National Coaching Certification Program

BASEBALL CANADA

Practice plan

Team:		**Date:**		**Time: from**		**to**	
Age/Level:	12U+ Elite						
Location:		**Objective:**					
Equipment needed:	Glove, Baseball						

Introduction	Welcome to PFP day (pitcher fielding practice)! Many athletes forget that after the ball is released, the pithcer becomes another fielder. The purpose of today is to practice pitcher fielding, positioning, and making plays.	**Key message/safety** Pitchers are fielders too!
Warm-up	- Dynamic warm-up - Mobility work (athlete dependent) - Pre-throwing arm warm-up (athlete dependent) - Throwing warm up (athlete dependent) After working out to your desired distance and working your way back in to ~60 ft during your throwing warm-up, I encourage “ grip catch ” , using catch as an opportunity to practice your pitches with your partner. You can even use this as an opportunity to practice new pitches before bringing them to the mound! Include general and specific warm-up	**Key message/safety** - Dynamic warm-up - Mobility work (athlete dependent) - Pre-throwing arm **Equipment needed** Baseballs Glove
Main part	PFPs: - Bunts/ground balls down the first base line, focusing on fielding the correct way and calling for the ball on ambiguous balls between pitcher and third base - Bunts/ground balls down the third base line, focusing on fielding the correct way and calling for the ball on ambiguous balls between pitcher and third base - Do-or-dies: When a play must be made at home, and the pitcher must decide whether to call off the catcher Covering/situational play: - Covering bags from 1st, 2nd, 3rd, and home - Covering bags during run-downs Pay attention to the order of the activities	**Key message/safety** Call the ball when its yours, encourage strong communication **Equipment needed** Fungo Balls Glove
Cool-down	Jog if desired, stretch hamstrings, quads, groin, forearms, triceps, etc.	**Key message/safety** Take it slow!
Conclusion	Quick review of everything learned during practice.	**Key message/safety** Reflect and think about how it applies to your games

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