stomachs and head on hands. A ball is placed in the dirt at each position. At coaches signal, the kids jump up, run to ball and attempt to throw into hockey net.
- Race to 1st. Divide kids into 2 groups. Group A is at 2B and Group B is at home. Coach hits (or throws) ground ball to 2B and they have to throw runner out at 1B.
1B can be a player or coach (depending on age).
- "Hit Barney" relay race. Place kids in lines starting from outfield to pitchers mound. On coaches command, the ball must be relayed from outfield to home where the last thrower attempts to knock a stuffed animal off stand at home plate.
- SCRUB. Three hitters, rest in outfield. Hitters continue to hit until they're called out. Once they are, the player who was out is put into outfield, while a fielder is made a hitter. Rotate the kids in the field with each consecutive out.
- Water balloon hitting. On real hot days, I make a bunch of water balloons and soft-toss them to the players. They loves smashing them.
- Turn 2 with coaches. Coaches act as runners. Kids try to produce double-play. It's fun for the kids to get the coaches out.