

Season Plan for 12 - 14 Year Olds

At this stage players are refining the skills they have learned from past years. This season plan builds on the previous one and adds a few new tactics, including stealing bases and holding runners on base.

Practice	Purpose	Tactics and Skills
1	To evaluate player's overall playing abilities and identify their best positions	Pitching and hitting; throwing; catching and base running
2	To develop fielding and hitting techniques	Fielding grounders and fly balls; throwing to first base; hitting and running to first base
3	To teach rundowns, cut-offs, and baserunning strategies	Outfielders throwing balls to second and third base; baserunning; throwing balls to relay players and to bases
4	To work on stealing bases and offensive strategies	Pitching to a catcher; throwing to a batter; holding runners on base
7	To advance base runners from second to third base	Bunting; baserunning; hitting behind the runner
8	To defend in the infield on tag plays at home plate	Covering home plate on tag plays; baserunning; bunts
9	To convert double plays from second base to first base	Double play pivots; relay and speed of the throw; baserunning
10	To work on offensive strategies, in particular the hit and run	Hitting behind the runner; advancing from first to third base
11	To defend on balls hit to the outfield with a runner on second base	Fielding in the outfield; backing up the outfielder; covering third base and home plate; cut-off throws; baserunning
12	To defend home on balls hit to the infield	Covering home plate; fielding ground balls and throwing to home plate; running from third to home plate
13	To work on the hit and run	Hitting balls off the tee on the ground; attempting to run from first to third base; fielding and throwing to the proper base
14	To improve the mechanics of pitching	Throwing to each other; throwing to a catcher; throwing to a batter (working on control, velocity, changing speeds, and mental aspects of pitching)