Youth Baseball Practice Plan Template (Printable, Any Age)

Practice Plans | Coach Nick & the YSC Coaching Team

Tuesday, 5:40 PM, twenty minutes before practice. My assistant texts: "What are we doing tonight?" I'm in the parking lot flipping over a fast-food receipt to sketch out the evening. For years that was my practice planning. Some nights it worked. Plenty of nights I lost the middle 20 minutes to a drill that ran long, and we never got to the thing I actually wanted to fix from Saturday's game.

What fixed it wasn't a better drill book. It was one sheet of paper with the same boxes every time.

The short answer: a good youth baseball practice plan template has five things: (1) one written focus for the day, (2) time blocks with start times, not just durations, (3) a station grid that shows which group is where during each block, (4) the equipment each block needs, and (5) a "standing around" check so no kid sits idle for more than a couple of minutes. Fill it in the night before. It takes about 10 minutes once you've done it twice.

Below is the template we use from 7U all the way to high school. It's built to be reusable. For full age-specific plans with the drills already chosen, use our 6U tee ball, 8U, 10U, 12U or 14U plans. This page is the blank sheet underneath all of them.

The Printable Template

Copy this into a doc, or print it straight from this page. One sheet per practice.

Header

Field	Fill in
Date / Field / Start–End time	_____
Players expected / Coaches available	_ ***players*** / _ coaches
Today's ONE focus	_____
Where it came from (last game, last practice)	_____
Weather / field plan B	_____

Practice blocks

Start	Block	Min	What we're doing	Coach	Equipment	Idle check
:00	Arrival + dynamic warm-up				Cones	☐
	Throwing / catch play				Balls (1 per 2)	☐
	Skill block 1 (focus)					☐
	Skill block 2 / stations					☐
	Water	3				☐
	Team block (situations / baserunning)				Bases, helmets	☐
	Competitive game					☐
	Huddle + one takeaway	3–5		Head coach		☐

Station grid (use during skill blocks)

Rotation	Station A	Station B	Station C	Station D
1 (start ____)	Group 1	Group 2	Group 3	Group 4
2 (start ____)	Group 4	Group 1	Group 2	Group 3
3 (start ____)	Group 3	Group 4	Group 1	Group 2

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Rotation	Station A	Station B	Station C	Station D
Coach / self-run				

After practice (2 minutes, same night)

Question	Note
Did we hit the focus? (Y / partly / N)	
Which block ran long, and why?	
Next practice's focus	

That last box is the most important one on the sheet. It's where tomorrow's plan starts, and it's why the next practice takes 10 minutes to plan instead of 30.

How to Fill It In: Timing by Age

Most templates you'll find online hand you fixed blocks: 20 minutes of this, 20 of that, two hours total. That doesn't work for a 7U team that has a 60-minute weeknight slot, or a 14U team that needs most of its time on team defense. Start from the total time you actually have, then split it.

Age	Typical practice	Warm-up + throwing	Skill / station blocks	Team block + game	Station length
6U–8U	60 min	15 min	25 min (3–4 stations, 6–8 min each)	15 min	6–8 min
9U–10U	75–90 min	20 min	30–40 min	20–25 min	10–12 min
11U–12U	90 min	20–25 min	35–40 min	25–30 min	12–15 min
13U–14U	90–120 min	25 min	40–50 min	30–40 min	15–20 min

Two rules sit on top of that table:

- **Write start times, not just minutes.** "6:22 — rotate" is something you can hold yourself to. "15 minutes" turns into 25 the second a drill starts going well.
- **Spend the most time on the focus.** If Saturday's problem was throwing to first, that skill gets the longest block, not an equal slice. GoRout's example plans give every skill 20 minutes. We don't. Equal time means nothing gets fixed.

If you're new to rotating groups, our guide to running a station-based practice covers staffing, signals and what to do when you only have one assistant.

A Filled-In Example: 90 Minutes, 12 Players, 2 Coaches

Here's the template filled in for a 10U team whose focus came from a weekend game where we booted four routine ground balls. Use it as a model for how specific each line should be.

