

10U Baseball Practice Plan: A 90-Minute Template

10U

Practice Plans

Coach Nick & the YSC Coaching Team

A few springs back, I watched a 10U travel team run what looked like a perfectly organized practice: two laps around the field, partner catch, then a clean rotation through hitting and fielding stations until dark. Their first tournament game the following weekend, I watched their hitters step into the box against a kid throwing 45 miles an hour and look completely lost — freezing on strikes, flailing at movement they had never tracked. The team had spent three weeks of practice taking cuts off a tee and a coach's soft toss. Not a single rep against a live arm. That gap is the single most common mistake we see in 10U practice planning, and it costs teams more games than any skill deficiency.

A complete 90-minute 10U baseball practice covers five zones: a dynamic warm-up (10 min), a live-arm and pitching development station (20 min), three rotating skill stations at 15 minutes each — infield, outfield, and hitting — (45 min total), a team base-running or situation segment (10 min), and a cool-down with team talk (5 min). Lead with the live-arm work while arms are fresh and hitters are alert. That structure, run consistently through the season, builds game-ready players.

Why 10U Is a Pivot Point

Most 8U and 9U leagues use coach-pitch or a pitching machine. At 10U, kids face a live arm from a 46-foot mound for the first time. That shifts your entire practice calculus in two ways.

First, your hitters need real velocity reps. Tee work and soft toss build mechanics — both stay in our program every week — but a hitter who has only tracked a coach's lob is not ready for a 10-year-old throwing 44–48 mph with natural movement on the ball. Even five minutes of watching live pitching before stepping in changes how a batter processes pitch speed and location. We started dedicating a full 20-minute block to live-arm work after watching our 10U hitters get overmatched in our first spring tournament three years running. The difference the following season was immediate.

Second, you need a pitching rotation, not a star pitcher. We see this constantly at the travel ball level: a coach develops one dominant arm and neglects the rest of the staff. By October that kid's pitch count is maxed and nobody else can throw a reliable strike. In our program, we run three to four potential pitchers through mechanics every practice — flat-ground work, a short bullpen, and towel drills that build arm path without loading the elbow — so every option is accumulating real time on task each week.

How Many Kids Should Be Pitching?

More than you think. At 10U, every team needs a third and fourth arm ready before tournament season. We identify every kid with decent arm action at the first practice — not just the obvious ones — and we build them all. Mechanics first, mound time second. A kid who consistently throws strikes at 44 mph is more valuable to your rotation than a kid who hits 52 but walks three per inning. Pitch-count awareness starts here too: USA Baseball guidelines for 10U cap daily pitch counts at 75, with mandatory rest days based on volume thrown. If you are not tracking arm work in practice, you are not protecting your players or building their arms for the long haul.

The 90-Minute Framework

Here is how we structure 90 minutes for a 12–14-player roster with two coaches. If you only have 60 minutes, trim each station to 10 minutes and cut the team segment to 5 — the live-arm block is the one you protect no matter what.

Time

Segment

Time	Segment
0:10–0:30	Live-arm station + pitching development
0:30–0:45	Station 1 — Infield: ground balls and footwork
0:45–1:00	Station 2 — Outfield: fly balls and base throws
1:00–1:15	Station 3 — Hitting: tee work and soft toss
1:15–1:25	Team segment: base running or situation work
1:25–1:30	Cool-down and team talk

The Drill Sequence

Warm-Up — Dynamic Movement Circuit (10 min) Line the team up on the first-base line. Run high knees, butt kicks, lateral shuffles, and carioca each for 20 yards, then finish with two sprint buildups to 75% effort. Coaching cue: "Elbows driving back, not out — you throw with your whole body, so move like it."

Live-Arm Station — Pitcher vs. Hitter Reps (20 min) Split the roster in half. Hitters cycle through in pairs: one watches a live at-bat sequence, one steps in for 4–5 swings against your working pitcher. Pitchers throw flat-ground or off the mound at controlled distance — start at 35 feet for mechanics, advance to 46 feet when arm action holds. Non-pitching group runs a towel drill for arm path while they wait. Coaching cue for hitters: "See the ball out of the hand, not the pitcher's face."

Station 1 — Infield Ground Balls and Footwork (15 min) Coach hits ground balls alternating between the third-base and shortstop zones, then up the middle. Field, shuffle, throw to first. After two clean rounds, add the slow roller: fielder charges, takes it bare-hand if ready, and throws on the run. Coaching cue: "Glove down and moving — never stand and wait for the ball to come to you."

Station 2 — Outfield Drop Step and Base Throws (15 min) Coach hits fly balls with a drop-step cue — players start facing the coach, turn and run to find the ball over their shoulder. After the catch, execute a crow-hop throw to second base. Finish with a communication drill: two players in left-center, coach hits between them, both must call the ball. Coaching cue: "Get behind the ball — drifting forward kills your throwing angle."

Station 3 — Hitting: Tee Work and Soft Toss (15 min) First 8 minutes: tee work at three contact points — inside, middle, outer third — five cuts at each spot. Use an adjustable youth batting tee at theranchsports.com to dial in height and plate depth for each batter's size. Last 7 minutes: soft toss from the side, hitter tracks the ball from the toss point. Coaching cue: "Barrel to the ball — short and direct, no loop through the zone."

Team Segment — First-to-Third Base Running (10 min) Line up at first base. Coach simulates a single to left-center. Runner reads the ball off the bat, rounds second hard, and looks to the third-base coach for the stop or send signal. Focus on the decision point: commit before the throw comes, not after it lands. Rotate the full roster twice. Coaching cue: "Round the bag facing the outfielder — you decide on the way around, not when you get there."

After the final rep, walk a lap, add a light hip flexor and quad stretch, then close with one teaching moment from that day's practice. Keep it specific and name what you saw: "tonight our outfielders communicated every single ball — that is what wins close games." Walk out on something positive.

Athletic Development Built In

At 10U, baseball is still a secondary sport for many of our athletes — and we want it that way. Multi-sport kids arrive at baseball practice with sharper footwork, better spatial awareness, and stronger competitive instincts than single-sport players their age. Within baseball practice, we frame every movement as a transferable athletic skill: the outfield drop step is the same pattern as a basketball defensive closeout, and the carioca in our warm-up builds the hip separation that powers every throw. We are not just

Three Mistakes to Stop Making Now

Tee work without coaching eyes on it. A player can groove a bad habit fifty times in a row on a tee with no feedback. If a coach cannot actively watch the hitting station, do not run it unattended.

Skipping the live-arm block because it gets chaotic. It does take a few practices to manage the logistics. Push through it. Your hitters will not be ready for game velocity without live reps, and there is no substitute.

Running the same fungo ground ball drill every practice. Novelty keeps motor learning alive at this age. Rotate your fielding scenarios — slow rollers, pop-ups in the infield, double-play feeds — so every rep demands a new read and a new decision.

For the gear that keeps these stations running cleanly, we have had good results with youth-specific equipment from theranchsports.com — they offer 10% off and no sales tax on most orders. For more on how we build our full-season approach from 8U through high school, visit our [baseball coaching hub](#).