> **Block 1 — Dynamic warm-up (6:00–6:10)** Jog, high knees, carioca, lunge walks, then two short sprint races to first. Keep it moving and keep it a team activity. The full sequence we use is in our team warm-up routine. Coaching cue: "Last one to the line picks up the cones."

> **Block 2 — Catch play with a target (6:10–6:22)** Partners at 30 feet, moving back to 60. Every throw aims at the partner's chest. Five in a row at the chest earns a step back. Coaching cue: "Point your glove at the chest, then throw where you're pointing."

> **Block 3 — Focus: ground balls, three stations (6:22–6:58, 12 min rotations)** Station A (coach): short-hop rollers from 15 feet, two hands, field it out front. Station B (coach): fungo ground balls at shortstop, field and throw to a player at first. Station C (self-run): partner rollers on the grass, 10 forehand and 10 backhand, then switch. Coaching cue: "Glove on the ground early, see it into the glove."

> **Block 4 — Water (6:58–7:01)** Three minutes, on the clock. Groups jog to the next block when the time is up.

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Block 5 — Hitting stations (7:01–7:19, 9 min rotations) Half the team hits soft toss into a net next to an adjustable youth batting tee at theranchsports.com for a tee-then-toss sequence. The other half runs bases off contact with a coach calling "go" or "back." Coaching cue: "Hit the middle of the ball, back through the middle of the field."

Block 6 — Competitive game: 21 Outs (7:19–7:27) The defense takes the field and has to record outs on coach-hit ground balls. Every clean out counts, every error costs one. Get 21 before time runs out and the team wins. It puts pressure on tonight's focus. Coaching cue: "Two hands, quick feet, firm throw."

Block 7 — Huddle (7:27–7:30) One takeaway, said by a player, not the coach. Then tell them the next practice's focus so they know it's coming. Coaching cue: "What's one thing you got better at tonight?"

That's 90 minutes with 36 of them on the focus. The before-practice routine in Block 1 is broken down in detail in our team warm-up routine guide, and if you need more games for Block 6, we keep a list of fun, gamified baseball drills that work at every level.

The Column Nobody Else Puts on the Sheet: The Idle Check

Here's the box we added after watching video of our own practice. I set a phone on the fence one night with my 10U team and counted. During a 15-minute "infield practice" block, our shortstop got four ground balls. The other ten kids in line averaged about three. Fifteen minutes, three reps.

Now every block on our template has an idle check: before practice, look at each block and ask how many kids are standing still at any given moment. If the answer is more than two or three, the block needs another station, a partner drill, or a second line. Common fixes:

- **One line, one coach → two lines.** A player tosses rollers to the second line while the coach hits fungoes to the first.
- **Live BP with nine fielders → three hitters rotating fast,** with everyone not on defense hitting in the cage or doing tee work.
- **"Wait for your turn" baserunning → everyone runs at once** from different bases on the coach's call.

This also matters for development, not just behavior. Kids under 12 build athleticism through lots of movement, things like changing direction, throwing and sprinting, more than through standing in a line. A plan with tight idle checks is a more athletic practice without adding a minute.

Common Template Mistakes We See

- **Five focuses.** One sheet, one focus. A second skill can be maintenance, like catch play, but only one gets the long block.
- **No plan B.** Write the rain or short-field version in the header. When the field is taken or the sky opens, you'll be glad you did. Our indoor practice plan slots straight into the same blocks.
- **Scrimmage as the default ending.** A full scrimmage at 8U is 16 kids watching two. A short competitive game built around the focus gets more done.
- **No after-practice notes.** If you skip the last box, you start from zero next time.

Gear That Makes the Template Work

You don't need much: cones to mark station boundaries, a ball for every two players, a stopwatch or phone timer, and at least one tee and net so a hitting station can run itself while coaches are busy elsewhere. If you're stocking up for spring, theranchsports.com gives our readers 10% off with no sales tax, which helps when a full team set of balls and two tees adds up fast.

For everything else about building your season, from the first practice to tryouts, start at our baseball coaching hub or browse every plan on the practice plans page.

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